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# 

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

# Co - Editors - Dr. Sajana Jayasanka

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# Message from the Editor in Chief

Greetings and warm welcome to the Proceedings of IIHS, 24th BioInquirer – Annual Academic Sessions, 2023, themed “**Innovation 4.0: Navigating Digital Sustainability**”. Being the Editor in Chief of this remarkable conference has brought me great pride.

In an era marked by unprecedented advancements in digital technologies, the intersection of healthcare and digital innovation stands as a pivotal frontier for researchers and practitioners alike. By integrating United Nations Sustainable Development Goals (SGDs) into the discourse of digital innovation in healthcare, we aim to foster research that not only advances technological frontiers but also addresses pressing societal challenges. It is essential to address issues of privacy, inclusivity, and social disparities to ensure that the benefits of digital healthcare are accessible to all, irrespective of their socio-economic background. By delving into the different dimensions of digital health innovations, data analytics, patient-centered care, and ethical considerations, this issue aims to inspire informed dialogue and catalyse positive change in the pursuit of a sustainable and equitable future. I invite all research enthusiasts to explore the intricate interplay between digital technologies and healthcare sustainability through the 24th BioInquirer, 2023.

This event will be immensely graced by a keynote speech and twelve plenary speeches by globally renowned industry professionals and researchers from the United Kingdom, Australia, and Sri Lanka.

Over the past decade, the BioInquirer research forum has gained prominence in the community and received more than 1500 abstracts. I would like to express my sincere appreciation for the outstanding contributions that the advisory board, organizing committee, scientific committee, editorial committee, institutions, and volunteers have all made in enabling this conference to succeed. Additionally, I would like to extend my deepest gratitude to the authors whose technical support is acknowledged in these proceedings.

We anticipate a phenomenal conference full of invigorating presentations and knowledge-sharing so that we can all await a future of trailblazing research, innovation, and reflection.

Dr. Kithsiri Edirisinghe

Editor in Chief

BioInquirer Journal

**KEYNOTE SPEECH**

**Digital Sustainability: The Challenges and Solutions**

**PROF. S. NISHAN SILVA**

*Medical Officer, New South Wales Town, Deniliquin*

*Associate Fellow of AMEE*

*Former Head of Academics and Director at the International Institute of Health Sciences*

In an era where the world is regaining its momentum with ‘business as usual’ after one of the biggest pandemics known to mankind, there is much emphasis and focus on the role of digitalisation. Digitalisation campaigns for countries, sectors and industries were pioneered by IT ministers, Chief Information Officers and Tech giants etc. for nearly two decades now. However, the award for fast tracking global digitalisation goes to none of those champions, but to the SARS-CoV-2 virus. During the pandemic, there were massive and rapid advances in digitalisation of many fields; telehealth, digital health, e-education, virtual meetings and conferencing to name a few. During that time, we expected things to never be the same again. We expected most medical consultations to turn virtual, most courses to be delivered electronically, work from home to be the new norm and hardly again to travel for conferences.

Of course, with these developments, it was also expected that there would be massive gains on reducing the carbon footprint of all these sectors, by reducing travel, saving time and reducing energy consumption etc. It’s been almost 18 months or more since the major pandemic ended. But are we seeing digitalisation at an expected level? Or in fact, are we seeing a regression of digitalisation to a pre-pandemic level? Globally it’s a given that patients returned to face-to-face appointments reducing the demand for telehealth, students prefer classrooms over learning management systems, managers feel in-person meetings are more productive and people turn up in thousands for the main global conferences. Where did digitalisation go wrong?

“Digitalization” was never the wrong choice, in fact it’s the right choice, done wrong. It is a given that digitalisation is essential for achieving most of the UN’s Sustainable Development Goals. We have only 6 years more till the SDGs are evaluated. Therefore, how do we generate “Sustainable” or lasting Digital solutions that would supplement the SDGs? I think we must learn from our mistakes and learn fast. In most sectors, solutions didn’t fit the existing workflow. Therefore, aspects like Process re-engineering and introduction of disruptive technologies become extremely important. Solutions that worked during the enforced social distancing rules of the pandemic era, are failing post pandemic, with people craving for ‘human touch’. So, our solutions should be geared to supplement ‘human touch impact’ in a different way; may be with artificial intelligence and augmented reality. They should be frugal to face the current global financial strain. But above all, digital solutions, innovations and most importantly the inventors need to be “Creative” to overcome these past failures and challenges ahead. “Creativity in Digitalization” should be one of the most in demand skills for the future sustainable development of our planet.

**ORAL PRESENTATIONS**

**SUSTAINABILITY AND EMERGING TECHNOLOGIES IN BIOSCIENCES**

**PLENARY - OP 01**

**Leaving Your Comfort Zone and Making Great Mistakes**

**DR. MATTI HIOB**

*Chief Executive Officer, Atlas Labs Pvt. Ltd., Australia*

Every career path is filled with uncertainties and challenges that constantly put our decisions to the test. As young professionals, navigating these with confidence often feels complicated and overwhelming. How do we balance our personal goals with the requirements of our jobs? How do we fit into new environments and excel in unfamiliar territories? With technologies such as artificial intelligence advancing at breakneck speeds and reshaping industries, how will healthcare evolve? Are we limited only to our industry, or do broader opportunities exist for us to harness the skill sets and knowledge we have acquired, and if so, how do we find them?

In this talk, I'll share stories from my journey of taking the leap from medical research to entrepreneurship, highlighting the practical challenges I faced, the skills I honed, and how they enabled me to address these difficult questions. These fundamental principles are insights gleaned first hand from extraordinary leaders and are highly actionable for anybody seeking a renewed sense of purpose and direction. Embracing these insights doesn't just offer a roadmap for success in one's career; it provides a holistic approach to personal growth. Through understanding these, you’ll learn habits that with practice, will allow you to harness your curiosity and ambition to unlock opportunities as you chart your own journey.

**PLENARY - OP 02**

**Impact of Technology in Healthcare**

**DR. LIONEL PINTO**

*Registrar, International Institute of Health Sciences, Welisara, Sri Lanka*

Technological Advancements are revolutionizing healthcare systems opening new vistas in clinical fields. With strides in Artificial Intelligence (AI), robotics, nano and blockchain technologies, Internet of Medical Things (IoMT), healthcare working hand- in- hand with breakthrough technologies. It has already become mandatory for healthcare personnel to embrace rapidly evolving healthcare technologies in order to stay relevant and meet future challenges. Digitization and Digitalization drives transformation processes in healthcare practices, policies and procedures, and actions to meet trending job expectations and workflows. The aspect of patients' safety and integration of new formats into the professional context necessitate assessment of healthcare professionals’ competencies in fast emerging Clinical Engineering, a new discipline in Telemedicine Health technologies use computing platforms, connectivity, software and sensors to pursue wide range of goals from achieving and maintaining high standards in medical and diagnostic devices.

Within the wide framework of digitalization, the integration of AI in healthcare has immense potential in patient care and drives predictive analysis that can enhance the accuracy, efficiency, and cost effectiveness of disease diagnosis and clinical laboratory testing. But full diffusion of clinical technologies to manifest acceptable rules of engagements, ethics, liabilities and legalities have yet to be pursued. In this backdrop, even though digital technologies create a profound effect on how health services operate, there are plethora of other issues that need to be resolved such as data privacy, legal principles, royalties and other commercial aspects before there can be full scale diffusion of technology. Impacts. It is definite that, major evolutionary forces in healthcare in multi-faceted scales will get enlightened in the next decade. It is not yet clear which areas of the value chain will be mainly affected. While digitalization is certainly not a panacea for health care, initial indications are that the expected disruptions are likely to result tremendous benefits to patients and customers. However, human touch will be predominant irrespective of technological paradigm shifts.

Human body consists of multiple micro- power - generating units producing electric pulses required for the nervous system to transmit signals throughout the body and to the brain, making it possible for us to move, think and feel. The elements in our bodies like sodium, potassium, calcium, and magnesium have specific electrical charges and cells in our bodies. These charge elements called ions generate electricity.Any disharmony in electrical circuits in a living entity can lead to various illnesses. As an example, in order for the heart to pump, cells must generate electrical currents that allow the heart muscle to contract at the right time. Electrocardiogram (ECG) reflects the rhythm that can be compared with the pulse generating pattern of a healthy heart. Irregular electrical currents can prevent heart muscles from contracting correctly leading to heart failure. Pulse Depth Modulation (PDM) technique is the basic principle adopted in all electro medical appliances currently being used and under research to meet future challenges in medical practice.

**PLENARY - OP 03**

**Unlocking the Power of Biotransformation: Sustainable Solutions for a Changing World**

**DR. AMIAS MOORE**

*Senior Postdoctoral Research Assistant, Northumbria University, Applied Sciences, United Kingdom*

Biotransformation, a biological process that entails the conversion of organic compounds, often simplifying complex molecules or changing one chemical compound into another, offers great potential in medicine and environmental sustainability.

Lignocellulose, a renewable resource, holds promise for sustainable bioproduction. However, Its intricate composition, including diverse carbohydrate and non- carbohydrate-based polymers, requires multiple enzymes for degradation. Simultaneous cellulose, hemicellulose, and lignin breakdown by one microorganism is rare, spurring synthetic biology-driven innovation.

In our research, we isolated a bacterial strain from paper waste, ideal for biotransformation. This microbe efficiently converts cellulose and hemicellulose, key components of paper waste, into valuable resources. To enhance its performance, we applied evolutionary strategies, adaptive mutations, enzyme engineering. Through in-silico genome-scale metabolic modelling, we optimised the strain, exploring new metabolic pathways. This allowed us to fine-tune the microbe's biotransformation capabilities, identifying novel strategies for improved efficiency.

This engineered microorganism, powered by the synergy of biological and digital innovation, holds promise for advancing lignocellulose transformation, contributing to a sustainable bioeconomy. With support from a genome-scale metabolic model and innovative metabolic engineering, we foresee its use in producing eco-friendly plastics, safe food additives, and pharmaceutical precursors from renewable lignocellulosic sources such as waste paper.

**OP 04**

**Awareness and perception of Cloud Labs and automated laboratories among laboratory workers in Western Province, Sri Lanka**

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**Background:** Cloud labs are advanced automated laboratories that allow researchers to conduct experiments remotely using computers. These facilities, supported by funding and training programs, enhance the reliability, availability, and expandability of experimental biology. Cloud labs are popular due to their affordability and scalability, allowing businesses to conduct tests, simulations, and training projects without on-site infrastructure expenditures. “Emerald Cloud Labs” and “Strateos” are some current global cloud lab providers, with Emerald Cloud Lab offering diverse techniques for sample preparation, structural determination, and bioassays, including DNA and peptide synthesis. Strateos operates two facilities for expediting drug discovery and synthetic biology workflows. Laboratory automation, common in nonclinical and industrial settings, involves robots, conveyor systems, and machine vision. Implementing this automation in clinical labs requires a laboratory information system for specimen movement data, posing challenges in integrating various systems, including proprietary software and hardware.

**Objectives:** To assess the awareness and perception of Cloud Labs and automated laboratories among laboratory workers in Western Province, Sri Lanka

**Method:** The proposed quantitative study involves a cross-sectional survey with 300 randomly sampled participants from various labs. Data will be gathered through an adaptative questionnaire, including closed and open-ended questions. Quantitative data will be analyzed using SPSS, while qualitative data from interviews and observations will undergo thematic analysis to understand participants' perceptions.

**Results:** Out of the laboratory workers who responded so far (n=10), 66.7% were unaware of cloud labs and automated laboratories, while only 33.3% were aware, among them educational background of 77.8% were undergraduates and 22.2% were postgraduates. Moreover, it was observed that only 22.2% awareness programs were conducted and out of them only 14.3% were offered training, yet 77.8% was observed that there were no awareness programs being carried out. The results collected so far clearly show that many lab workers are unaware of these sophisticated laboratories and have a negative perception of them. More data collection and analysis are due to be carried out after sample collection in the future.

**Conclusion:** According to the results collected so far there is a positive perception of cloud labs and automated laboratories. It is thought to be a possible alternative to current laboratory processes, yet it is believed that technical issues in the software or hardware can have an effect on the entire process that is being carried out, and needs to be mastered accordingly.

***Keywords:*** *Cloud Labs, Automated Laboratories, Laboratory Workers, Western Province*

**OP 05**

**Assessment of the efficacy of ChatGPT responses to bacterial species-specific questions in microbiology**

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**Background:** Chat-Generative Pre-Trained Transformer (ChatGPT) is a large language model (LLM) developed by Open AI which is a conversational chatbot. In microbiological learning, ChatGPT can be used to learn information on microbial species, such as bacteria, fungi, and viruses. However, it is important to assess the accuracy of the information generated by ChatGPT. This is mainly because of the phenomenon of “hallucinations”, which are common in LLMs.

**Objectives:** The objective of this study was to assess the accuracy of ChatGPT responses to general questions on bacterial species to improve the effectiveness of microbiological learning in higher education. The questions were designed to mimic a person as if he had asked questions from ChatGPT at three proficiency levels.

**Methods:** The bacterial list and questions were finalised and validated by a clinical microbiologist using the ChatGPT 3.5 AI language model, which included three proficiency levels (to mimic a random person asking questions in three proficiencies), including low, moderate, and high triplicating each into three prompts. The results were analysed qualitatively and quantitatively using the eighteenth edition of the Medical Microbiology Guide by David Greenwood and Microbiology Expertise. The results were scored on a scale of accurate, mixed, incomplete, or inaccurate.

**Results:** There were mean values of 64.81%, 66.66 %, and 81.48% for low, moderate, and high proficiency, respectively. All other results were mixed or incomplete. However, no significant inaccuracies were observed. According to the mean percentages of responses obtained, the high proficiency level group had a higher percentage of accurate responses than the low and medium proficiency levels. This indicates that, if the question is appropriately stated, the probability of obtaining accurate ChatGPT responses is higher.

**Conclusion:** ChatGPT 3.5 can provide accurate answers if the question is answered in an accurate manner. According to the results, a higher percentage of accurate answers was generated when the question was precisely converted; otherwise, ChatGPT generated answers which included partially inaccurate and accurate answers. However, continued improvement in the training and development of language models is necessary to enhance their performance and make them more suitable for academic use. The study’s analysis suggests that answers are more accurate according to the way the question is given, but further research is needed to confirm these findings and consider other factors affecting the use of ChatGPT-4, with the use of new iterations of formal textbooks for comparison.

***Keywords:*** *ChatGPT, Bacterial Species, Artificial Intelligence, Microbiology*

**OP 06**

**Examination of amoxicillin residue from water body adsorption by *Moringa oleifera* seed extract**

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**Background:** The misuse of antibiotics, such as amoxicillin, has led to their prevalence in aquatic ecosystems, presenting dangers to ecosystems and human health. *Moringa oleifera* seeds, renowned for water purification, might help remove these drugs, although additional study is required.

**Objectives:** This research intends to evaluate *Moringa oleifera* seeds' potential in amoxicillin removal, addressing the need for efficient antibiotic removal strategies in the face of escalating contamination issues.

**Methods:** The technique for the collection, preparation, extraction, fractionation, and analysis of *Moringa oleifera (M. oleifera)* seeds and the measurement of amoxicillin concentrations comprised numerous phases. The seeds were harvested from a tree in Kiribathgoda, Sri Lanka; cleaned, and dried before being processed into a powder. Protein extraction was conducted using a NaCl solution, and the proteins were concentrated using ammonium sulfate precipitation and sorted by centrifugation. Protein samples were then treated to sodium dodecyl sulfate polyacrylamide gel electrophoresis (SDS-PAGE) to observe and characterize protein bands. The protein concentration was measured using the BCA test technique. For the measurement of amoxicillin concentrations, two approaches were employed: the bromocresol green method and the direct UV absorbance in NaOH method. Finally, the protein-coated plate was made, and amoxicillin treatment was done according to the experimental design. This technique offers a thorough framework for examining *M. oleifera* seeds and determining amoxicillin concentrations.

**Results:** In the study, we measured the levels of protein in *M. oleifera* seeds to better understand their biochemical, nutritional, and biochemical characteristics. However, the interaction of amoxicillin with the samples' protein coats suggested that the seeds of *M. oleifera* could be able to absorb this amoxicillin antibiotic. However, further testing is needed to confirm this finding. The uses of Moringa seeds and their function in addressing antibiotic contamination are now better understood thanks to these discoveries, which also provide insightful information on nutritional science and environmental health.

**Conclusion:** *M. oleifera seeds* have a significant influence on the absorption of amoxicillin from water bodies.

***Keywords:*** *Amoxicillin Assay, Amoxicillin Removal, Moringa Oleifera Seeds, Protein Extraction*

**OP 07**

**Optimization of PCR protocol for synthesis of Single-Stranded DNA**

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**Introduction:**  Polymerase Chain Reaction (PCR) has transformed molecular biology research; however, many applications require single-stranded DNA (ssDNA), such as DNA sequencing and aptamer selection. Optimising PCR for ssDNA synthesis is a complex endeavour, as it demands the specific amplification of one DNA strand while minimising double-stranded products.

**Objectives:** This study aimed to optimise the Polymerase Chain Reaction (PCR) protocol, a foundational technique in molecular biology, for the precise synthesis of single-stranded DNA (ssDNA). This process is integral to a myriad of molecular biological applications. We investigated three distinct PCR methodologies: Primary PCR, Asymmetric PCR, and Linear-After-The-Exponential PCR (LATE-PCR), to evaluate their effectiveness in generating ssDNA of superior quality.

**Methods:** Our methodological exploration involved a deep dive into the intricacies of primer design, wherein sequences are meticulously tailored to target specific DNA regions. Additionally, we investigated the optimal primer concentration ratios, carefully balancing the quantities of forward and reverse primers, or in the case of Asymmetric PCR and LATE-PCR, employing specialised primer sets designed to favour the synthesis of ssDNA. The cycling conditions were fine-tuned to ensure maximum specificity during amplification, with adjustments made to the annealing temperature and extension time. Post-PCR purification was performed via native polyacrylamide gel electrophoresis (PAGE) to isolate ssDNA from residual double-stranded DNA (dsDNA) contaminants.

**Results:** The results obtained demonstrate the consistent and successful synthesis of high-quality ssDNA across all three PCR methods the dilution factor 2 of the forward primers, concentration of 0.25 µM showed good results in the asymmetric and LATE PCR both methods. This accomplishment is solidified through the repeated visualisation of single bands in gel electrophoresis analyses, a hallmark of purified and high-purity ssDNA products.

**Conclusion:** This optimisation initiative is equipped with robust and versatile protocols for synthesising ssDNA, thereby extending the boundaries of possibilities in molecular biology and genetic research. The pure and efficiently generated ssDNA serves as a valuable resource that is ready to meet the diverse demands of a multitude of scientific endeavours.

***Keywords:*** *PCR, ssDNA, PAGE, dsDNA, LATE-PCR, Asymmetric PCR*

**OP 08**

**Embryotoxicity and Teratogenicity of Aqueous and Hydroalcoholic extracts of *Erythroxylum zeylanicum* in Zebrafish**

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**Background:** The *Erythroxylum* genus of the family Erythoxylaceae has been attributed to a plethora of curative applications due to its diverse biological activity. Despite the anthelmintic properties affirmed by folklore, *Erythroxylum zeylanicum* has not been experimentally investigated for its toxic effects on humans. Zebrafish (*Danio rerio*), which is an established animal model, extensively investigates the functional and developmental effects of toxicants.

**Objective:** To investigate the embryotoxic and teratogenic effects of aqueous (AE) and hydroalcoholic leaf extracts (HE) of *E. zeylanicum* on zebrafish embryos and larvae.

**Methods:** Zebrafish embryo toxicity assessment was conducted employing embryos of wild-type zebrafish, based on OECD test guidelines No. 236. Lethal effects (mortality and presence of heart beat) and extended assessment of sub-lethal effects [yolk sac edema (YSE), pericardial edema (PE), spinal curvature (SC), and hatch rate (HR)] were evaluated over a course of 24-120 hours post fertilisation (hpf) using the selected concentrations of 1000, 2500, 5000, 7500, and 10000 mg/L from AE and selected concentrations of 500, 1250, 2500, 3750, and 5000 mg/L from HE. LC50 determination, one-way ANOVA, and descriptive analysis of toxicity were conducted using SPSS (V26) and GraphPad Prism (V9).

**Results:** Both AE and HE exposure demonstrated significant delays in zebrafish development. The mean HR of the embryos exposed to AE demonstrated a significant decrease in a dose-dependent manner. However, the HR of the embryos exposed to HE was evenly distributed in the 500–2500 mg/L range. The heart rates of the larvae exposed to AE and HE concentrations ranged between 134.6 and 115 beats per minute (bpm) on average at 96 hpf. 20% and 6.66% of larvae demonstrated YSE at AE concentrations of 5000 mg/L and 1000 mg/L, respectively. Simultaneously, 6.66% of larvae at 1000 mg/L concentration possessed SC. The sub-lethal effects of HE were insignificant, with a low mean survival rate of 13.33±2.30%, unlike AE with a survival rate of 37.33±6.11%. One-way ANOVA for hatch rates of AE and HE was significant at p<0.05 (p=0.034 and 0.045, respectively). LC50 values for AE and HE were 2980 mg/L and 580 mg/L, respectively.

**Conclusion:** The study demonstrated significant sub-lethal effects with AE. However, HE can be lethal even at lower concentrations compared to AE. Chronic exposure to low concentrations of *E. zeylanicum* extracts can exhibit significant developmental abnormalities. Further investigation on the phytochemical properties of *E. zeylanicum* would elaborate on the bioactive toxicants.

***Keywords:*** *Embryotoxicity, Erythroxylum Zeylanicum, Extracts, Teratogenicity,**Zebrafish*

**SUSTAINABLE TECHNOLOGICAL NURSING PRACTICE**

**PLENARY - OP 09**

**How Nursing Technologies are Transforming Patient Care**

**PROF. GLENDA WHITING**

*Head of the School of Nursing, International Institute of Health Sciences, Welisara, Sri Lanka*

*Registered Nurse, Registered Midwife and Health Educator, Australia*

Technological advances continue to transform the medical landscape, but it has both benefits and challenges. Nursing technologies can improve patient care with better communication among care teams, automation of routine tasks, streamlining patient records with better access, reducing the likelihood of error in logging patient information like allergies to medications, medical history, and health conditions and illnesses. Apps make the administration of medication much less confusing or prone to human error and nursing technologies can help nurses deliver a greater patient experience and contribute to better healthcare outcomes.

There are challenges. Have nurses kept pace with rapid changes in digital technologies and their impact on society? This presentation explores how we have responded to these challenges and how nursing is transforming into a digitally enabled profession that can respond to the complex global challenges facing health systems and society.

**PLENARY - OP 10**

**Sustainable Technological Nursing Practice**

**ASST. PROF. LOUISE PRICE**

*Assistant Professor, Senior Link Tutor for IIHS Sri Lanka, Coventry University*

Simulation is not a new phenomenon, it has been used for staff training and development in many different areas for many years. The use of simulation in nursing has really come to fruition in the last 10 years, driven primarily by a lack of high-quality placement areas and the need to manage patient risk.

Utilising simulation can not only support student development in a safe and effective way, it also supports clinical practice areas that have staff shortages, fewer mentors, practice assessors and low morale. However, can simulation really replace the real-life experiences students encounter in the clinical practice environment? Simulation plays a pivotal role in teaching and learning for student nurses, so it is fundamental to understand the benefits and or limitations for nursing students in this style of teaching.

Simulation should not be a replacement for clinical practice; it must work in conjunction with clinical partners and facilitate collaborative working.

The following piece of work will explore, “To what extent can simulation improve the quality and experience of undergraduate student nurses in clinical practice?”

A rapid review has been utilised for the literature search, as these are considered a streamlined version of systematic reviews that have gained attraction through their ability to quickly inform while maintaining a scientific and reproducible method. The author notes that a systematic approach is known as the `Gold Standard` however, a systematic approach is resource intensive and normally takes between 12 and 24 months to complete. As there are time constraints a rapid review is the preferred option and will be conducted to identify, critique and analyse the literature.

The overriding evidence gathered has supported the simulation method of teaching and learning for student nurses but also acknowledges simulation and clinical practice partners must work together, in collaboration as highlighted in several of the articles analysed for this piece of research; for student nurses to be competent practitioners on completion of their 3-year programme.

There have also been further limitations recognised, as some student’s simulation can promote high levels of anxiety and this is evident in the research that has already been embarked upon. If students are anxious for any reason during simulation, learning will become difficult, if at all any relevant learning commences.

Simulation can offer a safe place for students to test out ideas, repeatedly practise a range of skills, what works well and what does not so well. Students can learn from trial and error without causing any harm to patients. However, to realise the full potential simulation can offer the author acknowledges further research in this area is needed.

**OP 11**

**Level of Confidence in Medical Application of Artificial Intelligence (AI) amongst Nursing Students, Sri Lanka**

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**Background:** It is expected that Artificial Intelligence (AI) will be used extensively in patient care in the future.

**Objectives:** This study aims to investigate the awareness of AI among nursing students in Sri Lanka to assess nurses’ attitudes toward the medical application of AI.

**Methods:** An online survey was conducted which was composed of closed-ended questions using Google Forms. The survey consisted of questions regarding the recognition and attitudes toward AI in patient care, and the possible risks of using AI in the nursing field. The collected data was analyzed using Microsoft Excel.

**Results:** A total of 124 participants completed the survey. Only 27.41% (n=34) of the participants answered that they had good familiarity with AI. However, only 25% (n=31) of participants considered AI useful in the medical field. The advantage of using AI was seen as the ability to analyze vast amounts of high-quality, clinically relevant data in real-time. Most of the participants (34.67%, n=43) agreed that the area of patient care in which AI would be most useful is disease diagnosis. Additionally, 46.77% (n=58) of the participants considered that AI will not replace their job in the future. A significant number (66.9%, n=83) stated that one of the major problems cited by the participants was that they did not agree with the AI’s opinion.

**Conclusion:** Based on the results, it is evident that the majority of the nursing students were not familiar with using AI for medical applications.However, it also suggests that Sri Lankan nursing students have favorable attitudes toward AI in the medical field. Al-related Awareness programs for the health sector must be conducted to enhance the familiarity and confidence among nursing students.

***Keywords:*** *Artificial Intelligence, Awareness, Nursing Students*

## **OP 12**

## **Sri Lankan nurses' perception on using wearable devices for patient care: A qualitative study**

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**Background:** The integration of wearable devices in healthcare has become an emerging trend in improving patient care. This qualitative study aimed to explore the perceptions of Sri Lankan nurses regarding the utilization of wearable devices for patient care.

**Objectives**: The study sought to understand the motivations, challenges, and potential benefits associated with the adoption of wearable technology in their nursing practice.

**Methods:** A qualitative research approach was employed, and data were collected through semi-structured interviews with a purposive sample of Sri Lankan nurses. Thematic analysis was used to extract patterns and themes from the collected data. Participants were asked about their experiences, opinions, and concerns related to the use of wearable devices in patient care.

**Results:** The analysis revealed several key themes. Sri Lankan nurses expressed mixed feelings towards wearable devices, acknowledging the potential benefits, including remote patient monitoring, improved patient engagement, and enhanced data collection. However, concerns were raised about data security, device reliability, and the need for comprehensive training. Cultural and contextual factors also influenced their perceptions. Some nurses believed that wearable technology could empower them in delivering quality care, while others were more skeptical.

**Conclusion:** The findings of this study highlight the complex perceptions of Sri Lankan nurses regarding wearable devices for patient care. While there is recognition of the potential benefits, concerns related to data security, training, and device reliability must be addressed to ensure successful implementation. This study emphasizes the importance of considering the local context and cultural factors when introducing new technologies in healthcare. To promote the adoption of wearable devices, healthcare institutions and policymakers should provide comprehensive training, ensure data security measures, and create an enabling environment for nurses to embrace this technology.

***Key Words:*** *Nurses, Wearable Devices, Patient Care, Perception, Healthcare Technology*

OP 13

Digital sustainability practices and awareness among nursing students in western province, Sri Lanka

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**Background:** Digital sustainability is a concept that ensures the world is increasingly developed digitally and technologically. At present, the field of nursing has also become a profession that always deals with technology. Therefore, the awareness and practices of digital sustainability among nursing students will directly affect maintaining future sustainability in healthcare settings.

**Objective:** The aim of this study was to assess the level of digital sustainability awareness and practices among nursing students in the Western Province of Sri Lanka.

**Methods:** A descriptive cross-sectional study was carried out among selected 247 nursing students of two government and two private nursing educational institutions, in the Western Province. A pretested, self-administered questionnaire developed by research based on available literature was used for data collection. Data analysis was done through descriptive and inferential statistics using the statistical software SPSS (Version 27).

**Results:** Among the respondents, the majority were females (90.7%, n=224). The study conducted revealed a predominance of sampled individuals to be in the age range of 17-28 years. Additionally, 66% (n=163) of the respondents claimed digital document sharing and reduction of paper usage to be their most familiar digital sustainability practice, reporting an average of 3-4 hours spent using digital devices for academic purposes. Further, 59.1% (n=146) of the respondents testified to competence in handling digital tools without peer support. A collective of 78.2%(n=193) were aware of sustainability initiatives, of which only 9.3%(n=23) were actively engaged with these initiatives. However, age, gender and marital status had no considerable effect on digital sustainability awareness (p>0.05), whereas environmental factors showed a significant effect on this(p<0.05).

**Conclusion:** The study revealed a significant high level of awareness of digital sustainability practices among nursing students, though some gaps were identified. In order to address those gaps and to enhance the awareness and practices on digital sustainability among nursing students, offering training and workshops, promoting green IT, and implementing policies can be done.

***Keywords:*** *Awareness, Digital sustainability, Nursing, Students, Practices*

**OP 14**

**Technological Competency as Caring in Nursing (TCCN), Perceived by Acute Care Nurses and Its Related Factors in North Colombo Teaching Hospital, Sri Lanka**

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**Background:** Modern nursing practice is greatly influenced by technological development in order to preserve its vibrant. Technological competency in caring is the competent use of technologies in acute care units to instantaneously know individuals as a whole.

**Objective:** To evaluate technological competency as caring is perceived by the nurses and the relationship between TCCN and selected personal and institutional factors of nurses who work in acute care units at North Colombo Teaching Hospital (NCTH), Sri Lanka.

**Methods:** This study was a descriptive correlational quantitative research study population chosen from the nurses in the acute care setting in NCTH. A total of 175 participants were selected for this study. Data was collected from a self-administered questionnaire which consisted of four parts, with 52 questions. The data was analysed using open source online statistical software. A descriptive analysis was done to obtain results.

**Results:** 175 nurses responded to the questionnaire, representing a response rate of 87.5%. Majority, 47.4% of the nurses surveyed being between 25-30 years old. 70.3% of the nurses surveyed receiving in-service education. According to this study, the average level of self-awareness among nurses was moderate (M= 2.83, SD = 0.69). Under the Age category, the highest disagree percentage is observed among nurses over 51 years old, at 38%. A mean value of 0.7 indicated that the majority of respondents agreed or had a positive response to three Institutional Factors affecting TCCN; supporting clinical decisions opportunities, supplies and equipment and training/ orientation program.

**Conclusion:** The results of the investigation shows that, age has been shown to be an important factor influencing attitudes and beliefs among healthcare professionals, including nurses. However, the discovery that the participants' impression was at a moderate level for the assumptions should focus nurse educators and nurse administrators to enhance awareness and the need for a proper continuous evaluation system

***Keywords:*** *Acute Care, Technological Competency, Self-Awareness, Nursing, Teaching Hospital*

**OP 15**

**The Knowledge and Attitude Towards Sustainable Technological Nursing Practice Among Staff Nurses in Sri Lanka**

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**Background:** Technology in nursing has been an innovative part of nursing for decades and nurses are being geared in their studies toward the usage of technology in most parts of their careers. These nursing technologies are widespread and are used in all areas and aspects of healthcare. All healthcare professionals use technologies in taking care of their patients and clients, however, some nurses are not yet versed in these innovations as shown by some studies. Nurses not working in research and application hospitals are not that knowledgeable about innovative technologies.

**Objective:** To assess the knowledge and attitude towards sustainable technological nursing practice among staff nurses in Sri Lanka.

**Methods:** A descriptive cross-sectional quantitative study was carried out. Snowball sampling method was used. The questionnaires were submitted online via Google forms. The questionnaire consisted of 2 parts which included identifying respondents' demographic data and examining respondents’ familiarity with the study. Data were collected using self-administered questionnaires and were analyzed using SPSS software.

**Results**: A total of 125 nurses working in hospitals in Sri Lanka participated in the study. The majority of the participants were female (58%, n=85) while most of the subjects were aged between 25-35 (65%, n=96). In this study, the majority (97%, n=143) are poor in the Knowledge and Attitude Towards Sustainable Technological Nursing Practice.

**Conclusion:** The study findings illustrated that the majority of nurses in Sri Lanka have poor knowledge and attitudes toward sustainable Technological Nursing Practice. It is necessary to raise awareness of Sustainable Technological Nursing Practice among Staff Nurses.

***Keywords:*** *Sustainability, Sustainable Nursing Practice, Sustainable Nursing Technologies*

**OP 16**

**Usage of Social Media and its Impact as Perceived by Nursing Students at**

**College of Nursing in Anuradhapura**

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**Background*:*** Social media has become a popular communication system of choice and popular activity among students. In this technological era nursing students more and more, used social media for numerous purposes because of them having smart devices and availability of a number of applications but under-studied.

**Objective:** To assess the usage of social media and perceived impact of using social media among nursing students at College of Nursing Anuradhapura.

**Method:** A descriptive cross-sectional study was carried out among randomly selected 213 nursing students in first year and second years at College of Nursing Anuradhapura. A developed and validated questionnaire was used for the data collection. Data analyzed through descriptive and inferential statistics using SPSS 26 version.

**Results:** The majority of participants belonged to the 23-24 age group (46.5%) that are females (99.5%), Sinhalese (99.5%) and Buddhists (99.1%). Most participants (85.4%) follow nursing related social media accounts or groups. They mostly used ‘WhatsApp’ (62.9%) for academic purposes and ‘Facebook’ for entertainment (33.3%). The mobile phone (85.4%) reported as mostly using devices. Participants moderately used social media for academic purposes (48.8%) and for informativeness (52.1%) while often using media (43.7%) and entertainment (47.4%). Of them perceived social media usage moderately impacted both socialization (74.6%) and academic life (69%). There is a moderately positive significant relationship between usage of social media academic impact (r=0.692, p=0.000) while socialization impact (r=0.560, p=0.000). Usage of social media predicted by social demographic variables of 30.9%.

**Conclusion:** This study concluded that nursing students’ often use social media for socialization while moderately using social media for academic purposes. In order to utilize social media for effective academic purposes’ use social media to stay updated on the latest academic news and keep personal & academic profiles separate are some of the recommendations. Nurse educators should be concerned about using and monitoring social media for today's teaching and learning activities of the nursing students.

***Keywords:*** *Socialization, Social Media, Nursing Students, Communication*

**INNOVATION AND CHANGE IN PUBLIC HEALTH**

**PLENARY - OP 17**

**Changing Concepts of Health and the Application of Digital Technology to Healthcare Services**

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*Former Associate Professor, School of Medicine, Stanford University, United States*

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The population; we have to cater to is growing and aging - and stands at 7.7 billion people today.

Various cultures and countries have experimented with various systems of how to provide Public Health with varying degrees of success but none is perfect. The provision of services also changes with existing technology and availability.

The present state of this “public’s health” has evolved over millennia, the main forces for progress being cleaner water, better hygiene, better nutrition and better shelter. The human life expectancy has gone from about 30 years to almost 85 years. “Medical care” as such had very little to do with it except over the last 100 years.

During this time, the public (populations) have become more urbanized (crowded), services become more centralized for convenience, and spawned new problems like traffic congestion, pollution, rising costs, competition for living, and pandemics.

Concomitantly, the meaning of health has also changed – from “the absence of disease” to that of “the degree of wellness. Despite these positives however, the Social Determinants of Health - poverty, hunger, basic shelter, unbalanced nutrition, lack of clean water, unhygienic living, and inadequate access to medical care - have lagged far behind, mainly due to resource non-availability - mainly finances. Populations are far from homogeneous with stark contrasts within countries and between countries. These conditions do not have immediate solutions.

In the present digital age, there is technology pervading the provision and availability of Health care. Hopefully, it will depend less on or replace inefficient and slow traditional “manual” approaches. Nanotechnology, information technology, Artificial Intelligence, Cybernetics, Robotics and Drone technology have already entered the field. Their applications will improve and broaden their use with evolving space exploration.

Barriers in terms of speed, accuracy, storage, terrain, distance, cost and inconvenience will be greatly reduced in the provision of health care services.

**PLENARY - OP 18**

**Public Health Innovations in Nutrition**

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Triple burden of malnutrition is a public health problem in Sri Lanka. Current rates of child and adult malnutrition are not on track to achieve Sustainable Development Goals (SDG) in 2025. Child wasting rates are at a very high level and have stagnated for the past 20 years. Furthermore, Sri Lanka has faced three phases of crisis; post crisis of covid-19, current economic downturn and ongoing climate changes. To effectively fight against the triple burden of malnutrition, public health can no longer rely solely on the existing programmes. It is necessary to engage and empower people and communities in the development and deployment of public health innovations.

An innovation is any idea, knowledge, technology, product, policy, process or practise perceived as new by the individual or the adoption unit. The access of scientific knowledge to the people must be improved, especially in times of crisis. An integration of people’s knowledge in the innovation process is necessary. Building trust of people during a crisis phase is important such as implementation of community engagement strategies that give communities a voice and allow them to be heard. In addition, the use of communication channels and methods that people already know and use widely such as social media, television as well as maintaining transparency and consistency in the responses to local needs could help build trust. Innovations need different forms of partnership between companies, associations, administrative institutions, professionals, volunteers, or others. Ensuring a balance of power and knowledge between different actors is necessary to create social value.

During a crisis, it is necessary to prioritise Research and Development (R&D) that is tailored to unmet health and nutritional needs, which will favour the development of responses that are relevant, safe and at a lower cost for users, whether it is a bottom-up or top-down process.

**PLENARY - OP 19**

**The Evolution of Mental Health Services in the UK**

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*Chair, Mental Health Nurse Academics, United Kingdom*

*Chair, Zimbabwe Life Project*

The evolution of mental health services in the UK since the ‘National Health Service (NHS) plan was implemented by the Labour government in 1999, which introduced specialist community mental health teams, continuing a process of reducing mental health inpatient bed numbers which had been commenced in the 1980s. An overview of a 10-15-year programme of research into community care provision for people experiencing mental health crises in North London will be provided, in addition to evidence from evaluations of specialist community treatment teams and recent government policies to introduce access to mental health care in GP practices. The actual and potential impact of this changing locus of mental healthcare delivery on access to and outcomes from treatment, and the changing role of nurses in the mental healthcare workforce in the UK are highly elaborated.

**OP 20**

**Attitudes towards Artificial Intelligence (AI) among healthcare students in the Western Province, Sri Lanka**

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**Background:** Artificial intelligence (AI) is rapidly transforming healthcare, with its applications ranging from scheduling appointments and early disease detection to treatment planning and patient monitoring. There are remaining concerns about the effects of its implementation on healthcare professions and the subtleties of human interaction.

**Objectives:** The primary objective of the research is to assess the attitude towards artificial intelligence (AI) among healthcare students in the Western Province of Sri Lanka.

**Method:** A descriptive, cross-sectional investigation was carried out within the healthcare domain, involving the distribution of a pre-tested, self-administered survey that inquired about demographics and attitudes. A tailored questionnaire, designed exclusively for this study, was disseminated to the participants. The collected data were subsequently analysed using descriptive analysis, accompanied by the implementation of the Pearson Chi-square test. The significance level was established at P<0.05, and a 95% confidence interval was applied for the analysis, all performed using SPSS version 26

**Results:** A total of 205 students participated in the study. The response rate of the study was 95.6%. Majority of the respondents were females (71.2%). Majority of the respondents were in the age range of 15- 20 years. 28.3% (58) of the respondents strongly agreed on the potential of artificial intelligence to bring about significant benefits to the healthcare industry. Only 3.4% (7) respondents strongly claimed to have a clear understanding of the fundamental concepts of artificial intelligence. 93.4% of the respondents testified to be highly familiar with various applications of artificial intelligence in the healthcare sector. 11.2% students raised concerns on the impact of the jobs of healthcare professionals due to artificial intelligence. The willingness to accept AI technologies in future medical career, showed a standard deviation of ±0.898 among the respondents.Of the independent variables, only gender showed a strong association to attitudes towards artificial intelligence, with p=0.009. While, age, educational levels, academic disciplines and level of medical knowledge, showed no association to attitudes towards artificial intelligence, indicating p>0.050.

**Conclusion:** The study revealed a majority of healthcare students have a Negative attitude towards artificial intelligence. Teenagers, the susceptible category for the above finding, must be encouraged to use artificial intelligence by raising their exposure to high technology.

***Keywords:*** *Attitude, Artificial Intelligence, Healthcare Students*

**OP 21**

**Knowledge and Perception of Counseling among the General Public in Gampaha District, Sri Lanka**

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**Introduction:** Counselling has raised concerns worldwide with the rising competition and psychological concerns around the world. The general public prone to depression has increased vulnerability to the ongoing trends in social media and the competitive work environment. comprehension of counselling as an influential factor that evades depression is important for optimizing the mental health of the general public. Thus, this study aimed to ascertain the impact of counselling among the general public in Gampaha district, Sri Lanka.

**Methods:** A descriptive, cross-sectional study was conducted among the general public in the Gampaha district, Sri Lanka. Data was collected using the pre tested self-administrated questionnaire comprising of questions relating to socio-demographic factors, knowledge of counselling and perception of counselling. The data was analysed using SPSS (v25), to assess the association between the Knowledge and Perception.

**Results:** The total number of students who participated in the study was 94 (N=94). The majority of respondents were male, accounting for 57.9% of the sample (N=54). The study revealed that a majority of sampled individuals fell within the age range of 18-25. 58.5% of the respondents (N=55) claimed to have low scores for their knowledge of counselling. The most influential factor preventing the general public from seeking counselling was the lack of awareness about available counselling services. A total of the 58.1 % (N=54) respondents were undergoing counselling for personal or emotional problems. A collective frequency of 76.8% of the participants (N=72) approved counselling as a method to overcome personal and emotional problems. The age groups showed a significant association with knowledge of counselling. On the other hand, occupation and educational backgrounds showed no significant association with the perception of counselling. Personal experience (55.8%, N=52) and recommendations from others (15.8%, N=14) were identified as having a high influence on directing the general public towards counselling

**Conclusion:** The study revealed a significant low degree of inclination towards counselling, among the general public of Gampaha District. The vulnerable age groups, especially teenagers must be acknowledged of the advantages and positive outcomes of counselling. Higher mental stability is expected in turbulent times.

***Keywords:*** *Knowledge,* *Perception, Counselling, Gampaha District*

**OP 22**

**Knowledge, attitudes, and preventive practices towards Tuberculosis (TB) among healthcare students enrolled in university programs in Sri Lanka: A descriptive cross-sectional study**

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**Background:** Tuberculosis (TB) remains a significant public health concern in Sri Lanka, with the country being classified as having a high TB burden. Healthcare students represent a vital demographic in efforts to combat the spread of TB, given their influential roles in society.

**Objectives:** The aim of this study is to assess the level of knowledge and attitudes, and describe the preventive practices of TB among healthcare students enrolled in undergraduate university programs in Sri Lanka.

**Methods:** A descriptive cross sectional study was conducted, collecting data through the convenient sampling of healthcare students enrolled in undergraduate university programs of medicine, nursing and allied health, from both public and private institutions in Sri Lanka. The data was collected August 2023 to September 2023, using an online electronic survey through Google Forms. The knowledge and the attitudes were classified based on the Bloom’s taxonomy. Demographic characteristics of the participants were described using descriptive statistics. To explore disparities in knowledge, attitudes, and preventive behaviors, t-test was employed. Spearman correlation coefficients were used to explore connections among different variables. Multiple linear regression analysis was conducted to identify participant characteristics that impacted their involvement in TB prevention measures. The level of significance was referred P-value at less than 0.005.

**Results:** The research involved 350 healthcare students enrolled in university programs in Sri Lanka, with a predominant representation of females (68%). Their ages ranged from 18 to 30, and they majored in diverse healthcare disciplines. The average score on TB knowledge stood at 85.2 out of 100, with 78% scoring above 75. Concerning attitudes toward TB, the mean score was 4.3 on a 1-5 scale, with 86% of participants expressing positive attitudes. In terms of TB preventive practices, 92% reported adherence, while 78% adhered strictly, with a higher tendency among older and more advanced students. Correlation analysis revealed a positive relationship between knowledge and attitudes (r=0.52, p<0.001), and factors such as age, academic year, and knowledge level were identified as predictors of adherence to preventive practices.

**Conclusion:** The study highlights the need for improved TB knowledge, attitudes, and preventative practices among healthcare students enrolled in university programs in Sri Lanka. It is vital to deepening their understanding and commitment to TB prevention, as it holds significance not only for their professional advancement but also for sustainable public health achievements. Educational institutions should consider targeted interventions to enhance TB awareness among healthcare students, thereby contributing for the betterment of healthcare practices and TB control in Sri Lanka.

***Keywords:*** *Adherence, Awareness, Attitudes, Control, Knowledge, Preventive Practices, Sociodemographic Factors, Tuberculosis*

**OP 23**

**Health Promotion Behaviors among the People living in Rural Areas**

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**Background:** Today non-communicable diseases are the major cause of death and disability worldwide. Chronic diseases are determined by common risk factors. Assessing the health promotion behavior is important to determine if they have excellent well-being levels as they go through the daily life.

**Objective:** To investigate the health promotion behaviors among the 18-60 aged people in rural areas of Anuradhapura district.

**Methods:** The descriptive cross-sectional study was conducted with 18-60 years aged people (n=150) selected from the NPC & Mihinthale MOH area. The validated Health Promoting Lifestyle questionnaire was used for data collection. Data analysis was done with the help of a statistical package of social science (SPSS 26 version) for descriptive and inferential statistics. Significance was set P< 0.05.

**Results:** The majority of participants in this study were female (58%), aged between 31-40 years (29.3%), of Sinhalese ethnicity (91.3%), Buddhists (92%), married (74%), and had education up to the Ordinary Level (43.3%). A significant proportion exhibited moderate-level health promotion behaviors (64%). Specifically, subcategories showed good quality in health responsibility (54.7%), nutrition (57.3%), interpersonal relationships (50.7%), and stress management (61.3%), with moderate quality in spiritual growth (72%) and physical activity (50%). Notably, education level significantly influenced overall health promotion behaviors (p=0.035), and socio-demographic factors accounted for 4.5% of the variance in health promotion behaviors among rural residents.

**Conclusion:** In rural Anuradhapura, residents displayed a moderate level of health-promoting behaviors, with education levels playing a key role. The study suggests implementing interventions to promote self-care in areas like nutrition, physical activity, relationships, stress management, and spirituality, along with regular screening and educational programs.

***Keywords:*** *Behaviors, Health Promotion, People of Rural Areas*

**OP 24**

**Public perception towards senior citizens’ health care in Dehiwala MOH area in Sri Lanka**

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**Background:** Sri Lanka is poised to face a full-size demographic shift inside the coming many years, with its growing older populace projected to grow extensively over the following 30 years. Presently, people elderly 60 years or older constitute 9.8% of the nation's populace. This impending transformation is ready to position Sri Lanka as having the third maximum percentage of elderly citizens in any Asian country.

**Objective:** To assess the public perception of senior citizens' healthcare in the Dehiwala Medical Officer of Health (MOH) area in Sri Lanka.

**Methods:** A descriptive cross-sectional quantitative research design will be utilized, and the study will involve a convenient sample of around 300 individuals residing in the Dehiwala area. Data will be gathered through the administration of a structured questionnaire, which has been translated into Sinhala and Tamil by sworn translators. The research findings unveiled a noteworthy trend in knowledge levels across all age groups, with none of them exceeding 40 percent. This underscores the imperative need for initiatives aimed at enhancing awareness about the healthcare requirements of senior citizens within the Dehiwala Medical Officer of Health (MOH) area. Moreover, significant variations in attitudes toward senior citizen care were observed among different age groups, shedding light on the importance of understanding these attitudes for effective healthcare planning and provision

**Results:** Interestingly, among teenagers, 80% (n=40) displayed favourable attitudes. In contrast, individuals aged between 40 and 50 years old showed enthusiasm with attitudes falling below 50%, specifically, 47% (n=94). These findings indicate a shift in perceptions across generations, suggesting an optimistic outlook among younger individuals for future initiatives related to senior care. Furthermore, the research uncovered a socio-influence among participants aged 20 to 30 years old, with 75% (n=150) indicating that cultural factors greatly influenced their perceptions of elderly care. This insight highlights the significant role of cultural factors in shaping the attitudes of this particular age group towards senior citizen care.

**Conclusion:** This highlights the importance of customizing healthcare policies and awareness campaigns to address socio-nuances for this demographic. As Sri Lanka prepares for a widespread demographic shift, this study strives to sell the well-being of senior citizens and ensure a brighter destiny for its growing old populace inside the Dehiwala MOH place.

***Keywords:*** *Perception, Senior Citizens, Healthcare Needs, Awareness, Healthcare Policies*

**OP 25**

**Assessing the awareness on preventing dengue among the general public in Gampaha district, Sri Lanka 2021**

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**Background:** Dengue fever is a severe, incapacitating, mosquito-borne disease caused by one of four closely related dengue viruses. Dengue fever spreads through the bite of a dengue virus-infected Aedes mosquito.

**Objectives:** This study aimed to assess awareness of dengue prevention among the general public in the Gampaha district, Sri Lanka, in 2021.

**Methods:** This research can be categorised as a quantitative cross-sectional study using a phenomenological approach. The participants were both male and female in the age group of 18-60 years from the selected district. The sample method included 100 participants, but only 85 responded. Data were gathered through a Google form given as a questionnaire in the English, Sinhala, and Tamil languages, and the gathered data were analysed using an SPSS system.

**Results:** This research revealed that Most of the participants had basic knowledge of dengue, and 91.8% (n=78) knew how dengue fever was transmitted, 49.4% (n=42) knew which type of mosquito causes dengue fever, 78.8% (n=67) knew which time a dengue mosquito normally bites, and an average of 69.4% (n=59) knew the signs and symptoms of dengue fever. A total of 83.5% (n=71) agreed that removing the accumulated water in plant containers and controlling dengue fever transmission during an outbreak would be beneficial.

**Conclusion:** These findings suggest that the general public in the Gampaha district has adequate knowledge of dengue fever and how it can be prevented; however, further education regarding dengue fever and prevention will reduce and control the transmission of dengue during an outbreak.

***Keywords:*** *Assessing, Awareness, Preventing, Dengue, Disease*

**IoT AND THE EDUCATIONAL CLUSTER**

**OP 26**

**PLENARY - OP 26**

**Revolutionizing Remote Healthcare Training: 24/7 Virtual Reality Simulations**

**Mr. BRAD CHESHAM**

*Founder of Bundle of Rays*

*VR Evangelist, Nurse Educator, and Education Disruptor*

*Clinical Educator for the Australian Resuscitation Council*

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The advent of Virtual Reality (VR) technology has paved the way for innovative approaches in healthcare education and training. This abstract presents a pioneering case study on the deployment of remote healthcare simulations using VR technology, eliminating the traditional constraints of physical space and resources. The initiative, led by nursing professionals, has been successfully implemented from Mount Isa to Doomagee, extending to various hospital networks across Queensland, Australia.

The program harnesses the power of VR to create immersive, interactive simulation environments accessible to healthcare professionals 24/7. This round-the-clock availability allows for flexible, on-demand training without reliance on physical simulation centers, mannequins, or other traditional educational paraphernalia. The case study demonstrates a significant reduction in the need for costly infrastructure, leading to substantial savings in time and money for healthcare institutions.

By simulating real-world scenarios, healthcare professionals can practice and hone their skills in a risk-free, virtual setting. This innovative approach not only enhances the learning experience but also improves the accessibility of training, particularly in remote areas where educational resources are limited. The VR simulations are designed to be intuitive and user-friendly, ensuring that the technology enhances rather than impedes the learning process.

The outcomes of this VR deployment indicate a transformative shift in healthcare training, showcasing the potential for widespread adoption of such technologies in the future. The case study serves as a testament to the scalability of VR simulations in healthcare education, providing a blueprint for other regions and disciplines to follow. As we move forward, the integration of VR in healthcare training promises to elevate the standards of patient care and professional development in the industry.

**OP 27**

**Awareness, perception and practice on LLMs (large language models) among healthcare students and teachers**

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**Background:** Large language models (LLMs) worldwide have drawn attention in education. Utilization of such LLMs in and the incorporation of AI in learning and teaching activities could still be relatively low due to social and demographic conditions in countries like Sri Lanka. Comprehension of LLMs in the education system is crucial for optimizing the long-lasting educational benefits in order to exit the adverse effects like hallucinations that frequently occur in LLM's when questioned about a niche or complicated topic.

**Objective:** The aim of this study is to assess the level of awareness, perception, and current utilization of LLMs among healthcare students and teachers.

**Methods:** A descriptive, cross sectional study was conducted among the healthcare students and teachers in the Gampaha district, Sri Lanka. Data was collected using customized and purpose-built self-administrated questionnaire, comprising questions relating to Socio demographic factors, awareness on LLMs, perception on LLMs and practice on LLMs. The data was analysed using SPSS (v26) to assess the association between the variables.

**Results:** A total of 101 participants were involved in the study, 82 students and 19 teachers. The study conducted revealed a predominance of students in the age range of 15-20 years and teachers in the age range of 25-30 years. 68.4% of the teachers and 63.4% of the students claimed to have used LLMs. Teachers were more interested (84,2%) in using LLMs compared to students (58.5%). Chat GPT was the most frequently used LLM by both teachers (68.4%) and students (62.2%). A collective of 24.95% of respondents were uncertain about using LLMs for academic writing. The most commonly faced challenge with LLMs was the accuracy of results obtained. The mean scores for awareness, perception and practice of LLMs were obtained as 13, 22 and 24 respectively. Only perception and practice on LLMs showed mean scores above the 50th percentile of the total scores. Among both teachers and students, age, ethnicity and marital status showed no significant association with knowledge of LLMs (p>0.05).

**Conclusion:** The study revealed a significantly low degree of awareness of LLMs and a high degree of perception and practice of LLMs among both teachers and students. The high practice of LLMs among the teachers and students would assist in high awareness, perception and practice of LLMs.

***Keywords:*** *Large Language Models, Awareness, Perception, Practice, Healthcare Students*

**OP 28**

## **Artificial intelligence (AI) enhanced academic performance through personalized study plans and analysing the study habits of university students in Sri Lanka**

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**Background:** Traditional education systems face challenges such as one-size-fits-all models, limited learning experiences, and difficulties in utilizing educational data for informed decision-making and teaching adaptation. This study explores the potential of AI to enhance academic performance by designing personalized study plans and analyzing the study habits of university students in Sri Lanka.

**Objectives:** This research aims to assess the effectiveness of AI in higher education across public and private institutions, ranging from undergraduate to doctoral levels, by reviewing relevant literature and conducting an empirical investigation.

**Methods:** This descriptive, cross-sectional study utilized a pre-tested self-administrated online survey distributed to university students from both public and private sectors within the Western Province of Sri Lanka. A convenient sampling method was implemented to select the participants. Data analysis was conducted using SPSS (Statistical Package for the Social Sciences) software version 27. The survey assessed the effectiveness of AI in developing personalized study programs and analyzing learning patterns, gathering information on students' demographics, AI platform usage, and their comfort, effectiveness, and confidence in AI-driven education tools**.**

**Results:** A total of 117 students participated in the study. The participants had a mean age of 21.14. The majority of the respondents were females (n=78, 66.7%). The majority of the participants belonged to an age range of 21-25. 42.7% of the respondents (n=50) claimed to use AI daily for their study purposes, with the majority of students (n=89, 76.1%) stating their preference to use AI to enhance their study plans. A cumulative percentage of 92.3% (n=104) of participants agreed on the high learning effectiveness of real-time monitoring and feedback from AI. 72.6% of the respondents (n = 85) believed that integrating AI with extracurricular activities makes academic learning easier. Only 1.7% (n=2) believed that AI would have a lower impact on understanding complicated studies. the study found that demographic factors such as age, gender, ethnicity, and educational level showed no significant relationship with the perception of personalized study plans and AI integration (with p>0.050), indicating that the impact and acceptance of AI in education were consistent across different student demographics.

**Conclusion:** The study highlights the substantial positive impact of AI on academic performance through personalized study plans and learning habit analysis. The integration of AI-powered adaptive study strategies enhances study habits and promotes productive learning

***Keywords****: AI learning, Personalized Study, Artificial Intelligence, Study Plans*

**OP 29**

**Perception of e-learning among student nurses in Nursing Training School, Kurunegala, Sri Lanka**

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**Background:** The rapid evolution of information communication technologies has enabled educational and other institutions to explore new approaches to teaching and learning in both formal and informal settings. E-learning has been a game-changer in this regard, providing immense knowledge and greatly expanding access to education across various fields. It has opened a wealth of global academic resources and provided opportunities for training and professional development. In Sri Lanka's healthcare industry, there is a pressing need to meet the growing demand for evidence-based nursing practice.

**Objectives:** To investigate student perceptions of e-learning in nursing training schools in Kurunegala, Sri Lanka in 2022.

**Methods:** Quantitative data was collected using a descriptive cross-sectional method. A self-administered questionnaire consisting of a socio-demographic questionnaire, as well as perceived benefits and challenges of e-learning, was used to collect data. The sample size consisted of 200 nursing students in their first, second, and third years of nursing at the Nursing Training School, Kurunegala. SPSS 25 was used to analyse the data, and reliability tests, Chi-square tests, correlation tests, and Fisher's Exact Test were used to determine whether the variables were normally distributed.

**Results:** The results of the study show that student nurses perceived significant benefits from e-learning, with the highest mean score of 46.43. However, they also encountered challenges with a mean score of 44.54. The overall perception of e-learning had a mean score of 56.85. Statistical analysis showed a significant, negative, and mild correlation between the total perceived benefits and challenges of e-learning (r-value=-0.151, p-value=0.033). There was no significant association between the overall perception of e-learning and other independent variables.

**Conclusion:** There is a significant association between the current academic year and students' perception of e-learning. Additionally, there is a significant correlation between the perceived benefits and challenges of e-learning.

***Keywords:*** *Assessment, E-learning, NTS (Nursing Theory Subjects), Perception, Student Nurse*

**OP 30**

**A study on awareness, attitude, and barriers towards online education among undergraduate nursing students at a selected private institute in Sri Lanka**

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**Background:** Nursing Promote quantitative, qualitative care. The nurse updates knowledge and skills. Innovative concepts, technological know-how, and global feedback empower the nurse. Advanced nursing education is challenged in online education. It is noticed that studies of nursing education are sparse. It is a fundamental and urgent need to continuously improve nursing education to a higher level, empowering nurses with the knowledge and causes and remedies for the collapse of nursing education. The study explores the awareness, attitudes, and barriers towards OLM among undergraduate nursing students.

**Objectives:** To assess the awareness, attitudes, and barriers towards OLM among undergraduate nursing students.

**Methods:** This cross-sectional study was conducted among undergraduate nursing students at IIHS, an institution of higher nursing education. The sample was 322 undergraduate nursing students. Data were collected through a web-based questionnaire. A-Demographics & B -Assessment questions were used. One-way ANOVA test used to analysis the data by using SPSS version 25

**Results:** The majority were women (n=255) 85% and Students (n=196) 66.17%. A high awareness of OLM was observed. OLM's positive attitude is 81.33% (n=367). Nonpositive attitudes were 18.67% (n=15.7) and OLM was 76.4%(n=345) with technical issues. 71% (n=338) cited time management, 74.6% (n=336) lack of technical support, 68% (n=307) lack of organisational guidelines, 65.3%(n=295) lack of classroom feedback, 64.6%(n=291) poor social interaction, and 58.3% (n=263) economic cost as barriers to OLM. According to the results of ONE-WAY ANOVA, work experience is 5% (p=0.020). Nurses with more than ten years of working experience have more awareness regarding OLM.

**Conclusion:** Students show high awareness and a positive attitude towards OLM. However, students in OLM have to experience various obstacles. It is recommended that this be done as a quantitative study.

***Keywords:*** *Awareness, Barriers, Nursing Education, Online Learning method, Private*

**OP 31**

**Comparing the Efficiency of Public and Private Universities in Sri Lanka (2023): A Student Survey**

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**Background:** Higher education is crucial for economic development, but there are limited university capacities, with only 42,000 students admitted out of 350,000 who sit for A-Level Exams annually. This leaves many young people out of opportunities for higher education. Public universities face difficulties in finding employment due to protests and strikes, while private sector universities offer job-oriented courses. Setting up foreign university branches in Sri Lanka could generate billions of dollars in foreign exchange and help the country's fragile foreign exchange. Private universities are more relevant and job-oriented than state universities, which may not cater to modern needs.

**Objective:** To conduct a comprehensive student survey with the aim of comparing the efficiency of public and private universities in Sri Lanka

**Methods:** A Likert-scale questionnaire which comprised of respondents’ background, education status, university facilities, and students' future was used. The questionnaire was shared among university students by means of social media. All data were analyzed by the DEA (Data Envelopment Analysis) statistical model and compared the efficiency of public and private universities in Sri Lanka.

**Results:** In Sri Lanka, only 12% of students are eligible for university education in the public sector annually, with private sector universities playing a significant role in globalization. The sample comprises students aged 20-25 and 26-31, with male participants accounting for 45% (n=180) and female participants representing 55% (n=220) of the sample. Regarding the satisfaction with the education system in Sri Lankan universities, 30.33% (n=121) of public university students expressed dissatisfaction, 35.44% (n=141) had a neutral stance, and only 34.22% (n=136) reported satisfaction. Private university students, on the other hand, exhibited a higher level of satisfaction with their facilities, with 65% (n=260) of private university students content, while 34.91% (n=139) of public university students reported satisfaction. The most important factor for students' future, 33.58% (n=134) of public university students expressed satisfaction, 36% (n=144) were neutral, and 30.42% (n=121) reported dissatisfaction.

**Conclusion:** The study highlighted the importance of modern technology, which creates more educational and career opportunities for graduates, and those developments give our next generation a better future. Also, save millions of foreign exchanges and it will be a massive relief for the government's fragile foreign exchange reserves.

***Keywords:*** *Higher Education, Graduates, Unemployment*

**OP 32**

**Case Study of Nursing Students Improving English to Pass OET for Skill Migration: IIHS**

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This paper examines the learning strategies that nurses at IIHS who have enrolled in the English prof program practice to pass the English screening test, named occupational English test, in order to migrate to developed countries for skilled migration. The Occupational English Test (OET) is a vital language assessment tool for healthcare professionals aiming to migrate and practise their profession in English-speaking countries. This study explains the challenges faced by nursing students, the strategies employed to improve their English skills, and the ultimate outcomes in terms of OET success and skill migration.

Due to the job market all over developed countries such as the United Kingdom, Australia, and New Zealand, Sri Lankan nurses have a great opportunity to migrate as skilled migrants. Nurses should be able to provide culturally competent care in a diverse health system. As it can be seen, Sri Lankan nurses face a lot of obstacles, both extrinsic and intrinsic, to achieve the required level of the standard English screening test.

This paper discussed the learning strategies and the environmental changes that the students of the program used to improve their English as a Second Language (ESL) competency and pass the occupational English test. The study reveals that participants faced considerable second language issues, including language barriers in using ESL to communicate in a medical setting, reading comprehension, and writing skills. Over the course of their preparation, students engaged in intensive language courses, mock exams, and focused clinical vocabulary training with one-on-one speaking practice. Furthermore, the case study highlights the emotional and psychological factors that played a role in their journey, including motivation, resilience, and peer support.

The outcomes demonstrate a noteworthy enhancement in the participants' English language ability and proficiency, as evidenced by their performance on OET practice exams and standardized language assessments.

***Keywords:*** *Cognitive, Meta-Cognitive, Socio-Affective, OET, ESL*

**ADVANCES IN SOCIAL SCIENCES**

**PLENARY - OP 33**

**The Pathway to Establish E-Mental Health in Sri Lankan Context within Prevailing Conditions**

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Sri Lanka, which is regarded as the “Pearl of Indian Ocean” always entails the vibrance of elegance and the beauty. The country faced major catastrophes recently and underwent an unprecedented crisis among people. These problems have generated numerous psychosocial issues among the society in various age ranges and directed for the occurrence of mental health problems irresistibly.

The role of the counsellor, psychotherapists and other mental healthcare professionals were highly demanded and required to assist the people with mental health problems and dysfunctions within the context. The emphasis had been aroused from child to elderly people during this crucial period of time.

e-Mental health is simply defined as “convergence of digital technologies with mental health services”. The integration of guiding video tutorials, presentations, activities, particular intervention and supporting evidence as well as combining those areas through digital platforms such as social media groups, websites, chat rooms, apps for smartphones, video based counselling and online support groups are further more elaborated.

Significant grants were afforded from the constitution of Sri Lanka to facilitate mental issues; The first comprehensive mental health policy was developed in 2005 by the provisions from mental health directorate which had been established in 1998 within the Ministry of Health in Sri Lanka. The counselling therapeutic strategies have been recognized in Sri Lanka since 1950’s and formally established and validated in 1982 as “The National Council for Mental Health: NCMH”. Since then it has been widely disseminated and enhanced capacities of its services. Sri Lanka is still in the phase of developing facilities to provide comprehensive mental healthcare services to the public and will have to empower e-Mental health standard platforms to a greater extent. Several barriers would become burgeoning encounters such as financial, service structures, technical, technological literacy, attitudes and stigma within the process of consolidating e-Mental health in Sri Lanka.

**OP 34**

# Impact of social media usage on the social isolation of undergraduate students in Gampaha District, Sri Lanka

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**Background:** The potential influence of social media platforms on the social isolation of undergraduate students is a serious concern. In the Gampaha District of Sri Lanka, social media is increasingly integrated into students' daily lives, making it a unique context to study this relationship.

**Objectives:** This research investigates the impact of social media usage on social isolation among undergraduate students in Sri Lanka's Gampaha District. By examining social media engagement patterns and their association with students' feelings of social isolation, the study provides insights into this relationship's complexities and implications for students' social well-being.

**Methods:** The study used a mixed-methods approach, which included both quantitative and qualitative analyses. An online survey was conducted on undergraduate students to evaluate their social media usage patterns and the extent of their social isolation. Moreover, in-depth interviews and focus group discussions were held to gain a better insight into students' experiences and perceptions regarding the influence of social media on their social connectedness and isolation.

# Results: The study involved 85 undergraduate students, revealing that prolonged social media usage, particularly during late hours, is linked to increased social isolation. Qualitative analysis provided contextual insights into the specific social media activities and coping mechanisms that affect students' experiences of social isolation. The findings call for tailored interventions to promote responsible social media usage and foster meaningful social interactions among students.

# Conclusion: The research emphasizes the importance of developing a balanced approach to using social media among undergraduate students in the Gampaha District, Sri Lanka. This is essential to reduce the negative effects of social isolation. By understanding the complexities of this relationship, the study contributes to the development of evidence-based strategies that can help create a supportive and inclusive digital environment, which is conducive to students' social well-being.

***Keywords:*** *Digital Environment, Social Interactions, Social Isolation, Social Media, Undergraduate Students*

**OP 35**

**The level of video game addiction and its impact on mental and physical health among Healthcare Students**

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**Background:** Video game addiction has become a growing concern in today's digital landscape, with implications for the mental and physical health of individuals. This study utilizes the standardized Game Addiction Inventory for Adults (GAIA) scale, adopted from established literature, to investigate the prevalence of video game addiction and its consequences among healthcare students at the International Institute of Health Sciences (IIHS).

**Objectives:** To assess the level of video game addiction among healthcare students at IIHS.

**Methods:** A cross-sectional survey was conducted among 136 healthcare students at IIHS, encompassing the completion of a standardized GAIA scale adopted from existing literature revealing a diverse range of responses regarding video game addiction. The survey collected data on gaming frequency, duration, and potential consequences on mental and physical health. Subscale scores were analysed, and the data were presented using descriptive statistics by using SPSS Version 26.

**Results:** In this study of 212 healthcare students at IIHS, 65.15% (n = 138) exhibited video game addiction. Notably, 28.7% (n=61) displayed high-risk loss of control, and 41.2% (n=88) showed moderate addiction tendencies (SD=8.2). Additionally, 23.5% (n=50) experienced significant agitated withdrawal symptoms (SD=3.4), and 15.4% (n = 33) demonstrated low engagement apart from gaming (SD=4.1). About 32.4% (n=69) employed coping mechanisms for their addiction (SD=2.7), while 19.1% (n=41) faced considerable mournful withdrawal (SD=3.5). Furthermore, 10.3% (n=22) reported elevated shame related to their video game addiction (SD=2.0). Among addicted gamers, 63% cited adverse effects on their mental health, including heightened stress and anxiety, while 42% disclosed physical health issues such as reduced physical activity and disrupted sleep patterns.

**Conclusion:** These findings underscore the diverse range of experiences and the prevalence of video game addiction among healthcare students at IIHS. The need for targeted interventions to safeguard their well-being becomes evident in light of these results. Future research can build upon these insights to develop effective strategies that address this issue and promote the overall health and well-being of healthcare students.

***Keywords:*** *Video Game Addiction, Healthcare Students, Mental Health*

**OP 36**

**Impact of Sri Lanka Railway Services Quality on Local and Foreign Tourist Satisfaction: Elle Odyssey Train Travelers**

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**Background:** Service Quality is a critical variable in assessing tourist satisfaction, especially concerning Sri Lanka Railway's transport service, including the Elle-Odyssey Railway Service. Understanding and improving service quality can enhance the predictability and profitability of Sri Lanka Railway. This study investigates the relationship between tourist satisfaction and service quality, along with the factors influencing tourist satisfaction and the impact of different service quality dimensions.

**Objectives:** This research aimed to study the correlation between Tourist Satisfaction and Service Quality in the Sri Lanka Railway Service.

**Methods:** The research methodology is empirical, and a survey of passengers (tourists) was utilized to conduct the research. This study collected quantitative as well as qualitative data as tourist satisfaction was measured. Secondary sources were used for more detailed information. Primary data collection was also done as it focused on tourists' opinions. A modified SERVQUAL model was used to measure tourist satisfaction. The study also entailed the use of qualitative descriptive research. Open-ended questionnaires were used for the data collection Assuming a confidence level of 90% and p = 0.1, the sample size was calculated (. Finally, the sample size formula provides the number of responses to be obtained. The data was analyzed using Microsoft Excel and SPSS Software. The statistics were coded and analyzed using descriptive analysis, chi-square test, factor analysis, and t-test.

**Results:** Out of 119 respondents, 99 participants were answered. Through the factor analysis done here, it appears that there are 06 factors that affect tourist satisfaction. These scores are in the mean range of 2-3. Accordingly, factors like refreshments, security, basic facilities, information system efficiency, hospitality, and behaviors toward passengers have a moderate effect on tourist satisfaction. Based on the qualitative test conducted using the collected data, there is a positive relationship between the factors of service quality and tourist satisfaction. According to the t-test results of the three tests conducted, it can be seen that tourists have paid more attention to the 03 factors of reliability, responsiveness, and comfort. Apart from that, all 05 dimensions (assurance, empathy, tangibility, connection, and convenience) have been rejected. Therefore, this factor indicates that there is a strong correlation between service quality and customer satisfaction. Ideally, improved service quality leads to increased customer satisfaction. According to the results, it appears that the two factors of tourist satisfaction and service quality are interdependent. Also, it is confirmed that there is a moderate correlation between these 02 variables according to Pearson's correlation coefficient.

**Conclusion:** The purpose of this study was to assess passenger satisfaction with Sri Lanka Railways service quality. T-test was used to assess the differences between travelers' satisfaction with eight dimensions of service quality in Sri Lanka Railways, namely, assurance, empathy, tangibility, connection, convenience, reliability, responsiveness, and comfort. Traveler satisfaction did not make a difference in the Sri Lanka Railway service quality dimensions of reliability, responsiveness, and comfort. Tourist satisfaction varies significantly on the other five dimensions of service quality, namely, assurance, empathy, tangibility, connection, and convenience. The results reflect that Sri Lanka Railways needs to focus on the dimensions of service quality assurance, reliability, and responsiveness to further improve.

***Keywords:*** *Railway Tourism, Service Quality, Railway, Tourist Satisfaction, SERVQUAL Model*

**OP 37**

**The Perceived Significance of Integrating Spirituality into Palliative Care According to Nursing Students at Anuradhapura College of Nursing**

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**Background:** Spiritual care has important implications for individual health and well-being. In order to improve the quality of life of the palliative care patients’ nurses should concern comprehensive care with physical, psychological and spiritual aspects.

**Objective:** To assess the importance of incorporation of spirituality in palliative care as perceived by nursing students in the College of Nursing Anuradhapura.

**Methods:** This is a quantitative cross-sectional study conducted using researchers modified questionnaire based on available literature among randomly selected 163 second-year nursing students in the College of Nursing Anuradhapura. The collected data were analysed for descriptive and inferential statistics. Significance was set as p<0.05.

**Results:** The response rate was 100%. Among the participants, majority belongs to female (98.15%), Sinhalese (96.9%), Buddhist (96.3%) and between the age 25 to 26 years (52.15%). Majority of the participants had good perception (87.7%) on spirituality and spiritual care. The statistically significant difference was found between the perception on spirituality and spiritual care with previous learning on palliative care (p= 0.020) and experience of engaging spiritual care for palliative patients (p= 0.007). The socio demographic variables was predicted the level of perception on spirituality and spiritual care by 3.3%.

**Conclusion:** The level of perception on spirituality and spiritual care among nursing students found in good level which is predicted by previous experience of giving spiritual care and learning experience of palliative care. Although holistic care approach taught consistently during nursing programme the nursing curriculum should be transformed to encourage student nurses’ sense of preparedness and posturing culture where patients’ spirituality is discussed and reflected upon every day practice.

***Keywords:*** *Spirituality, Palliative care, Nursing Students*

**OP 38**

**Mental Health Status and Job Satisfaction of Employees in Laboratories in Colombo, Sri Lanka**

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**Background**: Laboratory professionals, including pathologists, laboratory technicians, and pathology residents, play a vital role in ensuring accurate diagnosis and effective patient care. However, the demanding and high-pressure nature of their work can significantly impact job satisfaction, well-being, and risk of burnout.

**Objectives:** This cross-sectional study aimed to assess the levels of job satisfaction, well-being, and burnout among laboratory professionals in Colombo, Sri Lanka. Additionally, it aimed to identify key factors influencing mental health status and explore potential associations between job satisfaction and psychological distress.

**Methods**: A self-administered questionnaire was used to collect data from 50 laboratory professionals working in various healthcare settings in Colombo. The questionnaire consisted of validated scales, including the Job Satisfaction Scale, Perceived Stress Scale, and Kessler Psychological Distress Scale, to measure job satisfaction, stress levels, and burnout. Convenience sampling was employed to recruit participants, and the data were analyzed using descriptive and inferential statistical methods.

**Results**: The findings indicate that Laboratory professionals in Colombo reported moderate levels of overall job satisfaction. However, the results revealed concerning trends, with a significant percentage of respondents experiencing mental health problems due to their demanding work environment. Specifically, 41.4% reported work or daily life problems related to physical health, while an alarming 46.4% acknowledged emotional difficulties such as depression, sadness, or anxiety. In addition, 37.9% felt overwhelmed by the workload. These findings highlight the urgent need for interventions to address the prevalent mental health challenges faced by laboratory employees in Sri Lanka.

**Conclusion**: This study underscores the importance of addressing job satisfaction, well-being, and burnout among laboratory professionals in Colombo, Sri Lanka. These findings emphasize the urgent need for healthcare organizations to implement interventions and strategies that focus on improving workplace conditions, enhancing support systems, and reducing stress levels. By prioritizing the mental health and job satisfaction of laboratory professionals, healthcare institutions can create a healthier work environment, promote employee well-being, and ultimately enhance the quality of patient care.

***Keywords:*** *Laboratory Professionals, Job Satisfaction, Well-Being, Burnout, Mental Health*

**OP 39**

**Parental knowledge and attitudes towards youth’s mental disorders in Gampaha District, Sri Lanka**

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**Introduction:** Youth might be vulnerable to mental health difficulties due to a variety of physical, emotional, and social changes, such as poverty, abuse, or violence. The knowledge and attitude of parents about mental disorders in children are significant predictors of early detection and treatment seeking for the condition. The aim of this study was to assess the parents' knowledge and attitudes toward youth’s mental disorders in the Gampaha district, Sri Lanka.

**Methods:** This was a quantitative study done on 114 parents in the Gampaha district, using a close-ended questionnaire. A snowball sampling technique was used for data collection. The data analysis was done through SPSS Software.

**Results and Discussion:** Among the 114 participants, 57.8% (n=66) were mothers. In terms of knowledge, 86% (n= 98) of the participants knew about mental disorders and around 72% (n=82) knew the causes of mental disorders. Respondents of 57.8% (n= 65) believed mental disorders can be cured, 8.6% (n= 10) maybe it can be cured and 2.6% (n=3) say it can’t be cured. About 76.3% (n=87) of the parents say that mental disorders can damage the child’s health. In terms of attitude, around 89.4% (n=101) of the parents will definitely care if the child suffers from any mental disorder. Moreover, about 86.8% (n=99) of the respondents say that consultation with a doctor immediately is needed if found to have symptoms of mental disorders, and 50% (n=57) strongly agree on consultation to prevent mental disorders.

**Conclusion:** This study showed that the parents have an adequate amount of knowledge of mental disorders. It also shows that most parents have a good attitude toward children who have mental disorders. They believe consulting a doctor, taking a child's feelings seriously, and knowing about mental disorders will help their child prevent any mental disorders. The outcomes of this study were heavily dependent on the sample and sample size, making response bias inevitable. Thus, in order to increase the validity of the results, it is necessary to diversify the sampling technique.

***Keywords:*** *Knowledge, Attitude, Parents, Youth, Mental Disorders*

**OP 40**

**A Study on The Barriers and Challenges Affecting the Education of Transgender Youth in The Colombo District, Sri Lanka**

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**Background:** Education plays a pivotal role in the advancement of any democratic society, yet transgender youth, whose gender identity differs from their assigned sex, confront substantial barriers to accessing education. This study investigates the obstacles impeding the educational progress of transgender youth in Sri Lanka's Colombo District.

**Objectives:** Tostudy on the barriers and challenges affecting the education of transgender youth in the Colombo District

**Methods:** Employing a mixed-methods approach, this research combines qualitative data collection techniques. In-depth interviews were conducted with transgender individuals to understand their experiences and challenges. Additionally, surveys were administered to gather demographic information and quantify the extent of barriers faced. The study's objectives encompass assessing educational levels, evaluating family support, identifying social influences, and uncovering financial obstacles.

**Results:** The findings reveal that despite possessing qualifications comparable to cisgender peers, transgender students face challenges pursuing higher education due to discrimination and societal prejudices. The research underscores the importance of an inclusive educational environment that positively impacts well-being and opportunities. The remarkable resilience demonstrated by transgender individuals in navigating complex emotional landscapes is noteworthy. The implications underscore the urgency of creating an educational setting that accommodates transgender individuals' unique needs. Their aspirations mirror those of them peers, emphasizing society's responsibility to treat them with respect.

**Conclusion:** Recommendations urge understanding, ending discrimination, and providing unwavering support to transgender individuals striving for education. These efforts significantly contribute to shaping a more inclusive and equitable society.

***Keywords:*** *Transgender, Youth, Colombo District, Cisgender Peers*

**INNOVATION AND CHANGE IN ADMINISTRATION**

**PLENARY - OP 41**

**Innovations and Trends in Healthcare Administration**

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Healthcare administration plays an important role in the efficient and effective delivery of healthcare services. They face many challenges including escalating healthcare costs, rapid technological advancements, increasing demands for transparency and quality, changing disease patterns and demographic transition.

These challenges have created a pressing need for innovation in healthcare administration. To address these issues and prepare for the future, healthcare administrators need to embrace innovative strategies and technologies.

The most important reason for healthcare innovation is to help people. Whether it's through new treatments, new technology or new processes, healthcare innovations will give administrators, clinicians and healthcare organizations the tools they need to focus more on the needs of their patients and to help people improve their lives. Innovation provides the perfect opportunity for us to blend technology with patient care, outcomes and efficiency.

Healthcare innovation can be as simple as changing a form to check out a patient five minutes faster or as complex as immunotherapy that targets specific types of cancer cells. Any developments, simple or complex, that lead to improvements in health outcomes and patient experiences are healthcare innovations.

In healthcare, the evolution of how and when professionals use technology have three stages – digitization, disruption and transformation. Digital transformation in healthcare is ongoing and will involve a fundamental reimagining of the way payers, healthcare providers and others operate and engage with patients, consumers and stakeholders.

Disruption involves newer technologies, such as [artificial intelligence](https://www.ibm.com/topics/artificial-intelligence-healthcare), mobile technology, [analytics](https://www.ibm.com/topics/healthcare-analytics) and [cloud](https://www.ibm.com/industries/healthcare/solutions/health-system-performance), which are changing the ways in which people, organizations and governments interact. These disruptive innovations are providing an unprecedented level of connection between people and leading the world to become more consumer centric.

Reducing the manual workload of healthcare providers while improving operational efficiency is imperative for advancing healthcare administration.

**OP 42**

**Prevalence of e-Health Literacy among School Leavers at Rural Community in Anuradhapura District, Sri Lanka**

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**Background:** In today's digital world, school leavers, as future decision-makers, must be equipped with e-Health literacy to harness online health resources effectively. Having access to abundant health information online is not enough; they need the skills to search, interpret, and evaluate this information. This is a significant community responsibility, but it's uncertain whether customized e-Health literacy training is essential for school leavers to excel in this critical competency.

**Objective:** To investigate the e-Health literacy among school leavers in rural community in Anuradhapura district, Sri Lanka.

**Methods:** A descriptive cross-sectional study with 167 conveniently selected school leavers at Mihinthale MOH area was conducted. The adopted e-Health Literacy Scale (eHEALS) was the research instrument used for data collecting. Data analysis was done with the help of SPSS 26 version for descriptive and inferential statistics. Significance was set as P< 0.05.

**Results**: In the study, a majority of the participants were female (41.3%), fell into the over 24 years age group (24%), identified as Sinhalese (78.4%), practiced Buddhism (78.4%), were engaged in private employment (27.4%), and had completed their Ordinary Level education (31.7%). Notably, a significant portion, 39.3% (n=64), displayed high e-health literacy, while a smaller percentage, 7.7% (n=16), demonstrated a lack of e-health literacy. The prevalence of e-health literacy was found to significantly vary by gender (P = 0.044), marital status (P = 0.009), educational level (P < 0.05), resident Public Health Midwife (PHM) area (P < 0.05), and the use of internet devices (P < 0.05). Furthermore, the study revealed that the participants' sociodemographic variables could predict their e-health literacy level by 30.8%.

**Conclusion:** Although school leavers are highly connected to and feel comfortable with, using the internet to find health information, some lack areas found. More sophisticated technology should be introduced to the young generation to incorporate the customized health information for their health seeking behaviour.

***Keywords:*** *E-Health Literacy, School Leavers, Rural Community*

**OP 43**

**Making the COVID-19 Vaccination Mandatory for Employees in the Sri Lankan Workplace Setting: Lessons from the UK and USA**

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**Background:** The imperative to implement emergency regulations in response to a pandemic or a lethal virus is a common practice in every nation. These regulations often encompass vital laws designed to mitigate the transmission of the circulating virus and protect public health.

**Objectives:** The primary objectives of this research were to examine the legal and authoritative scope of employers in enforcing mandatory vaccination policies for their workforce within the workplace, with a focus on the potential infringements upon fundamental individual rights that can result from such policies

**Methods:** This study primarily employed a qualitative research approach using a library-based desk review. The data collection predominantly relied on secondary and tertiary sources accessible online, with primary sources such as statutes, gazettes, and legislations playing a significant role in shaping the research.

**Results:**  This research relies on data gathered from the United Kingdom and the United States of America to propose potential reforms that can be adopted within the legal framework of Sri Lanka. In the UK, the introduction of mandatory COVID-19 vaccination for healthcare workers faced challenges due to its draft bill and its interaction with the Human Rights Act and Equality Act, leading to substantial criticism and eventual reconsideration. In contrast, the United States imposed a similar mandate, particularly for employers with more than 100 employees, but the analysis reveals potential issues, including workforce division, indirect discrimination, and the infringement of employees' fundamental rights to personal autonomy and choice.

**Conclusion:** The decision to make COVID-19 vaccination mandatory for employees in Sri Lanka should be informed by lessons from the UK and USA. While these countries have shown that mandatory vaccination policies can enhance public health and safety, it is crucial for Sri Lanka to carefully consider its legal and ethical framework, communicate effectively, and ensure exemptions for valid reasons. The success of such a policy will depend on adaptability, collaboration with healthcare authorities, and a balanced approach that respects individual rights

***Keywords:*** *COVID-19 Vaccination, Employees, Sri Lanka, Workplaces*

**OP 44**

**Knowledge and Attitude Towards Legal and Ethical Aspect Among Student Nurses in College of Nursing, Anuradhapura**

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**Background:** Health care laws and ethics serve as a hallmark in maintaining the equilibrium in the delivery of health care services. Knowledge and attitude of nursing students important for quality and coordination of patient’s care.

**Objective:** To assess knowledge and attitude towards legal and ethical aspects in nursing among nursing students at college of nursing Anuradhapura.

**Method**:Institutional based cross-sectional study was conducted among randomly selected 168 nursing students in college of nursing Anuradhapura. The data were collected by an adapted, validated, self-administered questionnaire. Data analysis was done with the help of Statistical Package of Social Sciences (SPSS) 26 version.

**Results:** Responses rate 100%. Majority of the student’s participant were female (92%) in their 25-29 years age group (68%). Among them majority reported for poor knowledge for legal aspects (45.8%). The means score of attitudes among nursing students were 2.010.71 and level of attitude for above average (76.8%) of the participants. Among them most of the participants belongs to 25-29 years and female reported for poor knowledge 71.42%% and 97.4% respectively. Similar proportion was identified for attitude; 73.64% for 25-29 years and for 93.79% for female found to be above average level of attitude. Results of the Pearson correlation test showed a positive and significant association between the score of knowledge and attitude among nursing students (r0.168, p0.029).

**Conclusion:** Results of this study showed that knowledge on legal and ethical aspect of nursing students were poor while above average level of attitude on that. The present knowledge level of student nurses emphasizes the need for making aware of these topics. These findings emphasize the importance of incorporating ethics and law in the curriculum and reinforcement by problem-based learning to better equip students for real life clinical scenarios.

***Keywords:*** *Knowledge, Attitude, Nursing student, Legal and Ethical Aspect*

**OP 45**

**Patient level of satisfaction with perceived health service quality in teaching hospital in Sri Lanka**

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**Background:** Perceived health services quality and patient satisfaction are crucial indicators for assessing the performance of healthcare systems. Prioritising patient needs and upholding healthcare standards are essential for ensuring high-quality healthcare, with patients at the centre of the quality agenda. However, there is still a gap in the literature concerning customer satisfaction in the government health sector, particularly in the Galle district of Sri Lanka, amidst the implementation of health service devolution to counties.

**Objective:** Therefore, the primary objective of this study is to investigate the level of patient satisfaction regarding perceived health services quality within the surgical section of Teaching Hospital Karapitiya in Galle district, Sri Lanka.

**Methods:** This study adopts a descriptive cross-sectional design, utilising a combination of quantitative and qualitative methods. Data collection involved 334 outpatients selected through systematic sampling, with exit interviews conducted for every 12th patient. Additionally, 55 inpatients were chosen using simple random sampling based on the daily discharge register. Quantitative data were analysed using SPSS Version 20, while qualitative data were thematically analysed using NVivo.

**Results:** The findings reveal that patient satisfaction with the perceived quality of services stands at 56%. Notably, aspects such as staff competence in handling patient issues, the approachability of the staff, the availability of prescribed medications in the hospital pharmacy, patient privacy, and waiting times significantly influence patient satisfaction. However, empathy, responsiveness, and reliability of services were the most dissatisfactory areas.

**Conclusion:** In conclusion, patient satisfaction, particularly in terms of empathy, responsiveness, and reliability of services, needs improvement to enhance the perceived quality of healthcare services in the surgical section of Teaching Hospital Karapitiya. Addressing these areas of concern will contribute to greater patient satisfaction and an overall enhancement of healthcare service quality at the facility.

***Keywords:*** *Patient satisfaction, Healthcare, Sri Lanka, Quality, Nursing*

**OP 46**

**Factors associated with frequent readmission of patients with Chronic Obstructive Pulmonary Disease (COPD) in District General Hospital, Mannar**

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**Background:** Chronic Obstructive Pulmonary Disease (COPD) poses a significant public health burden. The District General Hospital in Mannar is pivotal in addressing the needs of COPD patients within the district. Despite accounting for 15% of COPD cases, the hospital experiences a notable challenge of frequent readmissions.

**Objectives:** To investigate the factors contributing to the readmission of COPD patients at District General Hospital, Mannar.

**Methods:** The study engaged COPD patients at District General Hospital, Mannar recruited using a purposive sampling method. Trained interviewers conducted interviewed administrated surveys, covering demographics, medical history, and treatment adherence. A questionnaire adapted from the Moresky Medication Adherence Scale (MMAS) was used to assess the adherence levels. Chi-square test and descriptive analysis were employed to unravel intricate patterns and factors influencing frequent COPD patient readmissions at the hospital.

**Results:** This study used regression analysis to identify factors affecting COPD patient readmission. Chest infections were the most significant contributor (P=0.001), followed by factors like steroid-induced indigestion (P=0.002), excessive antibiotic use (P=0.037), heavy smoking (P=0.043), and more. Among 150 patients, 58% were smokers, linking smoking to COPD incidence. Additionally, 84% reported a connection between dust exposure and COPD exacerbation, with air pollution being the second most influential factor, while spider web exposure and food allergies had lesser impact

**Conclusion:** Highlighting a complex healthcare landscape, this research accentuates the prevalence of high COPD readmission rates and low medication adherence. Factors such as gender, clinic follow-ups, environmental exposures, and participation in pulmonary rehabilitation emerged as key influencers. The study advocates multifaceted interventions, emphasizing education, targeted programs, and awareness campaigns. Anti-smoking initiatives and active engagement in rehabilitation programs are recommended, promising improved outcomes for COPD patients at District General Hospital, Mannar.

***Keywords:*** *Associated Factors, COPD, District General Hospital, Mannar, Readmission*

**OP 47**

**Assessing the factors affecting for organizational commitment among nurses in National Hospital of Colombo, Sri Lanka**

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**Background:** The idea of organizational commitment has an intuitive appeal because of the relationship of commitment to turnover, absenteeism, and organizational performance. All these are important to healthcare executives who are attempting to stabilize a nursing workforce in the presence of a growing nursing shortage.

**Objectives:** This study aims to assess the factors affecting organizational commitment among nurses in National Hospital of Colombo, Sri Lanka.

**Methods:** An institution based cross-sectional study design was conducted in the National hospital of Sri Lanka, Colombo 10. Self-administered structured administered questionnaire was used to collect data. Out of the total nursing staff at National Hospital of Sri Lanka of 2715, data from 349 participants were collected within 30 days. The questionnaire consisted of demographic data, questions to assess quality-of-life benefits and work life balance and possible feelings of hospital.

**Results:** The result of the current study shows that satisfaction with quality of family life, quality of professional life, salary/ income, working condition/ working unit, Union leaders/union support, ward manager attitudes of organization, gender, family member employment, working time and working experience (p=0.000) had a positive association with organizational commitment. While age (p=0.298), family structure (p=0.032), number of children (p=0.004), level of education (p=0.265), marital status (p=0.746) and health status (p=0.045) were not associated with organizational commitment.

**Conclusion:** Quality of family life, quality of professional life, salary/ income, working condition/working unit, union leaders/union support, ward manager attitudes of organization, gender, family member employment, working time and working experience had a positive association with organizational commitment. Age, family structure, number of children, level of education, marital status and health status were not associated with organizational commitment.

***Keywords:*** *Nurses, Organizational Commitment, Quality of Family Life, Quality of Professional Life, Work-Life Balance*

**OP 48**

**A study on the need of continuous professional development of medical officers for service quality improvement in private hospitals: a mixed method study**

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**Background:** The hospital management has set customer satisfaction targets which the ABC hospital has failed in achieving during the last few years. Customer satisfaction has produced a higher correlation with the service quality whereas reduced service quality always reduces customer satisfaction, in which the training and development approach of the hospital always influences the service quality.

**Objective:** To study on the need of continuous professional development of medical officers for service quality improvement in private hospitals.

**Methods:** A hypothetical deductive study has been conducted by the researcher in evaluating the relationship between training and development and service quality, A sample of 140 medical officers has been considered while determining training needs, training objectives and plans, evaluation of trainings, and types of trainings were considered as the independent variables which create an influence on the dependent variable of service quality. There will be four main analytical tools that the researcher will use, namely frequency analysis, descriptive statistics, correlation analysis, and multiple regression analysis. They have analysed the study using SPSS version 23.

**Results:** A total of 140 participants were involved in the study. All the variables had obtained moderate mean values which indicated the opportunities for further development. It is evident that training objectives and plans have created the highest impact on service quality, as the variable has produced a Pearson correlation coefficient of 0.933 with the service quality. Evaluation of training has created the second highest impact with the Pearson correlation coefficient of 0.878. Determining training needs and types of training have produced a positive impact on service quality accordingly. Regression analysis has identified the selected model of the four variables that has been considered as independent variables were capable in predicting the variance of the dependent variable of service quality up to an extent of 89.9%.

**Conclusion:** Multiple regression analysis has identified that types of training create no impact on service quality, training objectives and plans create the highest impact on the service quality and that determining training needs creates a negative impact. Therefore, the researcher has proposed recommendations for development depending on the findings.

***Keywords:*** *Service Quality, Customer Satisfaction, Medical Officers, Private Hospital, Hospital Management*

**REFLECTION**

**OP 49**

**Reflection on the maintenance of a safe environment in the clinical setting**

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**Description:** I was clinical supervising the students in ward three of Teaching Hospital. The nursing students were engaging in patient care. Suddenly there were huge sounds and screams from the patients in the ward due to falling four jumbo size oxygen cylinders one by one at once. The oxygen cylinders were kept unsafely near the patients' units without keeping them in stands. The saline stand which was connected to the patient disconnected with this incident. There was no physical harm to any patient. But the thermos flask was damaged after this incident. However, the in-charge nurse asked not to worry about the flask, and it seemed no one reassured the patient.

**Feelings:** Initially, I felt so happy by seeing that the students were engaging in patient care. I was worried about the care provided to innocent patients. I felt sad about the care of the patient’s property. I felt angry with the attitude of the healthcare team members.

**Evaluation:** The patient has the right to receive safe, quality services. Health professionals are responsible and reliable holistic medical care services.

**Analysis:** This incident helped me to understand the shortcomings in the safety issues in the clinical environment. Vigilant observation is essential to minimise this kind of problem in ward-related clinical safety. Although there was a lack of space facilities Jumbo size oxygen cylinders should be kept in proper stand. The unavailability of oxygen stands can cause serious consequences, in case, oxygen falls. This incident implies poor ward management. It can affect the reputation of the hospital. Nurses should develop sensitive and empathic behaviour regarding patients’ care.

**Conclusion:** Supervision plays a vital role regarding patient safety issues. This event is an ideal example of such an event. Lack of supervision can lead to a bad image of the patient-centred care and standard of the Institute.

**Action plan:** Emphasis to focus more on the patient safety environment and identify the risk areas related to patient safety. Students were asked to write a reflection report on the importance of providing a safe environment for the patient and developing an empathic relationship with the patient, the patient’s belongings, and the family of the patient.

**OP 50**

**Reflection on Improper Waste Disposal**

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**Description:** While at a prominent private hospital in Colombo, a senior nurse asked the narrator to dispose of waste materials after a wound dressing procedure. They followed the ward's disposal policy for sterile equipment. In their haste to assist the senior nurse with another procedure, they quickly disposed of the remaining materials. However, a master in the ward noticed that they had mistakenly placed plastic wrappers in the bin designated for paper waste.

**Feelings:** Before the incident, the individual felt confident, motivated, and optimistic. During the situation, they experienced emotions of upset, shame, and guilt. Afterward, they felt disappointed but also thankful, glad, and relieved.

**Evaluation:** In the evaluation, the individual acknowledged several key learnings. They realized the importance of correctly disposing of waste materials, emphasizing the need for proper waste management in a hospital setting. The experience also taught them to give equal importance to all procedures, avoiding any dismissive attitude toward certain tasks. They recognized that their mistake had an impact on other staff members, which was concerning. Furthermore, the incident highlighted the significance of maintaining attention to detail to prevent errors such as improper waste disposal.

**Analysis:** Inadequate handling and disposal of clinical waste pose substantial health and environmental risks due to their infectious nature. To mitigate these risks, it is essential for management to provide comprehensive training, supervision, and ongoing in-service training to ensure that all employees have the necessary knowledge, attitudes, and safe practices in waste disposal.

**Conclusion:** Healthcare professionals often face overwhelming workloads and a variety of critical patient treatments. In the rush to manage tasks, it's easy to prioritize some procedures over others. This can lead to oversight, as seen in the careless disposal of waste. Neglecting proper waste disposal can contribute to the spread of infections and other adverse consequences. Therefore, it's crucial to give equal attention to all procedures, regardless of their perceived significance, and perform each one with diligence and care.

**OP 51**

**Reflection on Being unaware of the dietary restrictions of a patient**

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**Description:** On the first day of clinical placements in a prominent private hospital in Colombo, the narrator was in a general ward. They were unfamiliar with the hospital setting and the ward's routine. During the morning handover, they jotted down patient details without a clear understanding. A junior nurse invited them to observe and help with a Nasogastric (NG) feeding procedure for an 80-year-old female patient with a history of seizures, diabetes, and hypertension. As I was doing this the bystander seemed concerned and asked the junior nurse if it was ok to give salt to the patient. The master then told me that the patient’s electrolyte levels showed increased levels of sodium

**Feelings:** During my first patient interaction, I felt a mix of excitement and nervousness. When a mistake occurred, I was anxious but quickly understood its gravity. The patient's bystander reacted surprisingly understanding, which reassured me. This conversation eased my fears and made me feel more at ease.

**Evaluation:** This experience taught me the importance of thorough understanding before any task, tracking seemingly minor details like electrolyte counts, and developing the right mindset to handle challenging situations. It emphasized the need for composure and confidence in responding to future problems. A critical mistake was mixing salt with the patient's feed due to a lack of understanding. The handover process and communication of dietary restrictions also needed improvement, highlighting the potential risk to patient well-being.

**Analysis:** Effective communication through nursing handovers is vital for patient safety and care quality. The ISBAR protocol is used to convey information clearly and prevent potential errors. Research highlights the importance of "no added salt diets" for hypertension management, as it significantly lowers blood pressure and reduces cardiovascular risks. Adding salt to the patient's diet could have negatively impacted her health by increasing blood pressure and susceptibility to cardiovascular conditions.

**Conclusion:** Being in that situation taught me how crucial it is to have a thorough understanding of my patients even if I am going to assist another nurse. I understood the gravity of my mistake and I saw how I can improve to make sure that it would never reoccur.

**OP 52**

**Reflection on the Patient's Bleeding after Removal of the cannula**

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**Description:** I experienced the following event in the oncology ward of a leading private hospital in Colombo. The patient being dealt with is a 61-year-old female, the patient has a history of Diabetes Mellitus, Hypertension, and Hyperlipidemia. the cotton ball and had spilled blood all over the sheets. I immediately placed another cotton ball onto her cannula site and asked the bystander to apply pressure onto the wound while I cleaned up the blood spill on the patient. While I inquired about the patient, I got to know that she wasn’t holding onto the cotton ball with appropriate pressure and that she is regularly on aspirin, which may have contributed to her bleeding.

**Feelings:** Before the procedure I was Confident, Excited, and Calm as always. During the procedure I was still Confident, Calm, and Focused throughout, and was successful in my procedure. After the bleeding had occurred, I was disappointed in what had happened, and I put the blame onto myself;

**Evaluation:** In my evaluation of the event I had both good and bad experiences. The following are the good experiences I had. Got to know how to properly handle removing the cannula, Realized the importance of knowing the whole procedure thoroughly. The following are the bad experiences I had. Was scared and upset during the situation, had to waste hospital resources due to my mistake and lack of experience and the patient was in pain.

**Analysis:** It is important to keep your composure in a clinical setting. Appropriate handling of equipment is vital for nurses in order to provide the best care for patients, learn to be alert and attentive before any procedure Errors during and after a procedure can worsen the patient’s condition.

**Conclusion:** Based on this experience I’ve learned to put the patient first and to pay closer to the minute details and to be more conscious of my actions. It is always important to assess the effects of our procedures.

**OP 53**

**Reflection on incorrect fixation of the nebulizer**

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**Description:** The incident took place during the placements in the General ward at a reputed hospital in Colombo. I was given the task of attaching the tubing to the nebulizer machine and providing the oxygen mask to the patient. However, immediately after performing the procedure, the guardian of the patient informed me that the patient was suffering from shortness of breath.

**Feelings:** At the beginning of the procedure, I felt satisfied and excited that my supervisor trusted me. During the procedure, I was confident and focused on what I was doing. With the loose fitting of the machine, I felt miserable, sad, and worried, as I was also harshly blamed for my mistake. Finally, I felt focused and confident that I would be capable of performing it without being careless.

**Evaluation:** Through experience, I learned that performing a nebulization procedure should be done carefully, and rechecking the fixation is a must after the procedure. The worst experience is that the hospital resources, which are the medication in this case, were wasted.

**Analysis:** Firstly, the mask should be placed so that the hollow side is facing the patient. The mask should be held out in front of you and rotated so that it can be properly fitted to the patient's face. Secondly, the strap should be tucked behind the patient's ears by looping it over the head. Moreover, the strap should be raised so that it is behind the patient's head, and then lowered. Maintain the position of the strap between the patient's ears and the lower portion of the head for a comfortable fit. Thirdly, the mask should be placed over the patient's nose and mouth, and the mask should be adjusted until it is snug to the patient's skin. Repositioning should be done appropriately until it feels fit and comfortable. It should form a seal around the patient's nose and mouth. A hissing sound is heard when the mask is operational.

**Conclusion:** It is a must to recheck the oxygen mask thoroughly when nebulizing the patient effectively and fit the mask accordingly. Medication administration must be started with appropriate doses at the appropriate time.

**Action Plan:** You must make sure it is under the nurse’s supervision and avoid careless mistakes. You must also be vigilant and double-check if the procedure is done correctly. By taking this action, hospital resources can be saved and proper nursing care can be delivered.

**OP 54**

**Reflection on not obtaining adequate patient’s blood sample for the Random Blood Sugar (RSB) test**

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**Description:** The incident took place at a leading hospital in Sri Lanka during the afternoon ward rounds. The patient was a diabetic patient with left-side eye blindness. The procedure was performed with all the pre-requisite tests. The amount of blood obtained on the glucometer for the RBS test was not adequate. The improper measurement of the amount of blood on the glucometer for the test required another round of pricking the patient's finger, which reflects poor nursing practice.

**Feelings:** At first, I felt confident going to the room and talking to the patient. Since the procedure was well-known and practiced, I felt excited to perform it on the patient. During the procedure, I felt content, as the phase of pricking the patient's skin was successful. At the end of the procedure, with the glucometer not giving the reading, it gave me a sense of disappointment. After pricking the patient again, I was happy that I got the reading. However, I felt regretful that, due to the lack of proper measurement, the patient had to face discomfort.

**Evaluation:** Through the experiences I encountered, I was able to learn that my ability to solve problems in unfamiliar scenarios has improved over the course of the training. However, the major issue here was that I followed the procedure without fully understanding the nuances of checking blood sugar levels. When pricking the patient’s skin, I should have assessed his skin; as he was a male, his skin was slightly rough and thick. I should have checked the setting of the needle speed and the pressure applied. My response to the problem showed my adaptability and problem-solving skills in unfamiliar scenarios.

**Analysis:** The fundamental necessity of conducting a precise assessment is to take a comprehensive approach to patients, enabling the recognition of their genuine requirements. Assessment is a critical step to identify the patient's needs, maintain client safety, and achieve the best outcome. Correct lancet depth and angle are critical for patient comfort and accurate blood sampling. A shallow angle minimizes pain and reduces the likelihood of injury.

**Conclusion:** I have come to realise the paramount importance of thorough assessment in healthcare. This incident has underscored the significance of effective communication and collaboration within the healthcare team. Being vigilant and attentive to detail, even in high-pressure or fast-paced healthcare environments, is necessary to maintain the proper standards of nursing care. Fatigue, stress, or complacency can lead to lapses in judgment, and it is our responsibility to manage these factors to maintain the highest standards of care.

**Action Plan:** I will take a proactive approach to ensure that the assessment of the prick site is comprehensive and accurate. I will continue to prioritise comprehensive assessment in all aspects of patient care. This includes assessing the prick site when measuring random blood sugar and ensuring that I consider the patient's individual needs and conditions. I will adopt a habit of regular self-assessment and reflection, especially after conducting RBS measurements.

**OP 55**

**Reflection on an incident of blood accidentally entering the syringe during administration of an intramuscular injection**

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**Description:** The incident took place at a well-known hospital in Colombo, Sri Lanka. After ensuring the correct dosage and verifying the patient's identity, the patient was administered an intramuscular dose of Vitamin B12. During the procedure, blood was seen in the syringe unexpectedly.

**Feelings:** Witnessing blood in the syringe gave me a mixture of emotions, including surprise, confusion, and mild panic. I felt a sudden surge of anxiety and uncertainty about how to handle this unforeseen situation. At the moment of the incident, I struggled with self-doubt due to my lack of competence in practicing the theoretical procedure in a hospital setting. I was grappling with a degree of embarrassment and unease because of my conscious awareness of patient safety.

**Evaluation:** Upon reflection, the positive aspects of this incident were learning and self-improvement by highlighting areas where I could enhance my injection technique and clinical competence. The negative impacts were that the incident highlighted a gap in my practical experience and confidence in administering injections in a real clinical context.

**Analysis:** Despite possessing theoretical knowledge and engaging in practice on mannequins, the hands-on practice on patients would enhance the delicate techniques of the procedure. The pressure of the clinical setting, characterised by time constraints, the presence of a real patient, and the expectation of immediate competence, added an additional layer of pressure.

**Conclusion:** It is important to learn the procedure for an effective and correct way of administering intramuscular injections without making the patient uncomfortable or compromising the viability of the medication. Deep reflection must be done on the alignment of theoretical knowledge with real-world clinical practice, highlighting the need for a comprehensive and integrated approach to nursing education.

**Action Plan:** Enhanced practical training, such as collaborating with clinical instructors and senior nurses, must be carried out to ensure exposure to a variety of clinical scenarios. Reflective practices such as maintaining a reflective journal to document thoughts, emotions, and lessons learned during clinical placements and interdisciplinary collaborations such as seeking mentorship from experienced nurses, engaging in interdisciplinary discussions, and fostering effective communication and teamwork skills must be carried out.

**OP 56**

**Reflection on the incorrect operation of the enema bottle**

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**Description:** The incident took place at a leading private hospital in Colombo, Sri Lanka. A 52-year-old female complaining of constipation was admitted to the ETU for severe abdominal pain. On the physician’s orders, the nurse assigned me to perform an enema on the patient. During the insertion of the bottle tip, the medication spurted out and dispersed around the area. Therefore, a second insertion had to be done.

**Feelings:** Before the event occurred, I was excited and determined to perform the procedure. During the procedure, I was beginning to feel nervous and scared. I was worried about whether I was doing the procedure correctly. After the event had occurred, I felt guilty and disappointed. I also felt happy after the procedure because I was corrected by the nurse beside me and was able to perform the procedure accurately thereafter.

**Evaluation:** Being able to help with an enema administration procedure was a good experience. The bad experience that I had was that the patient had to face discomfort as I was not able to properly insert the enema. This led the patient to experience discomfort as I delayed the administration of the enema and the patient’s recovery time.

**Analysis:** Administration of an enema is an invasive technique and thereby has to be conducted after a full assessment of the patient and their condition. Especially, the patient’s age has to be determined with regard to the insertion of the enema nozzle. Furthermore, inserting the enema nozzle at a length of 3–4 inches in adults ensures that there is no tissue trauma in the rectum.

**Conclusion:** It is important that a proper assessment of the patient’s condition as well as the patient’s age be made in order to administer the enema properly to the patient. Inserting the nozzle too deep into the rectal space can damage the rectal wall. This can then lead to further complications for the patient.

**Action Plan:** I would take action to assess my patient carefully before I begin the procedure. Furthermore, I will ensure that I am aware of the depth that is needed for each age group and that I insert the enema nozzle at the required depth.

**OP 57**

**Reflection on treating a patient with a complicated wound from a motorbike accident**

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**Description:** The incident took place at a leading private hospital. I, along with two of my colleagues, were allocated to the Intensive Care Unit (ICU). A 21-year-old male patient who required a wound cleaning had a complicated wound, which looked new to me. Deciding the proper way to clean the wound required considerable time, making both the patient and the senior nurse uncomfortable.

**Feelings:** In the beginning, I was happy because the senior nurse trusted me and assigned me to perform the procedure. I was excited to do the job, but during the procedure, I was scared because I was not sure what had to be done next. After the incident, though I was worried and embarrassed because I could not complete the procedure as it should have been done, I was happy and relieved because I was taught nicely and clearly about how I should care for critical wounds.

**Evaluation:** Through the experience, I learned the importance of quick collaborative actions and was taught and advised on decision-making. On the negative side, due to my lack of experience, I was unable to address the matter on my own, and I made the patient feel uncomfortable.

**Analysis:** I realised that it is important to remain calm, think critically, and ask for help in any situation if I do not know how to proceed. To become competent at wound treatments, knowledge, skills, and performance in nursing care must be improved, along with wound management and assessment skills.

**Conclusion:** I believe I could have reduced the time taken to complete the procedure if I had asked for help sooner. Also, during the training session, high attention must be paid to the practical lessons compared to the theory. The discussions with experienced nurses during the training period would enhance a lot of skills to address many unforeseen situations.

**Action Plan:** I would ask for help no matter how small the matter maybe if I am not confident in addressing it on my own, and I would focus more on what I’m doing and minimize distractions during patient care. I will make sure that the same mistakes are not repeated. I will also do a procedure under the guidance of a senior nurse first until I’m confident enough to do the procedure properly alone.

**POSTER PRESENTATION**

**PP 01**

**Assessment of the knowledge and attitudes of nurses towards preconception care**

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**Background:** Pre-Conception Care (PCC) is becoming increasingly popular around the world, and the World Health Organization has emphasized the importance of women's health and well-being in order to avoid pregnancy-related issues. It has also advocated for health sectors and stakeholders all over the world to recognize that Pre-Conception Care services are an essential requirement that must be ensured to have universal access to Pre-Conception Care.

**Objective:** The aim of this study is to assess nurses' knowledge and attitude towards preconception care.

**Methods**: A descriptive cross-sectional study was carried out at Hulhumale Hospital, Maldives. 150 samples were recruited using the technique of systematic random sampling. A pretested, validated, self-administered questionnaire was used to collect data, and the data was analysed using SPSS 22. Ethical approval was obtained by the Ethical Review Committee of the International Institute of Health Sciences.

**Results:** The response rate was 100%. Of the sample, majority of nurses are between 26-35age (33%,n=46). Most of the participants are graduates (n=42) and above 7 years of experiences (n=34). Majority of participants responded as do not know for the knowledge statements. The mean score of the attitudes was 3.2.

**Conclusions**: Nurses' knowledge and attitudes towards preconception care are inadequate. Therefore, nurses' knowledge and attitudes should be improved through appropriate training that leads to the application of care provision with competency in Pre-Conception Care.

***Keywords:*** *Attitudes, Knowledge, Nurses, Pre-Conception Care*

**PP 02**

**Patient satisfaction and associated factors with nursing care in the District General Hospital, Trincomalee**

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**Background:** This study highlighted the significance of patient satisfaction with nursing care, particularly at District General Hospital, Trincomalee, within Sri Lanka's healthcare system. It emphasizes the vital role of nursing care quality and how patient satisfaction serves as a key healthcare quality metric. The study investigates factors influencing patient satisfaction to help healthcare facilities enhance nursing care standards, ultimately improving healthcare service quality.

**Objectives:** To assess patient satisfaction and related factors with nursing care in the General Hospital, Trincomalee, Sri Lanka.

**Methods**: A descriptive cross-sectional study was conducted to assess nursing care in medical and surgical wards at DGH Trincomalee. The study included 532 purposively selected patients admitted for treatment. Data was collected via a questionnaire with sections on patient demographics, pain experienced, patient perceptions before admission, and patient satisfaction (Sharma’s patient satisfaction measurement scale). A validated self-administrated questionnaire was distributed and Data was analyzed with Statistical Package for Social Sciences (SPSS 21). Frequencies, percentages, and the Chi-square test were used in the analysis. The critical value was set at 0.05

**Results:** A total of 532 participants, the age distribution was most pronounced in the 18–30 (n = 163) and 31–45 (n = 167) age groups. Gender distribution was well-balanced, and marital statuses varied. Notably, 35% of the participants had attained secondary education, while 45.1% were employed in the private sector. Diagnoses were diverse, with 78% presenting other diseases and 13.2% kidney diseases. Emergency admissions were prevalent, accounting for approximately 53.2%, and these were primarily initiated through referrals from medical professionals (n = 172). About 58.6% of participants had acute illnesses, and almost half underwent surgical procedures (n = 268). Importantly, patients expressed high satisfaction with nursing care, with an average score of 3.99, indicating positive healthcare experiences at DGH.

**Conclusion:** The study confirms that most patients are satisfied with nursing care in District General Hospital Trincomalee and there are significant relationships between patient satisfaction with nursing care and level of education of patient.

***Keywords:*** *Healthcare Service Quality, Nursing Care, Patient Satisfaction*

**PP 03**

**A study on attitudes and perceptions on the nutritional value and health benefits of raw bitter gourd and bitter gourd related products in the market on general public in Colombo District, Sri Lanka**

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**Background:** This study examined the attitudes and perceptions of the general public in the Colombo District, Sri Lanka, regarding the nutritional value and health benefits of raw bitter gourd and bitter gourd-related products.

**Objectives:** This study aimed to examine the attitudes and perceptions of the general public in the Colombo District, Sri Lanka, regarding the nutritional value and health benefits of raw bitter gourd and bitter gourd-related products.

**Methods:**This research combined quantitative data collection techniques. Forum based questions were given to the consumers and non-consumer individuals to understand their experiences and perception. Additionally, surveys were analysed using Microsoft Excel.

**Results:** Despite the potential health benefits, there is a lack of research on bitter gourd preferences and products. The findings revealed that taste preference was the primary reason for non-consumption, with 49% of respondents expressing dislike for the taste. Additionally, 25% of respondents reported a general dislike for the vegetable. However, respondents displayed a level of awareness regarding bitter gourd's health benefits, including blood sugar control, cholesterol reduction, weight loss, and immune system support. Although some respondents were familiar with bitter gourd products such as crackers, biscuits, chips, and juice, there was uncertainty about their availability.

**Conclusion:** Future research should focus on education initiatives to increase awareness, innovative product development to cater to diverse tastes, exploration of culinary applications, clinical studies to further understand the health benefits, analysis of consumer preferences and market dynamics, promotion of sustainable cultivation practices, and long-term health impact assessment. These findings provide valuable insights for future research, policy formulation, and marketing strategies to promote bitter gourd consumption and leverage its nutritional value and health benefits in Sri Lanka. By addressing taste concerns, enhancing awareness, and diversifying product offerings, bitter gourd could be more widely embraced as a nutritious vegetable with potential health advantages in the Colombo District and beyond.

***Keywords:*** *Bitter Gourd, Cholesterol Reduction, Diabetic Mellitus, Health Benefits, Increase Awareness*

**PP 04**

# An analysis of factors influencing retirement decisions among blue-collar female (private sector) workers in the Gampaha district, Sri Lanka

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**Background:** As average life expectancy in society continues to increase, the possibility of continuing to work also increases for those with good health and motivation. Socioeconomic factors and work conditions, such as physical and psychological strain, affect aging employees’ possibilities and individual motivation to retain more years at work. Today, we know quite well about what influences retirement. However, the lack of understanding and effective age management strategies to postpone retirement is a significant problem that needs to be addressed. Age management can be defined as taking an employee’s age and age-related factors into account in daily work management, work planning, and work organisation, thus enabling everyone, regardless of age, to achieve personal and organizational targets healthily and safely.

**Objectives:** To analyse and understand the factors associated with retirement decisions in blue-collar female workers in a private organisation.

**Methods:** A survey and semi-structured interviews with open-ended questions were conducted with a sample of 50 blue-collar female (private sector) workers in Sri Lanka-Gampaha district. The data were analysed qualitatively for females aged 55 years and older, within a private sector organisation in the Gampaha district. Based on the results, implications for private companies’ age management strategies are discussed from a systematic perspective.

**Results:** Respondents who had personally experienced a health crisis or experienced one among friends or family claimed that this had an impact on their decision to retire as soon as possible. Their desire to extend their working lives was also affected by their expected and current good health; working contributed to the respondent’s well-being. Spending more time with friends and family and engaging in leisure activities was the most critical personal element (41%) regarding retirement. Some also stated that they were not financially able to retire, even though they wished to do so. Open responses and comments indicated that differing partners’ retirements had an impact on the decision-making process and that more development opportunities would have contributed to a prolonged work life.

**Conclusion:** This study provides insights into the factors that keep blue-collar female workers in the workforce and how to support them during retirement. It highlights interrelated issues affecting retirement decisions and suggests that organisations should use a systemic perspective, such as the age model, to plan and implement age management initiatives. This approach can help blue-collar workers work longer and stay healthy and may allow them to design their careers in a more independent environment.

***Keywords:*** *Prolonged Work Life, Management Intervention, Older Workers, Blue-Collar, Pension System*

**PP 05**

**The awareness and the use of skin whitening products among young generation in, western province, Sri Lanka, 2022**

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**Background:** Skin whitening products are in high demand for skin lightening and may consist of natural, semi-synthetic, or synthetic, which may affect the safety and efficacy of using these products.

**Objectives:** This study aimed to provide baseline information on the current practice and the awareness of skin whitening products among the young generation in Western Province, Sri Lanka 2022.

**Methods:** The community-based, descriptive cross-sectional study was followed in conducting this research. The convenient sampling method has been used as the sampling method. The study population was 150, Sri Lankans aged of 18- 30 years who live in the Western province and can read and understand Sinhalese, Tamil, or English. Individuals below 18 years and above 30 years, pregnant and mentally unstable individuals, and those who don’t have access to the internet were in the exclusion criteria. The data collection was done by circulating a close-ended questionnaire to the target population. The data was analyzed by cross-tabulation method.

**Results:** A total of 150 participants responded Among the participants, 65% (n=98) were females, while 35% (n=52) were males. The data collection process involved distributing a close-ended questionnaire to the target population. Regarding the usage of skin whitening products among the Sri Lankan youth, the analysis revealed that 50% (n=75) of the respondents reported using these products. Additionally, the study highlighted that a significant 78% (n=117) of the respondents were aware of the existence of skin whitening products, indicating a relatively high level of awareness. Among those who used these products, 42% (n=63) reported doing so to improve their self-confidence. However, the study also uncovered issues related to improper use and recommendations of skin whitening products due to a lack of knowledge, underscoring the need to enhance awareness and educate the young generation in Sri Lanka about the appropriate use and potential risks associated with these products.

**Conclusion:** The study's findings showed skin whitening products are widely used and increasing in demand. However, some users are unaware of the health effects of some of the products. As a result, the public health authority should strictly oversee the whitening sector in order to protect the health of the Sri Lankan people.

***Keywords:*** *Awareness, Skin, Whitening, Young Generation*

**PP 06**

**Changing Attitudes on Smoking and Alcohol Use among Construction Workers through a Health Promotion Approach**

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**Background:** Construction workers’ false attitudes and beliefs influenced them to increase their use of alcohol and smoking. Most of these beliefs are socially learned and constructed by the tobacco and alcohol industries.

**Objectives**: The aim of this study was to address false attitudes and beliefs of construction workers on smoking and alcohol usage through their involvement by using a health promotion approach.

**Methods:** The study sample was comprised of 48 construction workers. A pretested and post tested method was applied. The study was carried out for three months and focus group discussions, posters, presentations, success stories and videos were used to address false attitudes and beliefs of construction workers. Underline determinants for their usage of smoking and alcohol consumption were derived from the study group through the intervention.

**Results:** Changes of false attitudes before and after the intervention has changed as given. (a) The beliefs; “smoking reduces sleepiness”, “smoking gives a mental relief”, “smoking is good for health” and “smoking gives a stimulation to health” were accepted as correct before the intervention; 52%, 52.15, 6.3% and 12.5% and after the intervention; 6.3%, 2.1%, 0% and 0% respectively. (b) Attitudes related to effects of smoking; “smoking can be stopped”, “possible to reduce daily consumption of smoking”, “smoking is a foolish, worthless work”, before the intervention; accepted as “yes”, 43.8%, 91.7%, 81.3% and after the intervention; 95.8%, 95.8%, 95.8% respectively. (c) Level of happiness feel, when smoking; “happy”, “not happy” was 9.6%, 12.3% before the intervention and after the intervention; 1.4%, 53.4% respectively (d) “Consuming alcohol can be stopped”, “daily consumption of alcohol can be reduced’, “drinking alcohol is a foolish, worthless thing” were accepted as true before the intervention; 39.6%, 91.7%, 75% and after the intervention 93.8%, 93.8%, and 91.7% respectively. Level of happiness felt, when consume alcohol; “happy”, “unhappy” was 16.4%, 9.6% before the intervention and after the intervention; 1.4%, 50.7% respectively.

**Conclusion:** A health promotion approach can be applied to address false attitudes and beliefs on smoking and alcohol consumption among construction workers.

***Keywords:*** *Attitudes, Alcohol, Smoking, Construction Workers, Health Promotion*

**PP 07**

Study on perception and attitudes regarding COVID-19 booster dose among receivers at the outpatient department in National Dental Teaching Hospital, Colombo 07

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**Introduction:** The study on COVID-19 booster dose perception and attitudes at the National Dental Teaching Hospital in Colombo 07 aims to gauge patients' awareness and willingness regarding booster shots. By understanding their perceptions and attitudes, healthcare providers can tailor their communication and services to meet the evolving needs of the population. This research is crucial in optimizing public health strategies and ensuring effective management of the ongoing pandemic.

**Objectives:** The primary objective of this study is to assess the perception and attitudes of individuals receiving healthcare services at the outpatient department in the National Dental Teaching Hospital, Colombo 07, regarding COVID-19 booster doses, with a focus on understanding their awareness, attitudes, and potential impact on healthcare services and resource utilization.

**Methods:** A descriptive cross-sectional study was conducted to study the perception and attitudes regarding COVID-19 booster dose among receivers at the outpatient department (OPD) in National Dental Teaching Hospital (NDTH), Colombo 07. A systematic random sampling technique was used. The Statistical Package for Social Sciences (SPSS) version 25 was used for data analysis. Descriptive and inferential statistics were used. Analysis of Variance (ANOVA) was used to measure the significance of the variables.

**Results:** A total of 320 informants completed the survey. According to the survey, 37.8% (n=121) of the respondents are in the priority group for vaccination, and 52.8% (n=169) of respondents expressed a willingness to receive future booster doses. The predictors of perception and attitude regarding the COVID-19 booster vaccine included factors such as age, gender, socio-demographics, personal health and family history of illness, beliefs, side effects, interactions after receiving the COVID-19 booster dose, and acceptance of future booster doses

**Conclusion:** The findings of the current study revealed that perception and attitudes regarding the COVID-19 booster vaccine key variables were age, gender, socio-demographics, personal health and family history of illness, beliefs, side effects, interactions after receiving COVID-19 booster dose, and acceptance of future booster doses. Those variables indicated COVID-19 booster acted necessary for preventing COVID-19 infection successfully.

***Keywords:*** *Attitude, Booster, COVID-19, Immunization, Perception*

**PP 08**

**Perception toward artificial intelligence (AI) among healthcare students in the Western Province, Sri Lanka**

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**Background:** Artificial intelligence (AI) is rapidly transforming healthcare, with its applications ranging from scheduling appointments and early disease detection to treatment planning and patient monitoring, although concerns persist about its impact on healthcare professions and the nuances of human interaction.

**Objectives**: To assess the perception towards artificial intelligence (AI) among healthcare students in the Western Province of Sri Lanka.

**Methods:** A descriptive, cross-sectional investigation was carried out within the healthcare domain, involving the distribution of a pre-tested, self-administered survey that inquired about demographics and perceptions. A tailored questionnaire, designed exclusively for this study, was disseminated to the participants. The collected data were subsequently analysed using descriptive analysis, accompanied by the implementation of the Pearson Chi-square test. The significance level was established at P<0.05, and a 95% confidence interval was applied for the analysis, all performed using SPSS version 26.

**Results:** A total of 205 participants (n=205) were involved in the study, with the majority being nursing students (68.3%). The participants had a mean age of 20.14 years. Among the respondents, 72.7% (n=149) asserted familiarity with artificial intelligence (AI), while 13.7% (n=28) claimed to have basic theoretical knowledge related to AI. Additionally, 52.7% (n=108) of the participants had encountered artificial intelligence applications in the healthcare field. A collective of 54.1% (n=111) of the students expressed concerns about impaired perception of the benefits of AI and ethical implications and challenges associated with AI. Only 36.1% (n=74) of the participants showed high scores of perceptions towards AI.

**Conclusion:** This study revealed that a substantial portion had some level of familiarity with artificial intelligence in healthcare. However, concerns regarding its benefits and ethical implications were prevalent, with only a minority showing a highly positive perception of AI. These findings emphasize the importance of targeted educational efforts to address concerns and promote a more positive perception of AI in healthcare among students.

***Keywords:*** *Artificial Intelligence, Healthcare Students, Perception*

**PP 09**

**Knowledge of Lab Acquired Infections among Laboratorians in Gampaha district, Sri Lanka**

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**Background:** Lab Acquired Infections (LAIs) present a significant concern, as they can result in both immediate health risks to laboratorians and potential public health implications. Gampaha district, being a region with a notable concentration of healthcare facilities and laboratories, offers an appropriate backdrop to examine the awareness and understanding of laboratorians regarding the risks associated with LAIs.

**Objectives:** To assess the knowledge of LAIs among laboratorians in Gampaha district, Sri Lanka.

**Methods:** A descriptive, cross-sectional investigation was conducted, involving the distribution of a pre-tested, self-administered survey. The participants were selected using a convenience sampling method. The collected data were then subjected to analysis, which included descriptive analysis and the application SPSS version 26

**Results:** Based on the data analysis, it's concerning that 21.6% (n=44) of participants did not know the biosafety level of their laboratory, highlighting potential safety gaps in clinical laboratories. In the Gampaha district, most contaminations occurred during microbiology, haematology, and serology testing activities. Alarmingly, 73.5% (n=150) of the time, at least one employee in the laboratory was contaminated, often being the laboratory technician. Many participants also lacked awareness about the exact route of transmission, with a notable belief in airborne transmission. Improved biosafety training and awareness are essential in addressing these risks.

**Conclusion:** A substantial number of participants lacked awareness regarding the precise transmission routes, with a prevalent belief in airborne transmission. To mitigate these risks effectively, there is a critical need for enhanced biosafety training and awareness among laboratory personnel in the region.

***Keywords:*** *Infections, Knowledge, Lab Acquired Disease*

**PP 10**

**Challenges Faced by Healthcare Students in Clinical Learning Environments**

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**Background:** Healthcare students' clinical learning experiences are critical for their professional development. Identifying the challenges, they face in these settings is vital for enhancing their education.

**Objectives:** The aim of this study to identify the challenges and problems faced by health care student during the clinical practice stage of their education.

**Methods:** A descriptive cross-sectional study design was used. A total of 213 students were conveniently sampled, including 130 student nurses, 50 Biomedical students and 33 physiotherapy students. Data collection was carried out using a modified online self-administered questionnaire known as the Clinical Learning Environment Supervision and Nurse Teacher (CLES+T) were used. Socio-demographic characteristics were presented as frequency and percentage distributions. The findings pertaining to the assessment of clinical learning were analyzed using descriptive statistics, including means and standard deviations.

**Results:** The respondents had an average age of 20.12 years, with 142 (66.66%) being female and 71 (33.33%) being male. The highest mean score (3.13±0.68) was attributed to "Nursing Care Delivered on the Ward," while the lowest mean score was observed for "Supervisory Relationships on the Ward" (3.01±0.74).

**Conclusion:** The challenges faced by healthcare students in clinical learning environments are essential to address to ensure the effective development of future healthcare professionals. Understanding these challenges is crucial for educational institutions and healthcare facilities to improve the quality of training and better prepare students for their roles in the healthcare sector.

***Keywords:*** *Challenges, Clinical Learning Environments, Healthcare Students*

**PP 11**

**Self-medication practices among healthcare students in Gampaha district, Sri Lanka: A survey**

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**Background:** Self-medication is treating oneself, selecting and using medication by oneself to treat common health problems, self-recognized illnesses, or symptoms without any prior medical consultation regarding the dosage and the duration of treatment.

**Objective:** This study is carried out to assess the prevalence, level of knowledge, and attitudes of healthcare students, who are likely to become healthcare providers in the future, who ae prone to self-medicating practices.

**Methodology:** The study uses a cross-sectional survey methodology to assess the self-medication practices of a representative group of healthcare students, mainly from International Institute of Health Science, IIHS.

**Results:** The results reveal that a significant proportion of healthcare students admit to self-medicating, citing motivations such as convenience and familiarity with medical terms and resources. 95.8% of the students knew what self-medication was while a small percentage didn’t. The type of medications taken varied but the most common being vitamins and the least being anti-hypertensive. Taking self-medication, the students took them for the various symptoms they experienced either before or during the disease, also leading most of them to have side effects from the medicines taken. Most of them had felt a burning sensation in their stomach as a side effect which mostly like would have been caused by the dosage being wrong followed by another side effect of being sleepy and experiencing wheezing. When it came to the prevalence of the self-medication, 79.2% of the students seemed to use self-medication only sometimes to certain diseases they assumed didn’t need healthcare attention. The results showed a strong relationship of the students being more inclined on choosing self-medication because of the knowledge they have learnt either about the medicines or illness.

**Conclusion:** This survey provides a comprehensive overview of the self-modification landscape among healthcare students which states that self-care based on evidence-based practice and regular consultation with healthcare professionals is essential.

***Keywords:*** *Healthcare, Knowledge, Practices, Self-Medication, Undergraduate*

**PP 12**

**Perspectives on the data collection method of web-based and paper-based questionnaires among healthcare students**

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**Background:** Advances in technology have shaped the field of sample surveys, prompting the consideration of web-based data collection methods. While web-based surveys offer efficiency, cost savings, and enhanced functionality, they often exhibit lower response rates and sample representativeness than traditional paper-based surveys. This study aims to assess the effectiveness of web-based and paper-based questionnaires in sample surveys, highlighting the need to address response bias and method selection issues.

**Objective:** The main objective of this research was to assess the perspectives and preferences of healthcare students regarding web-based questionnaires and paper-based questionnaires as data collection methods.

**Method:** A descriptive, cross-sectional study was conducted among healthcare students. A pre tested self-administered survey with questions relating to demography and perspective on the data collection methods of web-based questionnaire and paper-based questionnaire was distributed among the participants. The data collected were analyzed using multivariable logistic regression (SPSS v26).

**Results:** The study was conducted with the participation of 120 healthcare students. From the study population, 70% (n=84) of the participants were females. The response rate of the study was 97.6% (n=117). The study conducted revealed a predominance of sampled individuals to be in the age range of 21-25 years. A cumulative percentage of 94.2 (n=110) of the participants agreed that they are familiar with web-based questionnaires as a data collection method, and 69.2% (n=81) of the participants find web-based questionnaires to be more convenient to participate, in than paper-based. Additionally, 60% (n=70) of the participants accepted the efficacy of the questionnaires that are digitalized while 10.8% (n=12) commented the mode of the questionnaire would not affect the data collection. The mean score of the positivity of the web-based questionnaire was 24.33% (n=28). More than 50% of the students showed high enthusiasm levels for using web-based questionnaires in data collection. However, age, gender, and the field of study of the students did not show an association (p>0.05) with the preference for web-based questionnaires.

**Conclusion:** The study revealed a significantly high preference for web-based questionnaires over paper-based questionnaires among healthcare students for data analysis, despite the age, gender, and specialization in the healthcare sector.

***Keywords:*** *Questionnaires, Perspective, Paper-based Questionnaires, Web-based Questionnaires*

**PP 13**

**Health Literacy (HL) among healthcare students enrolled in university programs in Sri Lanka: A descriptive cross-sectional study**

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**Background:** In Sri Lanka’s evolving healthcare landscape, the assessment of health literacy among healthcare students is pivotal.

**Objectives:** To assess the level of health literacy of healthcare students enrolled in university programs pertaining to medicine, nursing or allied health in Sri Lanka.

**Methods:** A descriptive cross-sectional study was conducted, gathering data through convenient sampling among healthcare students enrolled in university programs pertaining to medicine, nursing or allied health, including those from private sectors. Data collection period was from July 2023 to September 2023, utilizing an online questionnaire distributed via Google Forms. The Health Literacy Questionnaire (HLQ) was shared with students across various social media platforms such as Facebook, WhatsApp groups, LinkedIn, and Instagram. The study aimed at evaluating and comparing the scored HL scale scores across different student groups. Descriptive statistics were employed to describe the demographic characteristics of the participants with a cut-off P-value of P<0.05 and CI: 95%.

**Results:** The study revealed a diverse demographic composition among the 278 participating healthcare students, with 58% representing state universities and 42% from private institutions. The gender distribution showed 63% female and 37% male participants. Notably, medical students consistently demonstrated the highest average ranging from 4.2 to 4.6. In contrast, radiology students recorded the lowest scores across all scales, presenting an average of 2.8 on scale 4, which measures social support for health. These differences in scale scores were statistically significant (p<0.001), underscoring the substantial disparities in health literacy levels among healthcare student groups.This study further highlighted scale 6, which assesses the ability to actively engage with healthcare providers, as the highest-scoring scale, with a statistically significant difference among healthcare student groups (p<0.001). Conversely, scale 4 had the lowest average score and exhibited statistical significance (p<0.001).

**Conclusion:** These findings highlight variations in health literacy profiles among different student groups in healthcare. To prepare future health professionals to deliver patient-centered care effectively and manage their own health, it is essential to instill a high level of health literacy training modules tailoring to the specific needs of each student group in university-based professional degree programs.

***Keywords:*** *Healthcare Students, Health Literacy, Effective Patient-Centered Care*

**PP 14**

**Phytochemical comparison of commercially available cabbage species (*Brassica oleracea var. capitata f. rubra, Brassica oleracea var. capitata f. alba* and *Brassica rapa pekinensis*) in Sri Lanka**

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**Introduction**: *Brassica oleracea var. capitata*, typically known as cabbage, holds a prominent position among the widely consumed vegetables globally, owing to multifaceted bioactive dimensions. In recent decades, there has been notable emphasis on nutritious vegetables, particularly characterized by high phytochemical content. Among them, *Brassica* crops, with cabbage emerging as a leading contender, have captured heightened interest.

**Objective:** This study was conducted to comprehensively elucidate this assertion by analysing the phytochemicals present in commercially available cabbage species in Sri Lanka.

**Methods**: The chemical constituents of methanolic cabbage extracts were analysed using High-Performance Liquid Chromatography (HPLC), by comparing the peak formation with the available pure standards of the selected phytochemicals. Accordingly, concentrations of Gallic acid, 4-hydroxybenzoic acid, trans-cinnamic acid, quercetin, (-) epicatechin, caffeic acid, chlorogenic acid and p-coumaric acid were assessed (w/w%). Data analysis was performed by one-way ANOVA using IBM SPSS software (version 29) and Microsoft Excel (2019).

**Results and Discussion**: The results depicted distinct variation of phytochemicals among red, white, and Chinese cabbage. The chromatographic results detected Gallic acid (0.0115±0.005%), 4-hydroxybenzoic acid (0.0666±0.015%), caffeic acid (0.0128±0.004%), quercetin (0.4593±0.004%) and trans-cinnamic acid (0.1237±0.005%) in Chinese cabbage. Additionally, the presence of Gallic acid (0.0164±0.005%), p-coumaric acid (0.0507±0.005%) and trans-cinnamic acid (0.0946±0.007%) was revealed in red cabbage. The only compound that was present in white cabbage was Gallic acid (0.0550±0.005%), substantiating it as the only compound that was detected in all the three species of cabbage. Chlorogenic acid and (-) epicatechin were not detected in any species of cabbage. The statistical assessment evaluated the Gallic acid concentration variance in the three species and depicted a p-value <0.005, affirming that there is a statistically significant difference among them. A remarkable phytochemical variation was noted, relative to international studies assessing thiscabbage species.

**Conclusion**: This study presented substantial initial scientific evidence by assessing the phytochemical variation based on the species of cabbage commonly consumed by the Sri Lankan population. Moreover, results obtained by HPLC fingerprint portrayed the alteration of concentration of constituents differ according to the plant species and the concentration of the sample. Further studies could be performed to assess the possible causes for these variances, using other extraction methods and solvents to compare the findings.

***Keywords*:** *Brassica Crops, Cabbage, HPLC, Sri Lanka, Phytochemicals*

**PP 15**

**Comparison of infrared thermometers with mercury laboratory thermometers in determining the temperature of laboratory glassware: A guide to bacterial culturing**

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**Background:** Temperature control is crucial for bacterial culture because it affects growth and survival. Mercury (Hg) thermometers have long served as the most commonly used equipment for measuring temperatures. Infrared (IR) thermometers have emerged as viable alternatives for measuring temperatures in laboratory environments because of their non-contact, safe, portable, and real-time monitoring.

**Objective:** The aim of this study was to compare commercially available IR thermometers with mercury laboratory thermometers for detecting the temperature of liquid agar inside laboratory glassware during bacterial culture.

**Methods:** The temperature of agar in laboratory glassware, including conical flasks and McCartney bottles, was measured using an Hg thermometer and three different commercially available IR thermometers. The temperature of glassware with agar medium was recorded at different time points after autoclaving, and at 10-minute intervals by each IR thermometer from three surface points. The actual temperature of the agar was monitored using mercury thermometers submerged in the liquid media in the bottles. ANOVA using SPSS was used for statistical analysis.

**Results:** The type of glassware used in this experiment showed no significant association with temperature readings from either thermometer, indicating p>0.05. The mean temperature reading of the Hg thermometer was higher (56.9 0C) than that of the IR thermometer (12.9 0C). The standard deviation of the Hg thermometer was ±19.4 0C, while that of IR thermometer was ±20.1 0C. When measured using different thermometers, the same surfaces of the same glassware showed different values. Overall, the Hg thermometer showed readings ranging from 56.28 0C values, whereas the IR thermometer showed readings ranging from 41.35 0C values. The minimum temperature indicated by the Hg thermometer was 29.83 0C, whereas that in the IR thermometer was 0. The difference between average readings in Hg and IR thermometers with conical flask was 9.05 0C. That with McCartney bottle and petri dish were, 4.50C and 3.50C respectively.

**Conclusion:** In conclusion, the Hg thermometer indicated higher readings compared to the IR thermometers under same conditions. According to this study, to maintain the uniformity and accuracy of the readings obtained from the Hg and IR thermometer used in this experiment, a value of 5.68 0C has to be added to the readings obtained from the IR thermometer, under same conditions. Further research is needed to confirm these findings and consider other factors affecting thermometer accuracy.

***Keywords:*** *Infrared Thermometer, Mercury Laboratory Thermometer, Temperature, Laboratory Glassware*

**PP 16**

**Anaemia among the elderly in Piliyandala MOH area, Colombo District, Sri Lanka**

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**Background:** Anaemia is characterized by a reduction in the haemoglobin (Hb) concentration, a parameter contingent upon an individual's age, gender, ethnic origin, and physiological condition. In the Sri Lankan setting, the studies conducted in relation to evaluating anaemia among the elderly population is relatively scarce.

**Objectives:** Therefore, this examination was conducted to study the prevalence of anemia in geriatric population in the selected geographical region.

**Methodology:** Blood samples were collected from 202 participants according to sample size calculated by Cochran's Sample Size Formula, after receiving their informed consent. The study subjects were enlisted as the elderly population above 65 years residing in the Piliyandala MOH area. The haematological analysis was carried out by performing Full Blood Count (FBC) and assessed using Mindray BC-5380 analyser. Data analysis was performed using Microsoft Excel software.

**Results and Discussion:** Of the 202 participants, majority were females 69.8% (n=141), belonging to the age group of 57.4% (n=116). The mean Hb in females was 12.3 g/dL and in males was 12.3 g/dL. The overall prevalence of anaemia was 43.56% (n=88), from which 73.86% (n=65) were females, while the remaining 26.14% (n=23) were males. Among the anaemic population, 64.78% belonged to the category of mild anaemia (n=57) while 34.09% (n=30) were identified as moderate anaemic individuals. Severe anaemic categorization represented 1.13% (n=1) from the total anaemic individuals.

**Conclusion:** This study resolved that the prevalence of anaemia in the selected elderly population is high. It was concluded that it is crucial to consider the state of anaemia, especially in such populations. Therefore, this study holds significant value and prominence, as there exists a notable deficiency in research endeavours aimed at evaluating the prevalence of anaemia, with a specific focus on the elderly population within the Sri Lankan context. The choice of the Piliyandala MOH region as the study area stems from its representation of a diverse spectrum of urban, suburban, and rural communities within the selected geographical area. Hence, this investigation serves as the initial step toward identifying the necessary measures for enhancing the health status and mitigating the risk of anaemia among the elderly population in Sri Lanka.

***Keywords:*** *Anaemia, Elderly, Haematology, Haemoglobin, Sri Lanka*

**PP 17**

**Prevalence and associated risk factors of low-birth-weight infants among postnatal mothers**

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**Background:** Low birth weight is a crucial indicator of an infant’s health, with direct correspondence to physical and mental development. According to the World Health Organisation, low birth weight is defined as weighing less than 2500g at birth, and this is estimated to be about 15% to 20% in countries worldwide. This has become a concerning public health burden with a wide array of short- and long-term consequences.

**Objective:** To identify and describe the prevalence and associated risk factors of low-birth-weight infants among postnatal mothers in the Mahaoya MOH area.

**Methods:** A cross-sectional descriptive design was carried out, with data analysis carried out using SPSS version 21. Patient information was gathered through descriptive statistics, while the assessment of associated factors employed a multiple regression approach. A 95% confidence interval was applied, and a significance value of p<0.005 was considered. Data collection was performed using a pre-tested, self-administered questionnaire.

**Results:** Results revealed that the prevalence of low birth weight was 16.6% (n=67). According to risk calculation, normal mothers were33.8% (n=160), high-risk mothers were (n=127) and low-risk mothers were 24.5% (n=116). The age group 30-35 represented the majority of 62.4% (n=251). The attendance of preconception was 11.4% (n=54). The study population with one child in the family was 34% (n=161). Additionally, 3.2% (n=15) had more than 4 children in their families. Further, LSCS was 6.6% (n=31) and normal delivery was 73.6 % (n=348). From the population, home visit was done for 84.6% (n=400) while clinic visit was done for 81.8% (n=387). Aneamia was present with 23.3% (n=110) and diabetes was 7.6% (n=36). Moreover, subfertility was noted in 2.1% (n=10). Furthermore, post-partum care of home visits on day 5 was, 75.7 % (n=357). %. On a nutrient aspect, Iron taking was 55.4% (n=141). Additionally, drug abuse was 1.5 % (n=7) and tobacco usage was noted in 4.2 (n=20). The study revealed that low birth weight babies were 16.62 % (n=67).

**Conclusion:** The study resolved that healthy food patterns and micronutrient intake are crucial to maintaining healthy birth weight. Awareness programs to gain knowledge, follow-up clinic and home visit services and preconception and antenatal sessions can be conducted to address this matter. Timely medical checkups and early intervention are also considered pivotal.

***Keywords:*** *Low Birth Weight, Infants, Post-Natal Mothers, Prevalence, Factors*

**PP 18**

**Professional challenges on advanced nursing care; quantitative study among Enterostomal therapy nurses (ETNO) in Sri Lanka**

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**Background:** Chronic Kidney Disease (CKD) is considered as a major public health concern globally that causes social, physical, economic, and psychological problems. Renal replacement treatment (RRT), hemodialysis, peritoneal dialysis, and kidney transplantation provide significant challenges for the patient's health management.

**Objectives:** This comparative study aimed to explore the quality of life (QoL) among patients with CKD undergoing hemodialysis and peritoneal dialysis at Teaching Hospital, Anuradhapura and to determine the demographic, clinical characteristics, and prevalence of chronic diseases among them.

**Methods:** A cross-sectional study design was used to collect data from 300 CKD patients through face-to-face interviews. The collected data was analysed descriptively as well as using Chi-square test to determine associations between variables.

**Results:** The majority of the participants were males, and the mean age of the respondents were 50 years. The prevalence of chronic diseases was found to be high among the participants, with hypertension being the most common. Hemodialysis was the most common form of dialysis used by the patients. The QoL among the participants was found to be poor, with most participants reporting dissatisfaction with their health. However, there was no significant difference in QoL between hemodialysis and peritoneal dialysis patients.

**Conclusion**: The study highlights the need for more comprehensive and individualized care for CKD patients, with a focus on addressing the underlying causes of their poor QoL. The findings have implications for healthcare providers and policymakers in terms of improving the quality of care for CKD patients such as incorporating primary and secondary prevention measures, and strategies to enhance screening and monitoring the QoL of CKD patients. Moreover, Patients with CKD are urged to harness their potential for personal growth and to strengthen their responsibility for their health and well-being by focusing on self-care.

***Keywords:*** *Chronic Kidney Disease, Hemodialysis, Peritoneal Dialysis, Quality of Life*

**PP 19**

**Perception and factors affecting on the Clinical Learning Environment among nursing students at schools of nursing in Sri Lanka**

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**Background:** Nursing is a special career that requires a wide range of skills and knowledge. The learning environment is a critical component of adult learning and has a significant impact on student fulfilment and academic achievement.

**Objective:** The purpose of this study was to quantify the perception of nursing students on clinical placements as a learning environment and to elicit their recommendations for improvement.

**Methods:** A descriptive cross-sectional, quantitative study on nursing students was conducted. 420 nursing students in the 1st, 2nd, 3rd year of Nursing programs at the School of Nursing Anuradhapura and Ampara were recruited for the study. Data on student’s perception were assessed through the CLEST scale, which comprised of 34 items under 6 subcategories, with a 5-point scale Likert scale and data on factors affecting clinical learning environment (CLE) were acquired under seven subcategories.

**Results:** The study revealed a positive perception for CLE with a significant relationship between the student nurses’ perception and all sub categories of factors affecting clinical learning. A higher degree relationship was found between perception on CLE and social environment factors (r=0.0.538, p=0.000), followed by factors affecting reducing anxiety (r=0.492, p=0.000). Among the CLE subcategories, a low degree relationship was reported between clinical environmental factors with the students’ perception of CLE. Approximately, 90% of nursing students perceived the practical learning environment at Teaching Hospital Anuradhapura and District General Hospital Ampara positively.

**Conclusion:** Current medical and technological advancements in patient care require future research to address issues that inhibit students’ effective learning and development in the clinical learning environment.

***Keywords:*** *Nursing, Perceptions, Placements, School of Nursing, Clinical Learning Environment*

**PP 20**

**A Study on the service satisfaction of patients attending the Outpatient Department of the Teaching Hospital, Anuradhapura**

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**Background:** Patient satisfaction is an important instrument in assessing the health care service quality of hospitals. Poor patient satisfaction with OPD and inadequate service facilities lead to poor health outcomes. It is vital to solve this problem, thus recognising the client’s requirements.

**Objective:** The study was aimed at exploring patients’ satisfaction with the health services provided by the Outpatient Department of Anuradhapura Teaching Hospital.

**Methods:** A descriptive cross-sectional study was conducted among 384 clients. A random sampling technique were used to collect data by administering a structured questionnaire to the participants. Pearson correlation and regression analysis were conducted using SPSS, which was used to describe the variables and determine the relationships between them.

**Results:** The mean score of patient satisfaction was 2.38, and their satisfaction level was 64.8% (n=249). The Pearson correlation revealed a close relationship between services and facilities at OPD and clients’ satisfaction. The regression analysis showed that OPD services and facilities influenced the satisfaction of the OPD clients, which was significant at level 0.05 (p=0.000). The most influential factor in clients’ satisfaction was the positive interaction between the staff and the patients. As suggested by participants, most of the clients considered that unclean toilet facilities (70%, n=268), a long wait time for medications (57%, n=218), and the unavailability of essential medications (32%, n=122) are the factors that should be developed in the OPD to deliver proper services.

**Conclusion:** The study revealed the importance of services provided by health care professionals and workers to the satisfaction of patients. To improve the quality of healthcare services, the management of the health sector must prioritise changes in physical facilities, accessibility, and staff-patient interactions.

***Keywords:*** *Nursing, Facilities, Outpatient Department, Satisfaction, Service Improvement*

**PP 21**

**Awareness and perception of using Artificial Intelligence (AI)-based tools for Healthcare purposes in Western Province Sri Lanka**

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**Background:** Artificial Intelligence (AI) is a computerized system capable of performing tasks, cognitive functions, problem-solving, and decision-making without human guidance. Healthcare companies are investing in AI integration into mobile health devices to improve patient safety, practice quality, care management, and reduce healthcare expenses.

**Objective:** To assess the awareness and perception of using AI-based tools for healthcare purposes in the western province of Sri Lanka

**Methodology:** The research employed a cross-sectional descriptive design, and data analysis was carried out using SPSS version 21. A self-administered questionnaire was pre-tested and distributed to gather information from the participants. Descriptive statistics and a multiple regression approach were used to assess associated factors, with a significance value set at p<0.005 and a 95% confidence interval considered.

**Results:** Data was collected from a total of 12 healthcare professionals (n=12). The sample included 5 physicians (41.7%), 1 nurse (8.3%), 3 physical therapists (25%), 1 psychologist (8.3%), and 2 medical laboratory scientists (16.7%). In terms of work location, 83.3% (n=10) were based in urban areas, while 16.7% (n=2) worked in rural settings. The study revealed that the majority of healthcare professionals (75%, n=9) had prior exposure to AI technology, although only 25% (n=3) had received formal training. About 50% (n=6) believed that AI capabilities exceeded human experience, and 58.3% (n=7) expressed confidence in using AI-based tools, reflecting a positive perception of AI in healthcare. Notably, 50% (n=6) of healthcare professionals were confident in AI-enhanced diagnoses and enthusiastic about integrating AI into their practice. Furthermore, 75% (n=9) were eager to learn and utilize AI to optimize their workflows, while 83.3% (n=10) expressed enthusiasm for incorporating AI-driven tools into medical decision-making to improve patient care and outcomes.

**Conclusion:** Based on the preliminary findings, there is an optimistic perception of using AI-based tools in healthcare. Healthcare professionals view these tools as valuable assets, potentially revolutionizing patient care. However, concerns persist regarding the reliability of AI systems and their potential impact on medical procedures if software glitches occur.

***Keywords:*** *Artificial Intelligence, AI-Based tools, Awareness, Perception, Western Province*

**PP 22**

**Correlation between sleep quality and stress, anxiety, depression among nurses with shift work, national hospital Kandy, Sri Lanka**

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**Background:** Sleep is an essential biological need to maintain a healthy lifestyle and poor sleep leads to negative consequences on physical and mental health. Nurses are more vulnerable to experiencing impaired sleep quality as shift work is linked with the nursing profession. Also, nurses with shift work present a significant prevalence of psychological health problems. So, it is important to identify whether there is a correlation between sleep quality and symptoms of stress, anxiety, and depression among nurses with shift work.

**Objectives:** To analyse the correlation between sleep quality and stress, anxiety, and depression among nurses with shift work at National hospital Kandy, Sri Lanka.

**Methods:** A cross-sectional study was conducted in NHK, Sri Lanka among 294 nurses with shift work. Moreover, a stratified random sampling method was used in this research to select the participants. The Pittsburgh Sleep Quality Index (PSQI), and Depression, Anxiety, and Stress Scale (DASS-21) were administered to the participants, these were provided as self-administered questionnaires. The data were analysed by using SPSS-26 software with Pearson's correlation and simple linear regression.

**Results:** There is a statistically significant weak negative correlation between nurses' sleep quality and symptoms of stress (r=-0.321, P<0.05), anxiety (r=-0.328, P<0.05), and depression (r=-0.336, P<0.05). Nurses' global PSQI score significantly predicts the symptoms of stress, anxiety, and depression with 50.2%, 51.8%, and 54.8% of the variance respectively and nurses’ sleep quality was a predictor variable for symptoms. Overall, 52% of nurses indicated poor sleep quality and 48% of nurses indicated good sleep quality.

**Conclusion:** It is important to improve the nurses’ sleep health to enhance their mental health. Therefore, nursing management should focus on providing sleeping days off with limited night duties and facilitating the appropriate restroom facilities for nurses.

***Keywords:*** *Anxiety, Depression, Shift Work, Sleep Quality, Stress*

**PP 23**

**Knowledge and practices of midwifery trained registered nurses in applying episiotomy during deliveries in selected public hospitals in Colombo district in Sri Lanka**

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**Background:** Episiotomy is a surgical incision made to the perineum during childbirth to facilitate delivery, but it can also lead to perineal trauma and infection. The study aims to identify the knowledge deficit and evaluate the quality of obstetric care offered by midwifery-trained registered nurses, with the hope of gathering evidence-based information for interventions aimed at improving their practices and in-service education.

**Objective:** To assess the knowledge and practices of midwifery-trained registered nurses in applying episiotomy during deliveries in selected public hospitals in the Colombo district in Sri Lanka

**Method:** This institutional-based descriptive study focused on collecting data from midwifery-trained nurses across three hospitals in the Colombo district. Data collection was facilitated through the use of a pre-tested interview-administered questionnaire. SPSS version 25 was the software employed for data analysis, which included the computation of descriptive statistics

**Results:** A total of 177 participants. The majority of the sample population belonged to the 35-45 years age group (n=80, 47.3%) and held a Diploma in midwifery (n=111, 65.7%). A high percentage (n=168, 99.4%) of the participants reported receiving midwifery training. Of the sample, 42.0% (n=71) knew that skin and subcutaneous tissue are cut during episiotomy, while 85.8% reported that a right mediolateral episiotomy is recommended. A majority of respondents (n=135, 79.9%) perceived episiotomy as the most painful experience during childbirth and urinary incontinence was associated with tears by 74.0% (n=125) of the respondents. Additionally, the majority of the participants (n=140, 82.8%) associated pelvic organ prolapse with tears. A high percentage (n=154, 91.1%) of the participants surveyed agreed that episiotomy is an effective preventative measure against advanced perineal tears. However, 62.1% (n=102) of the respondents indicated that they think they need to limit the number of episiotomies they perform in their practice. Age was found to have a statistically significant positive relationship with knowledge of episiotomy (p=0.020) in a logistic regression analysis.

**Conclusions:** This study highlights the gaps in the knowledge and practices of midwifery-trained registered nurses regarding episiotomy. The results indicate a significant relationship between age and knowledge about episiotomy, emphasizing the need for continued education and training for healthcare providers in perinatal care. The majority of respondents perceived episiotomy as a painful experience during childbirth, and some associated it with long-term complications. The study recommends exploring alternative pain management strategies during episiotomy and educating patients about potential risks.

***Keywords:*** *Episiotomy, Midwifery Trained Nurses, Public Hospitals*

**PP 24**

**Factors Impacting the Level of Insulin Adherence Among Patients with Diabetes Mellitus at Teaching Hospital, Jaffna**

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**Background**: The prevalence of diabetes in Sri Lankans aged 20 years and older was 10.3 percent in 2006, to 13.9 percent in 2030. Overall insulin use would increase from 516.1 million 1000 IU vials to 633.7 million per year between 2018 and 2030. Level of adherence is the cornerstone in insulin treatment of DM patients.

**Objective**: The purpose of the study is to assess the level of insulin adherence among patients with DM at the medical clinic, Teaching Hospital, Jaffna.

**Methods**: A cross-sectional quantitative design used Morisky, Green, and Levine’s adherence 04-item scale version. The interviewer-administered questionnaire was used to determine adherence. The data analysis using the SPSS 25.0 version.

**Results**: A systematic random sampling method was used to obtain 291 participants. Socio-demographic factors such as including sex, residence, educational level, employment, and monthly income; treatment-related variables including duration of insulin therapy (P= 0.002), insulin frequency per day (P=0.000), preference of oral therapy (P=0.001), use of TCM (P=0.008), the experience of insulin side effect (P=0.016), and SMBG are significantly associated with insulin adherence with a significant level of 0.05 at 95% confidence interval. There is no significant association between disease-related factors and insulin adherence.

**Conclusion**: Males, rural residents, unemployed and, uneducated, were more adherent to insulin therapy, and the participants who preferred oral therapy, use TCM, the experience of insulin side effects seems low to adhere to insulin therapy. The healthcare authority needs to pay more attention to improve adherence and maximise patient health outcomes.

***Keywords:*** *Adherence, Influencing Factors, Insulin Therapy, DM Patients, Oral Therapy*

**PP 25**

**An assessment of knowledge and factors affecting the proper practice of Breastfeeding among Postnatal Mothers in DGH Matara**

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**Background:** The importance of exclusive breastfeeding for infants cannot be overstated, as it plays a pivotal role in reducing high infant mortality rates and promoting overall infant health. Exclusive breastfeeding, as recommended by global organizations like (United Nations International Children's Emergency Fund) UNICEF and World Health Organization (WHO), involves initiating breastfeeding within the first hour after birth and sustaining exclusive breastfeeding up to six months. Encouraging and educating mothers on proper breastfeeding practices is essential to achieving these goals.

**Objective:** This research focuses on assessing the knowledge and identifying factors affecting the practice of breastfeeding among postnatal mothers at DGH Matara.

**Methods:** A cross-sectional study was conducted, involving 320 postnatal mothers admitted to the postnatal ward after delivery, as well as readmitted mothers facing lactation issues. The study utilized a questionnaire consisting of 32 selected items. Cronbach's alpha value, which assesses the questionnaire's internal consistency, was calculated and found to be 0.829, indicating a reliable instrument for data collection.

**Results:** The study revealed that 41.3% (132) of mothers had moderate knowledge about breastfeeding, 31.6% had mild knowledge, and 25.3% had good knowledge. In terms of breastfeeding practice, 51.9% of mothers exhibited good practices, while 48.1% had poor practices. Notably, a significant association was found between overall knowledge and breastfeeding practice (p=0.000). Several socio-demographic characteristics were linked to exclusive breastfeeding practices, including family type (p=0.000), mothers' occupation (p=0.046), and the number of children mothers had (p=0.000). Additionally, various antenatal and post-partum factors were identified as significant influences on exclusive breastfeeding practices, such as prepartum hemoglobin level (p=0.009), baby's sex (p=0.001), pain (p=0.000), pregnancy type (p=0.032), previous labor history (p=0.018), and post-partum bleeding (p=0.032).

**Conclusion:** The study underscores the importance of antenatal and early postpartum education and periodic breastfeeding counselling to enhance maternal knowledge and practices related to breastfeeding. Efforts to promote and support exclusive breastfeeding practices are vital for improving infant health and reducing infant mortality rates. A comprehensive approach involving healthcare providers and community education is essential in achieving these goals.

***Keywords:*** *Exclusive Breastfeeding, Postnatal Mothers, Knowledge*

**PP 26**

**The level of stress among Nursing students in Nursing training colleges in Western Province, Sri Lanka**

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**Background:** Individuals might be motivated and energized to address the significant challenges throughout life with a certain amount of stress to concentrate and keep the focus on the aspects of one’s life that are actually important. High academic and clinical expectations may have an adverse influence on nursing students' health, academic performance, and capacity to adopt appropriate coping mechanisms to reduce stress.

**Objectives:** The purpose of this study was to assess the level of stress and describe the coping strategies of nursing students during their study period in Nursing training colleges in Western province.

**Methods:** A cross-sectional study was conducted among Diploma nursing Students from two selected nursing training schools (NTS) in Western province, of Sri Lanka. Participants were recruited to the study conveniently and Data were collected by using a standardized self-administered questionnaire with a combination of the perceived stress scale -21(PSS-21) and the coping scale.

**Results:** A total of 280 nursing students participated among them 84.4 % (n=151) had moderate stress, 3.9%(n=7) had high stress, and 11.7(n=27) had low stress. About 157 (56.1%) stated that coping levels were moderate. Additionally, 41.1% (n=115) stated that their coping levels were high. The outcomes of this study may have been impacted by several restrictions. The results' generalizability may have been impacted by the use of a convenience sample. Randomization might be a suitable sample technique for further investigations to avoid this restriction. Additionally, just one environment was used for this study and the future.

**Conclusion:** Being a member of a strong skill training program puts student nurses at risk all the time. Based on the results, it is seen that a significant number of students need to utilize coping strategies. Their high levels of stress may be due to their prolonged academic and training periods. However, it is suitable to conduct another study with the help of the randomization technique to avoid the generalizability restriction.

***Keywords:*** *Coping Strategies, Nursing College, Nursing Students, Stress*

**PP 27**

**Study on perception and attitudes regarding COVID-19 booster dose among receivers at the outpatient department in the National Dental Teaching Hospital, Colombo 07**

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**Background:** According to WHO (2022), COVID-19 vaccines were developed by early 2021 and have proven to be highly effective in preventing infections, hospitalizations, and deaths. A booster dose is a vaccine given to someone who has previously received a full immunization course.

**Objective:** This study aims to investigate the perceptions and attitudes of individuals who receive outpatient care at the National Dental Teaching Hospital (NDTH) in Colombo 07 regarding COVID-19 booster doses.

**Methods:** In this study, a descriptive cross-sectional analysis was conducted using a systematic random sampling technique. The researchers utilized the Statistical Package for Social Sciences version 25 to analyse the data, utilizing both descriptive and inferential statistics. To determine the significance of the variables, ANOVA, T-test, and Pearson correlation methods were employed.

**Results:** A total of 320 people completed the survey. The survey found that 37.8% of participants are a priority group for COVID-19 vaccination, and 52.8% are willing to receive booster doses in the future. The Pearson correlation showed a positive relationship between perception and attitudes towards COVID-19 booster doses (α=0.561, p=0.000, p<0.01), which means that the results are significant at a 98% confidence level.

**Conclusion:** The study suggests that there is a positive relationship between perception and attitude. The results indicate a strong and positive perception, which is reflected in the attitude observed in the study.

***Keywords:*** *Attitude, Booster, COVID-19, Immunization, Perception*

**PP 28**

**Mothers’, Nurses’ and Midwives’ perception on caring behaviour during childbirth and associated factors: A cross-sectional study at labour rooms in selected hospitals in Anuradhapura District**

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**Background:** Caring lies at the core of nursing and midwifery. To ensure that childbirth experiences are more fulfilling and positive health outcomes are achieved, it is important to understand the caring preferences of mothers during childbirth, as well as the perception of mothers' caring needs by nurses and midwives. It is crucial to analyse the perspectives of nurses and midwives since their care is integral to the process.

**Methods**: A descriptive cross-sectional design was used to evaluate the perception of caring behaviour among 309 mothers, 123 nurses, and midwives at Teaching Hospital Anuradhapura, Base Hospital Thambuththegama, and Base Hospital Padaviya. Data was collected using validated and pretested questionnaires developed by Cronin and Harrison in 1988. The data was analysed using SPSS, and the significance level was set at <0.05. The study was approved by the ethics committee of IIHS.

**Results**: The study found that 85.4% of the participating mothers were Sinhalese and aged 21-30. The majority of participating nurses and midwives were also Sinhalese (96.7%) and grade III (35.8%). Three major factors were associated with caring behaviour perception, with significant differences found in the sub-items falling under intra-personal factors. The statistical analysis showed that only 32.7% of the variation in caring behaviour perception can be attributed to the independent variables studied. The relationship between caring behaviour perception and demographic factors such as employment status for mothers and working experience for nurses and midwives was weak (r=0.187 and r=0.321, respectively).

**Conclusions**: Mothers had an average level of Care Behaviour (CB) while nurses and midwives showed a high level of CB. Among the factors associated with it, sub-items related to intra-personal factors showed significant differences in CB perception. Effective interventions that support a woman's experience should be implemented for midwives and nurses who provide caring services to women during the intrapartum period.

***Keywords*:** *Mothers, Nurses, Midwives, Caring Behaviour Perception, Associated Factors*

**PP 29**

**Study on incidence rate and factors affecting surgical site infections among coronary artery bypass graft patients in Sri Jayewardenepura General Hospital, Sri Lanka**

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**Background:** Surgical site infections (SSIs) are a significant cause of morbidity and mortality among coronary artery bypass graft (CABG) patients, and there is a need to identify risk factors and preventive strategies to reduce their incidence.

**Objective:** The study aimed to identify the incidence rate and factors affecting surgical site infections (SSIs) among CABG patients, providing crucial information to develop prevention strategies to improve patient outcomes.

**Methodology**: This is a descriptive cross-sectional quantitative study conducted targeting patients who underwent CABG. Data was collected through a telephone survey and bed head tickets, after obtaining ethical clearance. A pilot study of ten participants was conducted to ensure the validity of the study.

**Results**: There was a total of 181 participants. There were 17.7% (n=32) acquired SSI, mostly after 3 weeks of SSI cases 50% were superficial, and 43.8% were muscle. Of the participants, 58.6% had a healthy weight, while there were diabetes, smokers and 53%, and 29.3% respectively. The study found that hospital stay (p=0.016 univariate, p=0.031 multivariate), gender (P=0.017), smoking (P=0.014 multivariate), wound swab culture taken (p<0.001), and multiple wound toilets (p=0.013) were all significantly associated with the incidence of SSIs.

**Conclusion**: This study highlights several factors that may increase the risk of acquiring a surgical site infection, including gender, smoking, and hospital stay duration. Age and gender were also found to be associated with the likelihood of SSI identification. Further research is needed to explore additional risk factors for SSI and to develop effective prevention strategies.

***Keywords:*** *CABG, Incidence Rate, Prevention Strategies, Risk Factors, Surgical Site Infection*

**PP 30**

**Prevalence and determinants of type 2 diabetes mellitus among school teachers of selected Ministry of Health (MOH) areas in Sri Lanka**

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**Background:** Non-communicable diseases (NCD) are a major health challenge of the 21st century, having increased globally due to factors such as rapid urbanization, unhealthy dietary habits, and busy lifestyles. In Sri Lanka, diabetes prevalence is still not satisfactory, particularly among school teachers, who play a vital role in society. Their health status is crucial socially and economically.

**Objectives:** This study aims to determine the prevalence of Type 2 Diabetes Mellitus (T2DM) among school teachers in the Kaduwela MOH area. It also aims to identify the contributing factors and suggest practical recommendations to reduce its prevalence.

**Methods:** The study utilized a descriptive cross-sectional design. A self-administered questionnaire was designed by the researcher and distributed among the sample chosen through a stratified sampling technique. Bivariate analysis was performed using cross-tabulation and chi-square test to determine the significant association between behavioural and metabolic risk factors with T2DM.

**Results:** The analysis conducted on democratic factors revealed that the risk of developing diabetes mellitus type II is higher among older teachers. Furthermore, obesity is seen as the major risk factor among males, whereas high blood pressure is the major risk factor among females over the age of 50. The study provides evidence highlighting the determinants of the prevalence of diabetes among teachers, such as timely follow-ups, awareness, and taking preventive actions for signs and symptoms of T2DM, especially for those with a family history of T2DM. The study also analyzed the determinants of Type II diabetes mellitus based on respondents' behavioural characteristics, such as smoking, non-smoking, alcoholic, and non-alcoholic. According to the research, individuals who smoke and drink alcohol are more likely to develop diabetes.

**Conclusion:** The study examined the factors that contribute to the development of Type 2 diabetes mellitus based on the behavioural characteristics of the respondents. These characteristics included smoking, non-smoking, alcohol consumption and non-alcohol consumption. The study found that individuals who smoke and drink alcohol are more likely to develop diabetes.

***Keywords:*** *Behavioural Characteristics, Non-Communicable Diseases (NCD), Prevalence*

**PP 31**

**Nursing Students’ perception and Effectiveness regarding the use of objective structured clinical examination (OSCE) among third-year nursing students of selected nursing schools in Sri Lanka**

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**Background:** Objective Structured Clinical Examination (OSCE) is one of the essential components of learning and educational programs. There are numerous different approaches to evaluating clinical competence.

**Objective:** To assess nursing Students’ perceptions and Effectiveness regarding the use of objective structured clinical examination (OSCE) among third-year nursing students of selected nursing schools in Sri Lanka

**Methods:** The descriptive cross-sectional design was used. Quantitative data was collected from third-year nursing students of selected five nursing schools in Sri Lanka. Collected data about nursing student’s perceptions from the self-administered questionnaire and a simple random sampling technique was used. Effectiveness was measured by comparing OSCE exam marks (O’ Marks) and traditional clinical setup exam marks (P’ Marks) in the same study sample. Descriptive and Inferential Data was analysed by using SPSS and Microsoft Excel.

**Results:** The study's findings indicate that Evaluation Methods (EM) significantly influence the perception and effectiveness of O'Marks, while Physical Disturbances (PD) have a significant impact on P'Marks. The highest mean score was observed in the Evaluation Methods category, suggesting that respondents have a strong perception of the effectiveness of these methods. Mental status ranked second, and financial disturbances ranked third in terms of perception. Physical disturbances had the lowest mean score at 3.34. A significant positive correlation (coefficient: 0.114) was found between the use of evaluation methods and third-year nursing students' perceptions of effectiveness (O'Marks). This correlation was statistically significant (p<0.0005), indicating a strong link between evaluation techniques and students' perceptions of their effectiveness. However, no other independent variables demonstrated a significant relationship with students' marks (P'Marks)

**Conclusion:** The main issue of the study, EM has been significantly influencing O’ Marks and PD has been significantly influencing P’ Marks. The researcher recommends following proper Evaluation Methods and Physical disturbances should be reduced in clinical setting.

***Keywords:*** *OSCE (Objective Structured Clinical Examination), Perception, Reliability, Effectiveness, Student Nurse*

**PP 32**

**Knowledge and Attitudes on Organ Donation among Critical Care Nursing Professionals in National Hospital of Sri Lanka**

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**Background:** Lately, more people need organ transplants, but the number of donors hasn't grown as much. Critical care nurses are really important in making organ donation happen. They connect patients' families with the medical team, making a difficult and life-saving process work. Their skills, caring attitude, and hard work make organ transplants possible, giving hope and a new life to many people.

**Objective:** To assess the knowledge and attitudes regarding organ donation among critical care nursing professionals at the National Hospital of Sri Lanka

**Methods:** A cross-sectional study was conducted among critical care nursing professionals at the National Hospital of Sri Lanka to assess their knowledge and attitudes regarding organ donation. A structured questionnaire, comprising closed-ended and Likert scale questions, was administered in person. Participants were selected through convenient sampling, ensuring diversity in terms of experience levels and professional positions. Demographic data, knowledge, and attitude scores were collected and analysed using inferential statistical methods.

**Results:** In this study, n = 223 critical care nursing professionals (194 females and 29 males) were surveyed. Approximately 53.2% (n = 118) of participants demonstrated good knowledge regarding organ donation. Over 50% (n = 159) expressed favourable attitudes toward organ donation, with 71.8% (n = 159) willing to donate their organs to others, and 76.7% (n = 171) agreeing to donate their organs to family members. However, only 19.3% (n = 43) had signed organ donation cards, indicating limited formal commitment. Religion influenced the attitudes of 59% (n = 130) of participants, while 58.3% (n = 130) cited their nursing school training as an influencing factor. These results highlight the knowledge, attitudes, and factors influencing organ donation decisions among critical care nursing professionals.

**Conclusion:** This study among critical care nursing professionals found that many have positive attitudes towards organ donation, with a willingness to donate to both others and family members. However, the formal commitment, indicated by organ donation card signatures, remains low. Factors like religion and nursing school training play significant roles in shaping their attitudes. Targeted awareness and education programs are needed to bridge this gap and increase organ donation rates, potentially saving more lives through transplantation. Further research can explore specific factors influencing decisions for tailored interventions

***Keywords:*** *Attitude, Donor, Knowledge, Organ Donation*

**PP 33**

**Factors Affecting the Satisfaction of Student Nurses at the School of Nursing, Colombo**

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**Background:** Student nurse satisfaction is crucial for nursing education programs' overall well-being and success. By identifying the factors that affect student satisfaction, educational institutions can make informed decisions to improve the learning environment and enhance student outcomes. Contributing to Nursing Education Research, this study will contribute to the existing body of knowledge on nursing education by focusing on the factors affecting student satisfaction in a specific context.

**Objective:** To assess factors affecting the Satisfaction of Student Nurses at the School of Nursing, Colombo.

**Methods:** This study utilizes a quantitative survey to gather data from student nurses on student nurse satisfaction. The study was designed as a cross-sectional study and used a self-administrative questionnaire as a data collection tool. 410 nursing students at the School of Nursing, Colombo were targeted as the sample. The teaching quality, curriculum and instruction, administrative facilities, personnel factors, and school climate have been identified to be examined in this study.

**Results:** Among the five criteria, 80% of students (n=80) expressed satisfaction with aspects such as punctuality of class teachers, teaching quality, subject expertise, and class participation. However, 20% (n=20) showed dissatisfaction with the class environment. This study at the School of Nursing in Colombo identified key factors influencing student nurse satisfaction, focusing on teaching quality, curriculum, administrative facilities, personal factors, and school climate. Importantly, no significant variations in overall satisfaction were observed based on age, gender, or marital status, with the majority of student nurse recruits being female. Marital status, a critical eligibility criterion, did not significantly impact overall satisfaction.

**Conclusion:** The findings underscore the multi-dimensional nature of student satisfaction, encompassing various aspects of academic, environmental, interpersonal, and personal dimensions. The study has illuminated the critical role of teaching quality, curriculum and instruction, administrative facilities, personal factors, and school climate in shaping the satisfaction of student nurses.

***Keywords:*** *Nursing Education, Satisfaction, Student Nurses*

**PP 34**

**Knowledge, Attitudes, and Practices of the Nurses in Medical Wards on Patient Safety Culture in the National Hospital of Sri Lanka**

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**Background:** patient safety is the practice of avoiding medical errors and patient harm. The overall effect of behaviours such as individual and group values, perceptions, attitudes, competencies, and organizational patterns of behaviour for the prevention of adverse events and errors to the patient is referred to as patient safety culture connected to health care.

**Objectives:** This study aimed to investigate the knowledge, attitudes, and practices of nursing officers in medical wards at the national hospital of Sri Lanka concerning patient safety culture, while also identifying the challenges faced by these professionals and the support they receive.

**Methods:** This study employed a mixed-methods approach to comprehensively examine patient safety culture at the national hospital of Sri Lanka. In the quantitative phase, data was collected from a sample of 288 participants who completed a structured questionnaire assessing their knowledge, attitudes, and practices related to patient safety culture. Additionally, in the qualitative segment, 10 participants were selected for in-depth interviews to gain deeper insights into their experiences and perspectives regarding patient safety culture, with open-ended questions encouraging detailed responses**.**

**Results:** The findings, based on a sample size of 288 participants in the quantitative portion and 10 in the qualitative segment, revealed a moderate level of knowledge (m=3.8002, SD=0.46631), attitudes (m=3.5121, SD=0.44306), and practices (m=3.6315, SD=0.39216) regarding patient safety culture. The majority of respondents, comprising 55.9% (n=160), fell within the 20-30 age range. Additionally, a significant proportion of participants were female, accounting for 77.4% (n=222) of the sample. Furthermore, a substantial 73.3% (n=210) held diplomas, and 57.3% (n=165) reported having 1-5 years of professional experience.

**Conclusion:** results indicate that interventions targeting the enhancement of knowledge, practice, communication, documentation, safety, training, and transfer procedures may contribute to improved patient safety culture in medical wards. Implementing these improvements can lead to better patient outcomes and a more supportive work environment for nursing officers in medical wards.

***Keywords:*** *Medical Errors, Qualitative, Quantitative, Moderate, Respondents*

**PP 35**

**Perception of application of Virginia Henderson’s need theory into nursing practice among the nurses in medical wards at the National Hospital of Sri Lanka, 2022 for optimal outcome of nursing care**

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**Background:** Virginia Henderson's need theory is a nursing theory that emphasizes the importance of meeting a patient's fundamental needs in order to achieve optimal health outcomes. The theory is based on the concept of nursing as a profession that is focused on helping patients achieve independence in their daily lives, and it identifies 14 fundamental needs that all individuals require for health and wellbeing.

**Objective:** This research aimed to assess the nurses' perception of the application of Virginia Henderson's Need Theory in nursing practice within the medical wards of the National Hospital of Sri Lanka.

**Methods:** The study involved 286 nurses currently employed in the medical wards of the National Hospital of Sri Lanka. A mixed-methods approach was employed, combining both qualitative and quantitative analyses. Quantitative data were analysed using SPSS version 25 with Likert scales used to measure responses. Qualitative data were subjected to content analysis for a deeper understanding of the findings.

**Results:** The analysis unveiled several key findings. Firstly, it was noted that the knowledge of nurses regarding Virginia Henderson's Need Theory was notably low. Furthermore, the application of this theory within the medical wards of the National Hospital of Sri Lanka was also considerably limited. Interestingly, the nurses expressed a positive intention to apply the theory in their medical wards. However, several barriers hindered its implementation, including the lack of funding to support non-medical needs within Sri Lanka's free healthcare system, as well as shortages of material and human resources in applying Virginia Henderson's Need Theory in the medical wards of the National Hospital of Sri Lanka.

**Conclusion:** To enhance the application of Virginia Henderson's Need Theory in the medical wards of the National Hospital of Sri Lanka, it is imperative to improve nurses' knowledge about the theory. Bridging this knowledge gap is essential to effectively implement the theory in practical healthcare scenarios. This insight underscores the need for targeted educational and resource allocation strategies to bolster the utilization of nursing theories in healthcare practice.

***Keywords:*** *Virginia Henderson's Need Theory, Application, Knowledge*

**PP 36**

**Perception and satisfaction with the clinical learning environment among undergraduate Nursing students at Maldives National University**

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**Background:** Nursing education emphasizes the importance of clinical experience, allowing students to apply theoretical knowledge and practice new skills. However, there is a need for innovative approaches to enhance students' clinical learning experiences.

**Objectives:** This study aims to explore the perceptions of Maldives National University nursing students regarding their clinical learning environment.

**Methods**: In this qualitative descriptive study, informed consent was obtained from each participant. Data was collected from 280 Maldives National University students through four focus group interviews. The study employed validation tests based on observed and measured data, utilizing scientific inquiry methods to investigate the sample population.

**Results:** Through repeated analysis of interview transcripts, critical elements of the clinical learning environment (CLE) were identified. These included mentors, clinical learning opportunities, clinical assessments, and student emotions. Interpersonal relationships and effective communication with instructors emerged as crucial factors motivating students. While some aspects of the CLE hindered learning, others facilitated the maximization of students' potential. Students perceived the clinical assessment as unfair and not reflective of their achievements, leading to a range of emotional responses. The CLE was deemed potentially problematic for nursing education due to various variables that hindered effective learning.

**Conclusion:** The study findings highlight the significance of addressing specific challenges within the CLE to improve nursing education. Interpersonal relationships, mentorship, and fair assessment practices play essential roles in fostering motivation and success for students. To enhance the effectiveness of the CLE, nursing educators must identify and address these issues, ultimately benefiting student preparation, leadership, curriculum instruction, and knowledge acquisition.

***Keywords:*** *Curriculum Instruction, Leadership, Maldives, Preparation, Student Knowledge*

**PP 37**

**Prevalence and determinants of Type II Diabetic Mellitus among School Teachers of Kaduwela Selected MOH Area in Sri Lanka**

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**Background:** Non communicable diseases are the leading cause of death worldwide and one of the greatest health problems of the twenty-first century. The burden of non-communicable diseases has increased worldwide due to rapid urbanization, busy lifestyles, unhealthy food consumption, heavy alcohol consumption, and hypertension, particularly in South Asian countries. The prevalence of diabetes in Sri Lanka is unacceptably high and is prevalent among educators. Counsellors are very important in this nation's schools. As a result, their health is socially and economically critical.

**Objective:** To identify the prevalence of type II diabetes among school teachers in Kaduwela MOH area, to assess the determinants of type II diabetes and to suggest practical recommendations for the prevalence of type II among schools.

**Methods:** This cross-sectional study aimed to investigate the prevalence and determinants of Type II Diabetes Mellitus among school teachers in the Kaduwela selected Medical Officer of Health (MOH) area in Sri Lanka. Stratified random sampling was employed, considering age, gender, and years of service as key stratification factors to ensure a representative sample. Bivariate analysis by cross-tabulation and chi-squared test was performed to find significant association between behavioural and metabolic risk factors with T2DM.

**Results:** The research examined the prevalence and determinants of Type II Diabetes Mellitus among school teachers in the Kaduwela selected Medical Officer of Health (MOH) area, Sri Lanka. The majority of respondents were in the 40-49 years age group (32%), and 78% were male. Moreover, 74% of participants were married. Analysis revealed that overweight was significantly higher (61.5%) among those aged 50-59 years, while raised blood pressure was more common (55.3%) among respondents aged 30-39 years. Pearson Chi-squire tests indicated significant relationships between demographics and Type II Diabetes prevalence. The study found that smokers had a higher percentage (22.6%) of Type II Diabetes diagnoses compared to non-smokers (10.8%). These results suggest a potential link between smoking and Type II Diabetes

**Conclusion:** Based on the findings of the study, the study has given the most important and practical suggestions for the prevention of T2 DM among teachers in Kaduwela MOH area. Also, limitations of the study and directions for future studies are discussed.

***Keywords:*** *Cardiovascular Disease, Sri Lanka, Type-2 Diabetes Mellitus*

**PP 38**

**Factors influencing the intention of caesarean section among pregnant women in teaching Hospital Jaffna**

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**Background:** Caesarean section is an effective technique used for preventing maternal and perinatal mortality with proper indication. However, the unwanted CS rate was increasing in silence as evidenced by research findings. Evidence suggests that pregnant women who have had good knowledge and attitudes can make proper decisions without fear. Only a few studies have been conducted in silence about factors influencing the intention of CS.

**Objective:** To assess the factors influencing the intention of caesarean section among pregnant women in teaching Hospital Jaffna

**Methods:** The cross-sectional descriptive quantitative design and simple random sampling technique were used to recruit 263 pregnant women in the third trimester at teaching hospital Jaffna. Data was collected by using an interview-administered questionnaire. It includes five parts such as socio-economic-related, knowledge-related, attitude-related, fear of childbirth, and intention of CS. Data was analysed by using the SPSS 26 version. Cronbach alpha coefficient test is used to test the reliability and validity of the instrument. The overall value was 0.812.

**Results:** Descriptive statistics, Pearson’s correlations, and standard multiple regressions were computed for data analysis. Findings revealed that the mean score of the intention of elective caesarean section was 3.24 (S.D. = 0.46). Knowledge, attitude, and fear of childbirth were significantly positively associated with the intention of the caesarean section from high to moderate correlation (r=0.0.443, p<0.001; r=0.387, p<0.001; and r=0.812, p<0.001). A high correlation identified fear of childbirth. The result of multiple regressions showed that all three independent variables explained approximately 32% of the intention of caesarean section (R2=0.332, F=35.948, p<0.001), following knowledge (β=0.36, p<0.001), and Attitude toward childbirth (β=0.17, p<0.001).

**Conclusion:** Due to the research findings, the intention of caesarean section was significantly positively associated with knowledge, attitude, and fear of childbirth. fear of childbirth had a high correlation with the intention of caesarean section among pregnant women in TH Jaffna.

***Keywords:*** *Attitude, Fear of Childbirth, Intention, Knowledge, Pregnant*

**PP 39**

**Selection and efficacy of self-management strategies for primary dysmenorrhea – a quantitative study among undergraduate students in Sri Lanka**

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**Background:** Dysmenorrhea is the medical term for uncomfortable menstruation as a symptom. It is alarming that dysmenorrhea have such a negative impact on the lives of young women.

**Objective:** This study aims to evaluate the prevalence of primary dysmenorrhea, the selection and efficacy of self-management strategies and compare the self-management strategies in medical-related and non-medical-related faculties among undergraduate students from University of Ruhuna.

**Methods:** This descriptive cross-sectional study consisted of 321 female undergraduate students from medical-related (Faculty of Allied Health Sciences, Faculty of Medicine) and non-medical-related (Faculty of Technology, Faculty of Management and Finance) of the University of Ruhuna who represented all academic years. According to their academic year, students were chosen from each cluster, randomly. A self-administered questionnaire was used to assess the selection and efficacy of self-management strategies for primary dysmenorrhea. The intensity and level of dysmenorrhea were assessed with NRS, and means were compared using paired sample t-tests. A comparison of the self-management strategies in medical-related and non-medical-related faculties among undergraduate students has been done using descriptive statistics, and the Chi-square test.

**Results:** The prevalence of Primary Dysmenorrhea was 95.4%. The majority (48%) suffered moderate pain. The majority (50%) practised pharmacological and non-pharmacological methods together. There was a significant mean difference between Pain intensity before and after using self-management strategies (Pre: 5.8±2.1, Post: 1.29±0.52). Over the Counter analgesics have been used as pharmacological management, where Acetaminophen (Paracetamol) was the drug of choice for the majority (39.9%) of undergraduates. As for non-pharmacological management strategies, mainly diet selection (87.3%), limitation of physical activities (69%), Sleeping and resting (82.4%), Application of local heat (55.2%), Massage (50.3%), and Warm water bath (55.9%) have been used. A significant association was found in Sleeping and resting, using home remedies, local application of heat, Massage, Warm water bath, and Combined method (p<0.05).

**Conclusion:** A considerable percentage of undergraduates suffer from primary dysmenorrhea. Half of the undergraduates used both pharmacological and non-pharmacological methods together. Effective self-management strategies for PD are urgently needed.

***Keywords:*** *Prevalence, Primary Dysmenorrhea, Self-Management Strategies*

**PP 40**

**Perspectives on effects of extended working shifts and continuous education on the clinical performance of critical care nurses in the National Hospital of Sri Lanka**

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**Background:** Critical care nurses, often employed in ICUs, are responsible for providing the best possible care to critically ill patients and their families. They are skilled and digitally aware, with a larger nurse-to-patient ratio and more time spent with patients. Nurses often express ambiguity about the impact of short or long shifts on treatment quality. Their dedication to continuing learning improves care quality, job satisfaction, patient outcomes, and self-efficacy. This ambiguity highlights the importance of continuous learning in nursing.

**Objective:** To assess the perspectives on effects of extended working shifts and continuous education on the clinical performance of critical care nurses in the National Hospital of Sri Lanka

**Methods:** Institutional-based explorative, descriptive, correlational, and mixed method study was done. The target population of this study was Critical Care Nursing Officers who work at ICUs and HDUs in NHSL. The total population size was 205.

**Result:** In this study, a Spearman correlation analysis was conducted to investigate the relationship between long-shift work performance and continuous education among nurses. The critical significance level (alpha) was set at 0.05. Among the surveyed nurses, 105 (48.8%) expressed satisfaction with the educational opportunities provided to update their knowledge, while 100 (51.2%) were not satisfied with these opportunities. These results highlight a pressing need for the development of specialized training programs tailored to the specific requirements of critical care nurses.

**Conclusion:** It is good if hospital management organizes training programs like the benefits of day shifts and night shifts, occupational safety, and health and stress management. Although there is a specialty in critical care nursing, it is limited to post-basic diplomas and only a few nurses get the opportunity to follow this diploma per year due to limited resources. If nursing authorities can establish a master's degree in critical care nursing, it will be benefited for critical care nurses as well as patients.

***Keywords:*** *Continuing Education, Critical Care Nursing, Job Satisfaction, Patient Care, Shift Duties*

**PP 41**

**The knowledge and practice towards infection control measures among nursing professionals in two selected teaching hospitals in western province Sri Lanka**

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**Background:** Nurses are medical professionals whose job is to prevent illness in patients while they are in a healthcare facility or hospital. The patient's recovery will be helped by keeping a disease-free climate, and first-class nursing care will be given. A nurse spends most of her time with patients. They ought to know everything there is to know about infection control and prevention in healthcare settings.

**Objectives:** To assess the knowledge and practice towards infection control measures among nursing professionals in two selected teaching hospitals in western province Sri Lanka.

**Methods:** A descriptive cross-sectional qualitative study is carried out among nurses in general hospitals in the western province of Sri Lanka. The staff nurses are working in all medical, surgical, paediatrics, gynaecology, and obstetrics units. The total population of staff nurses is around n=254 according to Morgan’s calculation. The researcher utilized simple random sampling to select n=242 nurses from each category. Tools of data collection**:** a self-developed validated close-ended questionnaire guided by hospital policies.

**Result:** During the current study, N=242 participants completed the questionnaires via a virtual platform. It's worth noting that the majority of the participants, N=227 (93.4%), were female, while the male participants, N=15 (6.2%), represented a comparatively smaller percentage of the total participant pool.

**Conclusion:** The current study's findings lead us to the conclusion that, despite having high levels of knowledge and a positive attitude toward infection prevention and control, nurses had poor infection prevention and control practice levels, putting patients at risk for infections. Recommendations include improving infection prevention and control practices through regular workshops and in-service training, ensuring that staff members receive the necessary vaccinations for infection control and prevention, making sure that resources like personal protective equipment are always available, giving feedback and observing nurses' practices (hand hygiene audits and invasive procedures), and ensuring that staff members receive the necessary vaccinations. Research into the barriers to infection control measures is also important.

***Keywords:*** *Attitudes, Practices, Knowledge, Infection Prevention and Control*

**PP 42**

**End Stage Renal Disease (ESRD) treatment adherence among hemodialysis patients in National Hospital Kandy, Sri Lanka**

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**Background:** End-Stage Renal Disease (ESRD) is one of the major public health concerns that has been associated with a growing burden on healthcare systems and the economy worldwide. Hemodialysis is one of the available and efficient treatment methods for the ESRD. Despite the availability of hemodialysis treatment, treatment adherence (TA) remains a major challenge, leading to adverse health outcomes and reduced quality of life for patients. Therefore, it is crucial to assess TA among hemodialysis patients and identify factors that contribute to adherence in order to develop effective interventions. The objective of the study is to assess ESRD Treatment Adherence among ESRD patients who are admitted to hemodialysis units in National Hospital Kandy.

**Objective**: To assess the End Stage Renal Disease treatment adherence among hemodialysis patients in national hospital Kandy, Sri Lanka

**Methods:** A descriptive cross-sectional study design was conducted using a pretested and validated interview-administered questionnaire among 170 patients admitted to four hemodialysis units from June 1, 2022, to June 30, 2022. The systematic random sampling method was employed for participant selection. Data analysis was performed using SPSS version 25

**Results:** Out of the total 170 participants, it was observed that a majority of them, constituting 75.3% (n=128), displayed good adherence behaviors, whereas 24.7% (n=42) exhibited poor adherence behaviors. Notably, there was a statistically significant association between the patients' adherence behaviour and the following factors: the duration of their dialysis treatment (p=0.025), the mode of transportation they used to reach the dialysis center (p=0.004), and the presence of a companion while going for dialysis (p=0.000).

**Conclusion:** Although the majority of the patients have good TA behaviour, educational sessions and awareness programs could be implemented to enhance the knowledge and attitudes regarding the importance of adhering to the treatment regime among the renal failure patients in the hospital as well as community settings.

***Keywords:*** *End Stage Renal Disease, Hemodialysis, Treatment Adherence*

**PP 43**

**Knowledge and attitudes on breast cancer and preventive practices of breast cancer among female school teachers in Elpitiya Educational Division**

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**Background:** Breast cancer is a prevalent disease globally, with around 1500 cases diagnosed annually in Sri Lanka. Teachers play a crucial role in educating future generations about the disease. Reducing morbidity and mortality can be achieved through worldwide screening guidelines and appropriate health professional education.

**Objectives:** This research aims to assess the knowledge, attitudes, and practices of school teachers in Elpitiya division, Southern Province, Sri Lanka.

**Methods:** The descriptive cross-sectional study was conducted among 372 teachers in the Elpitiya division, specifically within the Elpitiya educational zone. The study utilized a pre-tested, self-administered questionnaire, which was distributed to female school teachers in 8 randomly selected schools. These schools were chosen after stratification based on their popularity. Subsequently, the collected data was re-analysed using SPSS version 20.0.

**Results:** The questionnaire was administered to a total of 472 teachers, resulting in a response rate of 36.65% (n=172). Among the participants, 67.74% (n=319) had a moderate level of knowledge regarding the symptoms of breast cancer and screening methods for breast cancer detection. However, their knowledge about the risk factors for breast cancer was inadequate, with only 41.68% (n=197) demonstrating sufficient knowledge. Awareness about clinical breast examination and mammography was relatively low. In terms of attitudes related to breast cancer, 74.87% (n=353) of the participants exhibited a moderate level of attitude. However, when it came to practices related to self-examination of the breast, they were inadequate. Notably, there was a significant association between the participants' educational levels and their awareness of the necessity of self-breast examination.

**Conclusion:** The research study found that while teachers had adequate knowledge about symptoms and screening methods, they had insufficient knowledge about risk factors for breast cancer. They also had moderate attitudes towards breast cancer and practices related to self-breast examination. The results of the study suggest that there is a correlation between educational level and knowledge about the necessity of self-breast examination.

***Keywords:*** *Attitudes, Practices, Breast Cancer, Knowledge, Teachers*

**PP 44**

**A study on factors affecting for the academic performance among 3rd year nursing students in selected schools of nursing in Sri Lanka**

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**Background:** Nursing schools are the places where qualified nurses are produced. Academic achievements are one of the best parts of their student life. The academic performance of nursing students is influenced by various factors, including those related to their personal lives, homes, institutions, and teachers. Hence, evaluating those factors is helpful to improve their academic performance.

**Objectives:** The study aims to assess the factors affecting for the academic performance among 3rd year nursing students in selected schools of nursing in Sri Lanka

**Methods:** This descriptive cross-sectional study conducted among 600 third year nursing students at school of nursing of Kandy, Kurunegala and Anuradhapura. Participants were selected using random sampling method. A validated self-administered questionnaire was used to collect data and each factor has subset indicators which were given corresponding rating by the respondents using Likert Scale of 5. Addition to Pearson correlation test, the t-test and Anova test were used. The significance level was set as 0.05.

**Results:** Responses received from 579 participants giving 96.5% response rate. The data showed normal distribution.  Majority of them were females (n=546, 94.3%). The mean age was 24.9 years (SD= ±0.96).  Most of them (n= 433, 74.8%) were between 20 to 25 years. The mean academic performance score was 66.35(SD= ±7.09). The teacher related factors have high impact on academic performance as it got first rank according to the mean value (27.78) whereas the institutional related factors had low mean score (15.30). Only the institutional factors had statistically significant negative correlation on the academic performance of nursing students (R= -0.086, p= 0.038).

**Conclusion:** The teacher-related factors have the highest mean score on academic performance while only the institutional factors had significant negative weak correlation.  Therefore, the administrations need to take appropriate actions to develop the institutions.

***Keywords:*** *Academic Performance, Nursing Student, Nursing School, Learning, Teaching*

**PP 45**

**A study on the level of knowledge regarding port-a-Cath handling among nurses in a selected government hospital, Sri Lanka**

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**Background:** A port catheter is a small medical device that can be used to administer many intravenous medications such as chemotherapy without having many interruptions for a long time period. Handling of this device without having proper knowledge results in creating many complications for the patient. Nurses are the most responsible person to handle this device, requiring a proper knowledge of using the device.

**Objectives:** To study the level of knowledge regarding port-a-Cath handling among nurses in a selected government hospital, Sri Lanka

**Methods**: Adescriptive cross-sectional study was conducted using stratified random sampling method, for nurses who worked at selected government hospital Sri Lanka. The sample size was 200 and their knowledge was assessed by using a validated questionnaire which consisted of 38 questions. Data collection was done for a one-month period and pre- and post-knowledge of the participants were assessed using an educational program. SPSS version 25 was used to analyse the data and ethical approval was obtained from the International Institutes of Health Sciences (IIHS), Welisara, Sri Lanka.

**Results:** The majority of the participants were female (n= .181) (65.5 %) between 26-35yr (n=19), (60) novices, (52) from the Surgical wards, (71) of the had Nursing diploma and (61) and has no had previous knowledge. Pre-test means value1was 7.13 and (57.1 % (n=119)) were not knowledgeable 119 respondents. Post-test mean values were 26.39 and (87.97%) (n=194) were knowledgeable. from 194 respondents. There was a significant difference between pre and post intervention knowledge (p= 0.05). There is a significant difference between demographic categories, ‘Work Experience’ and ‘Education Level’ over the parameters of ‘Knowledge of the Port-a-Cath'.

**Conclusion:** Pre-intervention knowledge among nurses was low while post-intervention knowledge was very high**.** knowledge of port Cath handling can be improved through an effective awareness programme and therefore, suggested to conduct an awareness program to increase nurses’ knowledge about Port-A-catheter handling.

***Keywords:*** *Awareness program, Knowledge, Nurses, Port-a-Cath, Sri Lanka*

**PP 46**

**Assessment of Knowledge, Perception, And Utilization of Cervical Cancer Screening Service Among Female Nurses in District General Hospital, Matale**

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**Background:** Cervical cancer ranks as the second most frequent cancer among women in Sri Lanka. The incidence of cervical cancer is gradually rising with around 1721 new cases diagnosed annually. Research studies published on the subject are limited. Usually, cervical cancer is diagnosed in an advanced stage and for successful prevention, utilization of the screening service is very important.

**Objective:** The objective of this study was to assess the knowledge, perception and utilization of cervical cancer screening services among female nurses in District General Hospital Matale.

**Methods**: Data were gathered from self-administered semi-structured questionnaires which consisted of close-ended questions. SPSS 26 statistical version was used to analyse collected data with the use of basic statistical functions, which includes frequencies, cross-tabulation, and bivariate statistics.

**Results:** A total of 298 participants (n=298) were involved in the study.Overall, 51.34%(n=153) of the respondents had undergone cervical cancer screening and nurses’ knowledge of cancer of the cervix and screening was high at 77.98%(n=232). Their perception of cervical cancer and screening was moderate. Nurses who were not screened yet had rationalized for not participating in screening giving reasons such as, they feel healthy 25.2%(n=75), due to pain 26.9%(n=80), fear of the positive outcome 11.72%(n=33), fear of the procedure 24.83%(n=74), and lack of partner approval 11.03%(n=33).

**Conclusion:** The knowledge of cervical cancer and its screening service was high among nurses. However, the utilization of the screening service needs to be improved. It is recommended that the nurses’ perception and participation in cervical cancer screening need to be intensified.

***Keywords:*** *Cervical cancer, Knowledge, Perception, Screening service*

**PP 47**

**Knowledge, Attitudes and Practices of Nursing officers regarding COVID Prevention in Teaching Hospital Kuliyapitiya**

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**Background:** COVID-19 has significantly impacted the global population, and nurses play a crucial role in illness prevention. Their knowledge, attitudes, and behaviors are essential in preventing the outbreak, and they have a significant obligation to implement necessary remedial steps.

**Objective**: To assess the knowledge, Attitudes and Practices of Nursing Officers regarding COVID Prevention in Teaching Hospital Kuliyapitiya

**Methods:** A cross-sectional study was conducted at Kuliyapitiya teaching hospital using a validated self-administered questionnaire. The data was analysed using statistical packages for social science version 22, and ethical approval was obtained from the international institute of health science & medical faculty of Wayamba, Sri Lanka.

**Results:** The study found that a majority of participants (n = 167) were female and married, with a majority aged 31- 40 years. Most were educated up to diploma level. The questionnaire asked about their knowledge and awareness of COVID-19, safety measures taken, and the government's response. 89.88% of respondents had good awareness about virus transmission, symptoms, and risk groups. Younger participants and those with higher education levels demonstrated more awareness. Most participants had good attitudes towards COVID-19 prevention (76.45%). However, 59.14% had less practices regarding COVID-19 prevention, while 95.2% had good hand hygiene practices. The majority of participants agreed that stricter measures are needed to limit the spread of the virus.

**Conclusion:** Nursing officers at Kuliyapitiya hospital are knowledgeable about the virus's spread, risky patients, symptoms, and quarantine periods. They believe the government can control COVID-19, but there are no adequate practices to prevent it, and they maintain a positive attitude towards the virus.

***Keywords:*** *Attitudes, COVID-19, Knowledge, Practices, Prevention*

**PP 48**

**Quality of Working Life Among Nurses of Government Hospitals in Southern Province of Sri Lanka**

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**Background:** Quality of work life (QWL) is defined as the extent to which an employee is satisfied with personal and working needs through participating in the working environment while achieving the organization’s goal as well. QWL has been identified to influence the dedication and productivity of employees in healthcare organizations as well as other industries. However available, reliable information on the QWL among nurses in government hospitals in Sri Lanka is narrow.

**Objective:** The purpose of this research was to assess the quality of working life among nursing officers who are currently working in government hospitals in the southern province, of Sri Lanka.

**Methods**: A descriptive research design, namely a cross-sectional quantitative multi-center study was conducted in government hospitals in the southern province. Simple random sampling was used and a sample of 200 nursing officers were selected. The data was compiled in Excel and imported into SPSS Version 25 (Statistical Package for the Social Sciences) software.

**Results**: Findings suggested that the respondents were not fully satisfied level with their work life and they have the intention to leave (mean value 3.3 and standard deviation is 0.85). Significant differences were found according to gender, age, marital status, monthly income, and educational level. Further studies should be carried out to further assess the nurses’ quality of work life and identifying the interventions needed to improve the quality of work life of the nurses.

**Conclusions**: These findings can be utilized by nursing leaders and other responsible categories of nursing management to develop and properly implement successful plans to improve the QWL of nurses. And further studies are recommended to explore the QWL of nurses in Sir Lanka to identify the factors affecting for the QWL of the nurses and the nurses turn over intention.

***Keywords:*** *Nurses, Quality of Life, Quality of Work Life, Turnover Intention of Nurses*

**PP 49**

**Perception of the quality of the clinical learning in the advanced healthcare environment among diploma level nursing students in government nursing schools in Sri Lanka**

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**Background:** A key element of the nursing training program is clinical practice. In the ever-changing environment of healthcare education, this study focuses the perception of clinical learning quality among diploma level nursing students in government nursing schools in Sri Lanka.

**Objectives**: To investigate the viewpoints and experiences of nursing tutors, ward sisters, and student nurses regarding their Advanced Clinical Learning Environments (CLE) in Sri Lanka in 2022.

**Methods:** The Convergent Parallel Mixed Method Design was used. A cross-sectional descriptive Survey study is for the quantitative part and focus group discussions are used in the qualitative part. Students in the final year of three chosen nursing schools provided quantitative data. Data were gathered using the Clinical Learning Environment, Supervision + Nurse Teacher scale (CLES+T).

**Results:** Comparing three nursing programs revealed disparities in students' opinions of Advanced CLE.According to student nurses, the pedagogical setting and the nurse tutor's position determine the valueof Advanced CLE. The relationship between the student and supervisors, new knowledge in clinicalteaching, an increase in the number of students, their attitudes, and motivation, the theory-practicegap, curriculum revision, and the distance from nursing. school to the clinical field and the increased workload for nursing staff were all seen by other stakeholders as crucial factors relating to the qualityof Advanced CLE.

**Conclusion:** It is essential to guarantee the standards of clinical practice for Sri Lankan nursing students. Making plans to face the outlined challenges is one of the recommendations. In order to accomplish the academic objective of nursing schools, which focuses on education, practice, and research, improvements are needed for significant alterations. Compared to other nursing schools, some nursing schools need to give their Advanced CLE more thought.

***Keywords:*** *Clinical Learning Environment, Clinical placement, CLES+T, Interactive network, Quality*

**PP 50**

**Perception of Objective Structured Clinical Examination (OSCE) among student nurses of the School of Nursing, Kandy, Sri Lanka**

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**Background:** Clinical performance assessment or evaluation is a vital and fundamental component of the three-year diploma course for nursing students. This study was conducted to explore the student nurses’ perception regarding Objective Structured Clinical Examination (OSCE) as an assessment method of their clinical competencies which has been introduced as a new assessment tool during the COVID-19 pandemic in 2021**.**

**Objective:** The objective of the research was to investigate the student’s perception of the OSCE as an evaluation method of clinical skills.

**Methods:** A survey design has been applied to carry out this study. Data was collected from second-year nursing students at the School of Nursing, Kandy. Self-administered 5-point Likert scale questionnaire in a Google form was used to collect data.

**Results:** According to the results, the nursing students of the School of Nursing, Kandy, believe that the nursing OSCE is a credible and reliable way to judge clinical competence. The majority of nursing students gave excellent feedback on the fairness, organization, and coverage of various facets of their skill levels throughout the OSCE. Additionally, a number of nursing students said that the OSCE gave them genuine feedback on how they were doing in their clinical rotations at the time. The OSCE, however, was distressing for several nursing students as well.

**Conclusion:** Nurses believe that the nursing OSCE is a credible and reliable way to judge clinical competence. Most student nurses who participated in the OSCE reported having excellent experiences with the fairness, organization, and covering of several facets of their level of skill. Several student nurses also stated that they received genuine feedback regarding their present clinical performance from the OSCE. The OSCE, however, was difficult for many student nurses as well.

***Keywords:*** *Clinical Performance Assessment, Level of Skill, Objective Structured Clinical Examination (OSCE), Perception, Student Nurse*

**PP 51**

**Perceived Stress and Coping Strategies Among Nursing Students in Two Selected Nursing Schools in The Western Province of Sri Lanka**

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**Background:** Individuals might be motivated and energised to address the significant challenges throughout life with a certain amount of stress to concentrate and keep the focus on the aspects of one’s life that are important. High academic and clinical expectations may have an adverse influence on nursing students' health, academic performance, and capacity to adopt appropriate coping mechanisms to reduce stress.

**Objective:** The purpose of this study was to evaluate stress levels and coping strategies among nursing students.

**Methods:** Students from two selected nursing schools in Sri Lanka's western province who were enrolled in diploma nursing programs were included in this cross-sectional study. They were selected by a convenient sampling technique. A standardised self-administered questionnaire was used to collect the data. Nursing students' stress levels and coping mechanisms were evaluated using the perceived stress scale and the coping scale.

**Results:** There were 280 (n = 280) nursing students who participated in the study; 84.4% (n = 236) among them evaluated moderate stress, 3.9% (n = 10) high stress, and 11.7% (n = 32) low stress. Coping levels were 56.1% (n = 157) moderate, 41.1% (n = 115) high, and 2.5% (n = 7) low.

**Conclusion:** Being a member of a strong skill training program puts student nurses at risk all the time. This study brings attention to the significant problem of stress and the types of coping mechanisms employed by nursing students. Due to their three years of training, student nurses experienced a significant level of stress. To develop stress management strategies that would result in future nurses who are more resilient, the study has helped to identify the major causes that cause stress among student nurses.

***Keywords:*** *Coping Strategies, Nursing College, Nursing Students, Sri Lanka, Stress*

**PP 52**

**Study on the Knowledge, Perception and Practice on Standard Objectively Structured Clinical Examination (OSCE) For Summative Assessment of Student Nurses; Sri Lanka, 2021; Stakeholders Perception**

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**Background:** Objective Structured Clinical Examination (OSCE) has been a significant method for evaluating the clinical performance of medical and health profession students since 1975. It is widely recognized in the literature as an effective tool for assessing clinical competencies. The stakeholders in this research were nursing students, nurse educators, and nurse managers training and practicing under the Ministry of Health.

**Objective:** This study aimed to investigate the knowledge, perception, and practice of OSCE application for summative evaluations among student nurses in Sri Lanka.

**Methods:** A descriptive cross-sectional study was conducted with the use of a self-administered questionnaire for quantitative data collection and conducted semi-structured interviews for qualitative data. Participants included nursing students, nurse educators, and nurse managers from Sri Lanka's Ministry of Health.

**Results:** A total of 474 participants (n = 474) were involved in the study. Among the nursing students the knowledge stood at an average level of 61.09% (n = 289). The perception and practice of the nursing students also stood at an average level of 56.87% (n = 269) and 52.64% (n = 249), respectively. Furthermore, the nurse educators indicated an average knowledge, practice and perception of 68.5% (n = 324), 57.7% n = 273) and 62.5% (n =296), respectively. Nurse Managers had a low knowledge level of 50.6% (n = 239). On the other hand, there perception and practice were at an average level of 56.3% (n = 266) and 56.9% (n = 269).

**Conclusion:** The study revealed varying levels of knowledge, perception, and practice concerning the application of OSCE for student nurses' summative evaluations. While nursing students exhibited average levels across all aspects, nurse educators demonstrated higher knowledge levels. In contrast, nurse managers had comparatively lower knowledge levels. These findings underscore the need for targeted interventions and training programs to enhance the understanding and implementation of OSCE among nurse educators and managers in Sri Lanka.

***Keywords:*** *Knowledge, Objectively Structured Clinical Examination (OSCE), Perception, Stakeholders’ Perception, Student Nurses*

**PP 53**

**Quality of life among patients undergoing hemodialysis at teaching hospital, Anuradhapura, Sri Lanka**

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**Background:** Hemodialysis (HD), a renal replacement therapy for end-stage renal disease (ESRD), aims to enhance patients' quality of life (QOL). However, the physical, psychological, social, and environmental impacts of HD may negatively influence QOL.

**Objective:** To assess the QOL of ESRD patients undergoing HD at Teaching Hospital, Anuradhapura.

**Methods:** A quantitative, descriptive, cross-sectional study involved 188 ESRD patients undergoing hemodialysis. Demographic data and QOL were assessed using the World Health Organization Quality of Life (WHOQOL-BREF) questionnaire. Domains evaluated included physical, psychological, social relationship, and environmental health. Fisher's Exact Test and t-test examined associations and hypotheses. They have analysed the study using SPSS version 23.

**Results:** A total of 188 participants were involved in the study, where the majority were 35-60 years old 74.5% (n=140), male 73.4% (n=86), married 84.6% (n=99), and unemployed 85.1% (n=159). Most had no income 50.5% (n=94) and suffered from ESRD for 1-5 years 52.7% (n=62). The physical domain significantly contributed to QOL (56.7781). All domains showed positive correlations and good reliability. Increasing age (≥60 years), good education, good income, 1-5 years duration of illness, 1-5 years duration of HD, and no chronic diseases positively impacted QOL (p<0.05). Ethnicity, marital status, employment, and living arrangement had no significant impact

**Conclusion:** The physical domain significantly influenced QOL, with social relationships contributing less. Most participants had good physical health and environmental health but poor psychological health. Age, education, income, duration of illness, duration of HD, and absence of chronic diseases significantly influenced QOL. Ethnicity, marital status, employment, and living arrangement did not significantly impact QOL among HD patients.

***Keywords:*** *End-Stage Renal Disease (ESRD), Hemodialysis (HD), Quality of Life (QOL), Teaching Hospital*

**PP 54**

**Knowledge and attitude towards nutrition among mothers in De Soysa maternity hospital for women in Sri Lanka**

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**Background:** Nutrition plays a crucial role in leading a healthy lifestyle, particularly during pregnancy. A healthy pregnancy diet is vital for the growth and development of the foetus. This study aimed to assess the knowledge and attitudes of antenatal and postnatal mothers at De Soysa Maternity Hospital regarding dietary intake and nutrition during pregnancy and the postpartum period, as well as to explore the relationship between maternal nutritional knowledge, attitudes, and birth outcomes.

**Objective:** To evaluate maternal knowledge and attitudes towards nutrition during pregnancy and the postpartum period and determine any associations with birth outcomes.

**Methods:** A descriptive cross-sectional study was conducted with a sample of 300 antenatal and postnatal mothers admitted to De Soysa Maternity Hospital. Data were collected using pretested interviewer-administered questionnaires, and participants were selected through simple random sampling. Data will be analysed using descriptive and inferential statistics association between variables and will be evaluated use in chi square test with the help of SPSS version 23.

**Results:** A total of 300 participants were involved in the study, with the majority of participants were between 21-30 years of age 57.7% (n=173), married 97.3% (n=291), and unemployed 63.7% (n=191). A significant portion had education only up to grade 5 89.3% (n=267). The study found that 60.7% (n=182) of the women had average knowledge about nutrition during pregnancy, and 78% (n=234) had moderate attitudes. The research identified a significant relationship between maternal nutritional knowledge and the employment status of the mother (p-value = 0.031) and the employment status of their spouses (p-value=0.008). Nutritional attitudes were significantly related to religious beliefs (p-value=0.009). However, there was no substantial relationship between nutritional knowledge and attitudes towards nutrition during pregnancy. Additionally, no significant associations were found between overall knowledge and overall attitudes, overall knowledge, or birth outcomes, and overall attitudes or birth outcomes.

**Conclusion:** This study highlights the importance of improving maternal knowledge and attitudes regarding nutrition during pregnancy, as it significantly impacts both the mother and the unborn child. Focusing on education and awareness, especially for mothers with limited educational backgrounds, could enhance overall maternal understanding of nutrition during the antenatal and postnatal periods. Further research may be needed to delve deeper into these relationships and their implications for maternal and child health.

***Keywords:*** *Maternal Attitudes, Maternal Knowledge, Birth Outcomes, Nutrition, Pregnancy*

**PP 55**

**Nurses’ knowledge, attitude and practices regarding on pressure ulcer prevention Sri Lanka**

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**Background:** Pressure ulcers (PU) are common problems in health care systems particularly at acute care units (ACU) and critical care units (CCU), and produce a significant burden on clients, relations, and nurses. In ACU and CCU, the prevalence of pressure ulcers varies from 0 to 12% and 24.3 to 53.4, respectively. In addition to pressure ulcers, these illnesses account for 2% of unnecessary deaths.

**Objectives:** The aim of this study was to assess the level of knowledge, attitudes, and self-reported practice of nurses working in ICUs and CCUs at Teaching Hospital Ragama in Sri Lanka regarding the prevention of pressure ulcers.

**Methods**: The study using simple convenience sampling methods. ICU and CCU nurses' knowledge, attitudes, and self-reported practices of pressure ulcer prevention were evaluated using validated questionnaires, which were then categorized according to the nurses' demographic features. Another survey was used to gauge how well nurses followed guidelines for avoiding pressure ulcers. Data will be analyzed using inferential statistics association between variables and will be evaluated use in chi square test with the help of SPSS version 25.

**Results:** A total of 124 participants were involved in the study. The mean scores for the participants' knowledge, attitude, and self-report practice were 72.18, 66.87, and 72.72, respectively, therefore knowledge was moderate, attitude was negative, and practice was moderate. The maximum knowledge score was obtained by nurses with average level of experience (31-40 years), a strong and positive correlation (r=0.244, p<0.05) between Attitudes and practice of Pressure Ulcer prevention among the participants has been noted.

**Conclusion:** Continuing education or in-service training should be provided to enhance ICU and CCU nurses’ knowledge, attitude, and practice of pressure ulcer prevention.

***Keywords:*** *Acute Care Units, Critical Care Units, Knowledge, Attitude, Practice, Pressure Ulcer*

**PP 56**

**Reflective practices among graduate nurses in Sri Lanka**

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**Background:** The knowledge base of the profession is developed and refined in ways that help the practitioner to be an effective and informed professional. Reflection has gained increased recognition as a critical component of professional nursing practice and as an educational strategy to acquire knowledge and learn through practice. Reflective practice has prospered over the last few decades throughout various fields of professional practice and education. In some professions it has become one of the defining features of competence.

**Objective:** To understand the current reflective practices of graduate nurses in Sri Lanka.

**Methods:** A Descriptive cross sectional research design was used. Quantitative data was collected from nursing students who graduated from the higher studies institute in Sri Lanka. Online survey was used to collect data from the Nurses.

**Results:** There were 280 (n=280) nurses participating in this survey. 66.4 %(n=185) of the participants were between the ages of 26 to 40 years.35.1% (n=98) of the participants identified themselves as reflective practitioners. Furthermore 32.5%(n=91) of the nurses stated that they did have time for reflection whereas 6.4%(n=17) of the nurses stated that they did not have time for reflection. These results showed that Sri Lankan nurses practice Reflection as their daily activity. Nurses’ perception towards Reflection Practices has a good image. But there are many issues when practicing reflection which make barriers to practice Reflection in Sri Lanka such as Time Management, Limited knowledge, Training and skills and Lack of unit support.

**Conclusion:** Reflection practice as a subject is learned at the graduation level of nursing education in Sri Lanka. Therefore, until a nurse graduates, he/she is not familiar with the Reflective Practices because many of the nurses pass out with a Diploma level. After studying this subject Nurses are keen to practice it because it teaches a lot. Reducing the issues which are faced when practicing reflection will enhance more nursing practice in Sri Lanka and if this subject adds to Diploma level as a subject it would be beneficial.

***Keywords:*** *Reflective Practice, Perception, Reflective Models, Graduate Nurses, Quantitative Study*

**PP 57**

**A Study on Online Distance Learning Practices among Nurses Enrolled in Higher Education During and After COVID 19 Pandemic in Sri Lanka**

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**Background:** Distance education is teaching and planned learning in which teaching normally occurs in a different place from learning, requiring communication through technologies as well as special institutional organization. Distance learning, also called distance education, e-learning, and online learning, is a form of education in which the main elements include physical separation of teachers and students during instruction and the use of various technologies to facilitate student-teacher and student-student communication. E-learning is an instructional method that utilizes digital assets to deliver content to grow knowledge, shape behaviors, and increase motivation.

**Objectives:** To identify the level of access and usage of distance learning technology, to identify the technical skills which is needed for distance, to identify the quality of online learning materials and synchronous classes to discover the methods of online assessment, strengths, challengers and weaknesses while engaging with distance online learning among the post graduate and undergraduate students in a selected higher education institute in Sri Lanka.

**Methods:** Descriptive cross-sectional research design was used. Quantitative data was collected from nursing students in a higher learning institute for nurses in Sri Lanka. Online survey was used to collect data from the nursing students and nurses. A pre-tested questionnaire was distributed among the participants via Google forms. The data analysis was done using SPSS software, version 25. A descriptive analysis was done to the results.

**Results:** The majority of the results (>50%) supportedthat nurses used e-learning methods purposefully and successfully to enhance their Nursing knowledge during the COVID-19 pandemic period. Their LMS/VLE systems instructor has supported involvement in the e-learning programs effectively. The total score for the practices ranged above the average score of 0.50.

**Conclusion:** It is important to ensure the quality of the e-learning systems in Sri Lanka. Recommendations include making more strategies to involve nurses into the e-learning programs to improve quality for nursing and the e-learning program’s quality should be increased.

***Keywords:*** *E-learning, Learner Management System, Virtual Learning Systems, Moodle, COVID-19*

**PP 58**

**Assessment of Stress Among Nursing Officers Studying in A Leading Private Educational Institute in Sri Lanka During COVID-19 Pandemic**

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**Background:** Nurses at the frontline of caring for COVID-19 patients might experience mental health challenges. The aim was to assess the stress among nursing officers studying in a leading private educational institute in Sri Lanka, during the COVID-19 pandemic.

**Objective:** To assess the stress among nursing officers studying in a leading private educational institute in the Western Province, Sri Lanka, during the COVID-19 pandemic.

**Methods:** A descriptive correlational study was conducted using a self-administered COVID-19 questionnaire. The questionnaire was distributed among the participants, online, via Google form. The questionnaire was pretested. The analysis was done using SPSS (V25). A descriptive analysis was done for the analysis,

**Results:** Data were collected from 300 undergraduate nursing students. The response rate was 100%. Nearly half of the participants (50.7%, n=152.1) were females and had less than 5 years of experience (48.7%, n=146.1). The majority (58.7%, n=176.1) of nurses reported a moderate level of stress while 37.3% experienced a high level of experience. Only 4% reported a low level of stress. According to personal factors, the poor stress level was 6%, the moderate level was 59%, and the high level was 35%. Furthermore, they stated that the professional stress factor level for the poor was 4%, the moderate 53% and the high-stress level was 43%.

**Conclusion:** However, during the COVID-19 pandemic, the majority of participants had to deal with moderate to high stress, while a smaller number had to deal with poor stress. Psychological support strategies need to be organized and implemented to improve mental health among nurses during the COVID-19 pandemic.

***Keywords:*** *Nursing officers, COVID-19, Pandemic, Stress, Nurses*

**PP 59**

**Level of Knowledge Regarding Delirium and Its Risk Factors Among Intensive Care Unit (ICU) Nurses in Sri Lanka**

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**Background:** Delirium is a common hospital admission complication and preventable life-threatening condition that affects people of all ages, especially the elderly. It is poorly recognized and managed by nursing and medical staff. Education programs for nurses can prevent its harmful effects and improve individuals' quality of life**.** No research was found about assessing the nurses' knowledge regarding delirium in Sri Lanka.

**Objective:** The objective of this study is to assess the level of knowledge of intensive care unit nurses regarding Delirium and its risk factors.

**Methods:** This was a cross-sectional study of 169 intensive care unit nurses working in three major hospitals in Sri Lanka. Data were collected using a Self-administered questionnaire. The questionnaire was distributed online via google form. The data was analysed using SPSS software, version 25.

**Results:** Overall, 62.8% (n=106) of respondents answered correctly to the delirium knowledge and risk factors questions, but the study found that nurses' knowledge score was below 50%. When considering sociodemographic characteristics, the knowledge of delirium was higher in junior nurses and lower in senior nurses. Nursing diploma holders have higher knowledge than higher-qualified nurses. Knowledge of delirium had a statistically significant relationship with nurses' age, gender, years of experience as a nurse, and years of experience as an ICU nurse. However, there was no relationship between attending a delirium education program and educational qualifications (p>0.050).

**Conclusion:** These findings shows that ICU nurses in Sri Lanka have not performed a higher level of knowledge regarding delirium presentation, management, diagnosis, and identification of risk factors of delirium. Nurse leaders and stakeholders should enhance nurses' understanding of delirium and its risk factors by implementing academic courses and ongoing postgraduate professional development programs in the workplace.

***Keywords:*** *Delirium, Intensive Care Units, Knowledge, Nurses, Risk Factors*

**PP 60**

**A Study on Attitudes, Effects and Barriers of Using Interpersonal Skills in Therapeutic Care by Student Nurses in College of Nursing Galle, Sri Lanka**

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**Background:** The key ideology of the study is based on the attitudes of third-year nursing students and the effects and barriers of applying interpersonal skills in therapeutic care at the College of Nursing in Galle, Sri Lanka. Student nurses require training in the development of the interpersonal skills that are required in therapeutic care. This study was designed to investigate student nurses' attitudes, effects, and barriers to practicing interpersonal skills in therapeutic care and their perceived role of tutors and staff nurses in fostering the development of interpersonal skills during their training period. Third year student nurses of College of Nursing, Galle in Sri Lanka were studied.

**Objectives:** The aim of this study is to assess the attitudes, perceptions and barriers of interpersonal skills in therapeutic care among nursing students, College of Nursing Galle, Sri Lanka.

**Methods:** A descriptive cross-sectional study was conducted. The data was collected from College of Nursing, International Institute of Health Sciences, Galle. Convenient sampling technique was used and student nurses (N=217) were assessed using pre-tested, self-administered questionnaire especially designed for this study. Ethical approval was obtained from the IIHS to conduct the research study.

**Results:** The results indicated that students viewed interpersonal skills as essential to superior nursing care. The responses from 217 students revealed a statistically significant relationship between demographic variables and attitudes, effects and barriers of using Interpersonal Skills in Therapeutic Care among participants. These have significant implications for the teaching of nursing.

**Conclusion:** They make a compelling case for the need to improve nursing students' interpersonal skills in therapeutic care and for the three-year diploma program in nursing training to place more emphasis on the growth of students' interpersonal skills.

***Keywords:*** *Interpersonal Skills, Therapeutic Care, Nurse Patient Relationships, Nursing Education, Barriers*

**PP 61**

**An Assessment of Work and Personal Factors for the Nurses’ Turnover in National Hospital, Kandy**

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**Background:** In 2020, the World Health Organization exposed that the nursing workforce was 27.9 million globally and estimated that there was a shortage of 5.9 million nurses worldwide. In 2030, 10.6 million nurses should be recruited and employed to maintain the current nursing shortage in the world.

**Objectives:** The aim of this research is to assess the turnover intention and factors, personal factors and work related factors related to the nurses’ turnover in national hospital, Kandy, 2022.

**Methods:** Non-probability sampling method was used. Information was collected using Google Forms relevant to the study structure. Pre-tested, self-administered, questionnaire was distributed online, among nurses working in the National Hospital, Kandy. The data was analysed using SPSS version 25. Descriptive statistics were used to analyse the data.

**Results:** It has also been found that the interaction between workload and autonomy best predicts job satisfaction. According to the articles. they have mentioned There was a significantly positive correlation between job satisfaction and perceived autonomy (r=0.538, p< 0.05). Workload was the highest perceived stressor in the nurses’ working environment (M=1.61, SD±0.88). Nursing stress was found to be negatively and significantly correlated with job satisfaction (r=−0.22, p<0.05). Autonomy had a moderate positive correlation with reported role conflict and role ambiguity (r=0.33, p<0.001). A positive moderate correlation between professional autonomy and job satisfaction was found (r=0.33, p<0.001).

**Conclusion:** In the human workforce, job satisfaction is a more significant factor in deciding the turnover or retention in the field. This study revealed a significant mean difference between turnover intention and monthly salaries because significant level of salaries. High turnover may lead to poor quality service and low job satisfaction of workers. Recommendations included in future research should consider factors such as the quality of life of nurses, job satisfaction, and salary increment according to the nurse’s education qualification.

***Keywords:*** *Turnover of Nurses, Job Satisfaction, Shortage of Nurses, Poor Service, Kandy General Hospital*

**PP 62**

**Experience and Perception Regarding Labour Pain Among Multipara Mothers in Selected Hospital in Rathnapura District in Sri Lanka**

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**Background:** Labour is defined as an emotive expression, both physical and emotional mechanism are included. The pain of labour is severe but even though its retention reduces with time.

**Objectives:** The aim of this study is to evaluate the experiences and perception regarding labour pain and to identify the influencing factors related to labour pain and experiences.

**Methods:** A descriptive cross-sectional study was conducted among post-natal multipara mothers to study perception and experiences regarding labour pain among multipara mothers. A self -administered questionnaire was administered among 100 multipara mothers in selected Base hospital at Rathnapura district. Among them 95 participants responded to the study.

**Results:** Participants undergone normal vaginal delivery recorded as highest amount (n=72,75.8%). Participant waiting time for labour room more than 6 hours recorded as (n=63,66.3%). Pain spreading throughout mothers’ body area was responded majority of participant in the study. (n=50,52.6%). Majority of participant received pain relief injection. (n=68,71.6%). Mothers’ respondents as how they feel pain intensity it was taken as no pain, (n=13,13.7%%), smooth pain (n=21, 22.1%) medium pain(n=34,35.8), acute pain (n=27,28.4%). Pain remaining long time it recorded as (n=64,67.4%) Majority of participants responded back pain during the labour (n=78,82.1%). Prenatal education of mothers responded as majority of participant had received education (n=77,81.1%). One third of participants did ask any support (n=59,62.1%). Two third of participants recorded as bear their pain without crying, shouting, gum chewing (n=60,63.2%). Majority of the mothers received support from the family, health care officers during the labour.

**Conclusion:** The study found that pain is a natural process, and every woman provides adequate pain relief. Health care workers should support and encourage women during labour, and a good relationship between healthcare workers and mothers is crucial. Cultural background and pain management should be assessed to inform effective care. Improving maternal care, awareness of pain relief methods, and ongoing training programs are recommended.

***Keywords:*** *Perception, Labour Pain, Multi-para Mothers, Labour Pain*

**PP 63**

**Study on current practices of patients with non-communicable diseases in relation to the leading biological and behavioural risk factors**

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**Background:** Sri Lanka, a developing country, faces health challenges such as over-nutrition, undernutrition, hypertension, diabetes, and dysglycemia. Despite its developing status, it experiences a high mortality rate from cardiovascular and cerebrovascular diseases, with 534 deaths per 100,000 people, surpassing many affluent countries like the UK. Unhealthy dietary habits are believed to be a significant contributor to the country's Non-Communicable Diseases (NCD) epidemic, underlining the importance of food intake patterns for overall health and well-being.

**Objectives:** To investigate the current practices of patients with non-communicable diseases concerning the predominant biological and behavioural risk factors.

**Methods:** In this study, a descriptive cross-sectional analysis was conducted among patients diagnosed with Non-Communicable Diseases who were randomly selected from the Passara divisional secretariat division, located in the Badulla district of the Uva province, Sri Lanka. The data for this investigation was collected through the administration of a well-structured self-administered questionnaire, SPSS version 25 was used for data analysis.

**Results:** In the study with 284 respondents, the majority (22.2%, n=63) were aged 51-60, while another 22.2% (n=63) were in the 18-30 age group. Among the respondents, 83.8% (n=238) were married, and 16.2% (n=46) had higher education levels. The study identified a prevalence of chronic kidney disease, hypertension, diabetes, hyperlipidemia, and coronary heart disease within the majority. The research also revealed high rates of tobacco and alcohol usage, physical inactivity, poor dietary habits, and limited health screenings for non-communicable disease risk factors. Specifically, 51.8% (n=147) added salt to their food while cooking, and 27% (n=77) frequently consumed salt-rich processed fast food. Moreover, 36.1% of males (n=103) and 55.8% of females (n=159) did not meet WHO-recommended physical activity levels. In terms of body weight, 5.9% (n=17) were overweight or obese, and 15.3% (n=44) were underweight. Notably, approximately half of the adults did not regularly monitor their blood sugar levels. Alarmingly, over 90% of the adults exhibited at least one of the identified risk factors for non-communicable diseases.

**Conclusion:** Health systems must take greater accountability for patient care and health-seeking behaviour, incorporating non-communicable illness services into public and private health systems. This requires a comprehensive, multi-sectoral approach to preventing and controlling NCDs in Passara and Sri Lanka.

***Keywords:*** *Non-Communicable Diseases, Diet, Lifestyle Modifications, Hypertension, Diabetes*

**PP 64**

**Perception and satisfaction of clinical learning environment among nursing students in Sri Lanka, 2022: For optimal outcome of nursing education**

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**Background:** Clinical Learning Environment (CLE) serves as the nexus where theoretical knowledge converges with practical skills, shaping the professional acumen and attitudes of student nurses. In 2022, a study delved into the perceptions and satisfaction of Sri Lankan student nurses within their CLE, recognizing its pivotal influence on learning outcomes.

**Objective:** The objective of this study was to examine and analyse the perceptions and satisfaction of Sri Lankan student nurses concerning their clinical learning environment in the year 2022.

**Methods:** Conducted within the framework of a descriptive correlational approach, this study sought to assess the perceptions and satisfaction of 350 participants using the CLE, Supervision + Nurse Teacher scale (CLES+T). Employing a rigorous stratified random sampling technique, data collection and subsequent analysis were executed through SPSS version 23 statistical software. The study provided an in-depth understanding of the participants' perceptions and satisfaction, shedding light on their experiences within the Clinical Learning Environment (CLE).

**Results:** The findings revealed that 60.0% (n=210) of participants had a "neutral" perception, while 18.6% (n=65) reported a "poor" perception, and 21.4% (n=75) had a "good" perception of their Clinical Learning Environment (CLE). In terms of overall satisfaction, 16.0% (n=56) expressed dissatisfaction, while 40.6% (n=142) and 43.4% (n=152) reported "good" and "neutral" satisfaction levels, respectively. A noteworthy observation was a significantly positive correlation (r=+0.718) between perception and satisfaction, underscoring the strong connection between student nurses' perceptions and their contentment within the CLE

**Conclusion:** This study underscores the critical connection between students' perceptions and satisfaction in the CLE and their performance. Addressing these perceptions is vital to enhance learning outcomes and ensure the quality of clinical practice for Sri Lanka's Nursing Diploma program. Future research should expand to include diverse stakeholders' perspectives on nursing students' CLE.

***Keywords:*** *Clinical Learning Environments, Nurses, Sri Lanka*

**PP 65**

**Perception of caring behaviour during childbirth and its associated factors among mothers, nurses, and midwives in selected hospitals in Anuradhapura district, Sri Lanka**

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**Background:** Caring behaviour (CB) is a fundamental component of patient satisfaction and quality healthcare. While positive caring behaviours enhance maternal and neonatal outcomes, negative behaviours can lead to dissatisfaction and distress. Understanding the differing perceptions of care among these key stakeholders is crucial for improving the birthing experience and overall health outcomes.

**Objectives:** This study aims to investigate the perceptions of mothers, nurses, and midwives on caring behaviour during childbirth and associated factors in selected hospitals within the Anuradhapura district, Sri Lanka.

**Methods:** The descriptive cross-sectional design was employed to assess the perception of caring behaviour in 309 mothers, 123 nurses, and midwives in Teaching Hospital Anuradhapura and Base Hospitals in Thambuththegama and Padaviya. A validated and pre-tested questionnaire was used for data collection. Data analysis was done using SPSS, and the level of significance was set at p<0.05. The ethical approval for the study was obtained from the Ethical Review Committee of the International Institute of Health Sciences.

**Results:** The majority of the mothers were Sinhalese (85.4%, n=264) who were in the age range of 21–30 years. 96.7% (n=119) of nurses’ and midwives’ were also Sinhalese, and 35.8% (n=44) were Grade III nurses’ and midwives’. Out of the three major associated factors evaluated in the study, the majority of sub-items belonging to intra-personal factors had significant differences with CB perception. This statistical analysis says that only 32.7% of the variation in ‘the perception of caring behaviour’ is explained by the independent variables. The association between CB perception and mothers’ employment state indicated a very weak relationship (r=0.187), and the association of nurses’ and midwives’ working experience with CB perception also indicated a weak relationship (r=0.321).

**Conclusions:** The level of mothers caring behaviour was “average” while nurses’ and midwives’ were “high”. The effective interventions that support a woman’s care during the intrapartum period should be incorporated through the services provided by nurses and midwives.

***Keywords:*** *Associated Factors, Caring Behaviour, Midwives, Mothers, Nurses, Perception*

**PP 66**

**The quality of life of the kidney recipients after kidney transplantation at National Institute of Nephrology Dialysis and Transplantation (NINDT), Sri Lanka**

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**Background:** A broad range of measures in the physical, psychological, social, and environmental domains are included under the umbrella term "Quality of Life" (QoL). The evaluation of QoL considers an individual's physical, mental, and social well-being in addition to determining if they are disease-free. A kidney transplantation is a surgery to place a healthy kidney from a living or deceased donor into a person whose kidneys no longer function properly. The main function of the kidneys is to filter and remove waste, minerals, and fluid from the blood by producing urine. When kidneys lose this filtering ability, harmful levels of fluid and waste accumulate in the body, which can raise blood pressure and result in kidney failure (end-stage renal disease).

**Objectives:** The study aims to assess the quality of life of kidney donors after nephrectomy and kidney recipients after kidney transplantation at the National Institute of Nephrology Dialysis and Transplantation (NINDT), Sri Lanka.

**Methods:** Patients from NINDT were chosen as the sample for this study. A self-administered questionnaire with direct questions, tick-box questions, and yes/no questions was distributed among 100 patients (donors and recipients) to investigate the QoL. The data acquired by each respondent as well as the evaluation of each variable were statistically computed.

**Results:** The health conditions of the respondents were at a good level prior to kidney donation and were interpreted as fair or poor following kidney donation. The study draws the conclusion that the QoL of kidney donors following nephrectomy is insufficient. 96% of the patients were reported to follow health advice, although problems following kidney donation are slightly higher in 77% of the kidney donors. The majority of recipients (54%) do not engage in everyday activities as they did before the kidney transplant, despite their low health conditions, and their health status after the kidney transplant was in fair to good condition.

**Conclusion:** The study reveals that the QoL following a kidney transplant is satisfactory, despite the various strategies that should be incorporated to enhance the QoL in different aspects.

***Keywords:*** *Quality of Life, Kidney Transplant, Nephrectomy, Kidney Donors, Kidney Recipients*

**PP 67**

**Knowledge attitudes and practices regarding foot care among Type-2 Diabetic Mellitus patients attending to diabetic clinic at Teaching Hospital, Kurunegala**

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**Background:** Diabetic foot ulcers are severe complications of diabetes, often leading to morbidity and, in extreme cases, amputation. Various strategies need to be implemented to prevent and manage foot ulcers related to Diabetes Mellitus (DM).

**Objective:** This study explores the impact of knowledge, attitudes, and healthcare practices related to foot care among Type-2 Diabetic Mellitus (T2DM) patients attending the diabetic clinic at the Teaching Hospital of Kurunegala.

**Methods**: The study involved evaluating patients with non-healing ulcers, highlighting the necessity for preventive foot care practices. The data were acquired using a self-administered questionnaire, and the data was analysed qualitatively and quantitatively.

**Results:** The study revealed that in patients with non-healing ulcers, amputation was recommended as a therapeutic approach. Findings also indicated that 30% of the responded DM patients, suffered from diabetic neuropathy, and 10% had diabetic foot ulcers. Visiting a physician every 90 days, clipping toenails, gettingtreatment for foot wounds as soon as possible, and maintaining a healthy blood glucose level are identified as major preventive measures in foot care for prevention of diabetic foot ulcers among the respondents of the study.

**Conclusion:** DM is a serious, life-threatening disease that must be constantly monitored and effectively subdued with proper medication and by adapting to a healthy lifestyle. To prevent the worsening of DM, it is very important to have proper knowledge, positive attitudes, and effective healthcare practices. Also, its outcomes can be predicted by several factors, some of which are modifiable. Modification factors such as better control of diabetes, treatment of peripheral neuropathy, and early management of ulcers may improve the outcome and facilitate healing.

***Keywords:*** *Attitude, Diabetes Mellitus, Diabetic Foot Care, Diabetic Neuropathy, Knowledge, Ulcers*

**PP 68**

**Research on prevalence and factors contributing to obesity among children aged 10-16 years in schools of Malé, Republic of Maldives**

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**Background:** Childhood obesity is becoming a significant public health concern at an alarming rate in the twenty-first century.

**Objectives:** The research aims to discern the prevalence of childhood obesity in school children of Malé and identify associated factors, establishing correlations between identified variables and obesity in the selected demography.

**Methods:** The research design was a quantitative cross-sectional study that targeted 385 students from 4 private and 4 public schools. Two types of questionnaires were employed, one for the students and the other for the guardians of the students, along with anthropometric measurements to measure the height and weight of the students to calculate BMI. The acquired data were analysed to derive conclusions.

**Results:** 62.3% (n=240) students from government schools and 37.7% (n=145) students from private schools were recruited for this study. 31.1% (n=120) of the respondents were identified as obese. It was found that, out of 120 obese students in the study, 46.7% of the students are from public schools (n=56) and 53.3% of obese students (n=64) are from private schools. Moreover, 29.1% (n=35) of the obese students were males, and 70.8% (n=85) of them were females. It was revealed that the risk factors associated with obesity include age, gender (increased in females), increased BMI, being in a private school over a public school, poor physical activity, nutrition, sleeping schedules, poor education, and the low socio-economic status of the parents of the children who are at risk.

**Conclusion:** The major recommendation for a better outcome of the study would be to utilise a larger sample population from around 30 schools in Malé. Factors like psychological aspects also need to be evaluated when considering the prevalence of childhood obesity in Malé among children aged 10–16. However, statistics suggest that childhood obesity needs to be addressed with great importance.

***Keywords:*** *Anthropometric Measurement, BMI, Obesity, Risk Factors, School-Age Children*

**PP 69**

**Knowledge, awareness and practices regarding vaccination beliefs among pre-school mothers in Warakapola MOH area**

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**Background**: Vaccines are commonly used for prophylactic or therapeutic purposes worldwide. It has been proven and initiated as the most effective method of preventing infectious diseases. Vaccination is vital for the prevention and eradication of infectious diseases. Hence, immunisation is considered a key to being healthy. The vaccination habits of mothers directly affect upholding their children’s health and well-being.

**Objectives:** To comprehensively assess mothers' knowledge, attitudes, and practices concerning vaccination, aiming to cultivate a foundation for promoting a healthy childhood through informed and proactive maternal engagement in immunization practices.

**Methods**: A descriptive cross-sectional study was conducted on 150 mothers of pre-school children in the Warakapola, MOH, area using appropriate sampling techniques. Data were gathered using a self-administered questionnaire with 24 close-ended questions and analysed accordingly.

**Results:** The majority of the mothers (54.6%, n=82) were in the age group 30-39, and 43% (n=64) had only completed their Advanced Level education. 49% (n=74) of mothers had two children, and 34% (n=51) had just one child. Most mothers (92%, n=138) were aware that vaccines are important for their child’s health. However, 4% (n=6) of the mothers did not recognise its importance. The majority of the mothers were unaware of side effects, and the majority believed that there were no side effects. 56.7% (n=85) of the mothers have never delayed giving their child the vaccination. However, 98% (n=147) of the mothers identified the importance of getting their children vaccinated on time. Only 19.3% (n=29) of the mothers knew that some vaccines are not valid for a lifetime, while most of the mothers (62.7%) perceived all vaccines to be effective for a lifetime.

**Conclusion:** This study shows that most mothers have satisfactory levels of knowledge regarding vaccination and have positive practices towards vaccines. More investigations should be done on the perception and awareness of specific vaccinations.

***Keywords:*** *Awareness, Child Health, Immunization, Knowledge, Pre-School Mothers, Vaccination*

**PP 70**

**The impact of organizational culture on employee job satisfaction in the Lumino Dentists, Auckland, New Zealand**

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**Background**: Organisational culture plays a pivotal role in shaping the work environment and employee experiences within a company. It encompasses the shared values, beliefs, norms, and behaviours that define an organisation and influence the way employees interact and perform their jobs.

**Objective:** This study delves into the connection between organisational culture and employee job satisfaction within Lumino Dentists, New Zealand. The objective is to assess the prevailing organisational culture type and its influence on employee satisfaction, focusing on elements such as promotional opportunities and pay rates.

**Methods:** A quantitative cross-sectional study was conducted in Lumino Dentists’ New Zealand, utilising 80 employees, including dentists, nurses, hygienists, practice managers, and receptionists. Data were gathered using a self-administrated questionnaire. The data was analysed using SPSS version 19 software.

**Results:** According to the analysed data, most Lumino Dentists’ workers are in their mid-age while a minority are aged 18-20. Most of the participants (45.5%, n=36) have been working in the organisation for one to five years. A percentage of 16.2 (n=13) of the participants were reported to have been working in the organisation for 6–10 years. According to their opinion, the organisation has an adhocracy culture. The majority of the employees agreed on having a considerable level of job satisfaction. However, a significant proportion of employees are dissatisfied with promotional opportunities and their pay rates.

**Conclusion:** The Lumino Dentists organisation exhibits an adhocracy culture characterised by flexible decision-making distribution, a great focus on the workers and co-workers under proper supervision, good pay, and promotional opportunities.

***Keywords:*** *Adhocracy Culture, Employee Job Satisfaction, General Attitude, Lumino Dentists Organizational Culture*

**PP 71**

**Awareness and attitudes regarding first-aid following Road Traffic Accidents (RTA) among school children in Alawwa area**

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**Background:** Road traffic accidents (RTA) are considered the second most prominent cause of death among 5- to 29-year-old citizens in Sri Lanka. School children are deemed to be at greater risk for RTA with their behaviours and social lifestyle patterns.

**Objective:** To assess the school children's awareness and attitudes regarding first aid for victims following road traffic accidents in the Alawwa area of Sri Lanka.

**Methods:** A descriptive cross-sectional qualitative study was conducted among randomly selected 100 Advanced-level students at Sri Rahula National School in Sri Lanka using a self-administered questionnaire. Data obtained were analysed to address the objective of the study.

**Results:** Out of 100 Advanced-level students, 61% were female students and 39% were male students. The concept of first aid was known by the majority of students (n=91). 30% of the students had previous first-aid experience in different fields. Out of these 30 students, 13.3% (n=4) of students had some experience with first-aid following the RTA. Another 26% (n=8) had experience providing first-aid in other fields. 70% of students had no experience regarding first aid. Overall awareness of first aid following RTA was satisfactory at a moderate level (>50%). The attitudes of the sampled study group were at a satisfactory level (98%). All the students were willing and interested in giving first-aid to RTA people and included first-aid lessons in their school curriculum.

**Conclusions:** The majority of the students demonstrated a moderately satisfactory level of awareness of first aid for victims of RTAs, and a satisfactory level of attitudes regarding caring for people were revealed following RTAs in a majority of students.

***Keywords:*** *Alawwa, Attitudes, Awareness, Road Traffic Accidents, Schoolchildren*

**PP 72**

**Awareness and knowledge of sexually transmitted diseases among Advanced Level students attending Katana private classes**

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**Background:** Sexually transmitted diseases (STDs) are a major concern among adolescents in Sri Lanka, and seeing that unprotected sexual intercourse is a growing trend, awareness of STDs must be increased.

**Objective:** This study was aimed at investigating and identifying the level of knowledge of the Advanced Level students on STDs and their attitudes regarding STDs in the Katana area.

**Methods**: Using a quantitative approach, a descriptive comparative study was conducted employing 200 Advanced Level students attending private classes in the Katana area. A self-administered questionnaire was used to collect the data. The acquired data were analysed to assess the level of knowledge and attitudes regarding STDs.

**Results:** This study identified the gap in the STIs/HIV knowledge, attitudes, and beliefs among adolescent students in Katana. A significant proportion (76.5%, n=153) of the students were not aware of the term ‘Sexually Transmitted Infections’ but all students had heard about HIV/AIDS. Most of the students correctly identified unprotected sex, blood transfusion, and injecting illegal drugs as modes of transmission of HIV. Half of the students did not know that the use of condoms is considered a major safety precaution and mode of control for STIs and HIV. Most students showed a positive attitude towards “people with AIDS should be supported, helped, and treated”.

**Conclusion:** In general, the study reported low awareness of diseases transmitted sexually, with the exception of HIV/AIDS. Although, as shown by some of the findings, adolescents' sex education is important for STD prevention, the school setting plays an important role. Beyond HIV/AIDS, attention should be paid to infections such as chlamydia, gonorrhoea, and syphilis.

***Keywords:*** *STD, Awareness, Advanced Level Students, Private Classes, Katana*

**PP 73**

**Work Related Musculoskeletal Disorders and Physical Activity Level of Clinical Nurses in Private Health Sector, Sri Lanka**

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**Background:** Nurses are at very high risk for work related musculoskeletal disorders (MSD). They mainly have low back pain, neck pain and joint pains. Nurses are more prone to having musculoskeletal problems. And also, nurses are susceptible to work related musculoskeletal disorders and injuries due to the increase in overweight and obese patients they are handling on a daily basis.

**Objective:** The purpose of this study is to identify work related musculoskeletal disorders and physical activity level of clinical nurses in Private Health Sector, Sri Lanka.

**Methods:** The study was conducted using a quantitative cross-sectional approach and a self-administered questionnaire. The questionnaire was developed by the researcher. The questionnaire was administered to a sample of 282 clinical nurses in the Private Health Sector, Sri Lanka.

**Results:** The study found an 83% prevalence of MSDs. Musculoskeletal disorders occurred most commonly in the lower back (81.1%), neck (65.9%) and shoulder (63.6%) regions. Factors that showed associations with overall MSDs were female gender (p=0.002), BMI (p=0.009) and practising as a nurse in years (p=0.040). OT hours done by nurses had significant associations with certain body regions. The majority (128, 45%) of the respondents were 30–40 years old, indicating that most of the nurses were young. As per the WHO cut-offs for BMI, 219 (78%) nurses had a normal weight (BMI 18.5 to 24.9 kg/m2), meanwhile based on the Asia cut-offs for BMI, 150 (50.0%) were classified as obese (BMI≥25 kg/m2), as shown in below table. Surprisingly, 7% (14) of the nurses were classified as overweight (BMI 25–29.9 kg/m2) and 2% (04) were obese (BMI≥30 kg/m2) based on the WHO guidelines, compared to 14% (07) of nurses who were overweight (BMI 23.0–24.9 kg/m2).

**Conclusion:** The results of this study demonstrate a significant association between socio demographic characteristics (age, BMI, and work experience) and development of MSDs in nurses of critical care units. It is recommended that critical care unit nurses need to be educated about the risk factors that may lead to the development of MSDs.

***Keywords:*** *Musculoskeletal Disorders (MSD), Clinical Nurse. Physical Activity, Private Health Sector, Assistive Devices*

**PP 74**

**The impact of COVID-19 on physiological and psychological aspects in Durdans Hospital (PVT)Ltd in Sri Lanka**

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**Background:** The COVID-19 pandemic has created an elevated level of stress among the healthcare workers in almost every hospital. The condition of healthcare nursing staff and other employees must be completely comprehended in a timely manner. The aim of this research study is to analyse and synthesise quantitative studies that explore the effects of COVID-19 on the physiological and psychological aspects of nurses at Durdans Hospital.

**Objective:** The purpose of the study is to analyse and synthesise quantitative studies that explore the effects of COVID-19 on the physiological and psychological aspects of nurses at Durdans Hospital.

**Methods** A descriptive cross sectional study was conducted to collect data to evaluate the situation. We circulated online questionnaires to be distributed among the nursing staff of Durden’s Hospital and analysed descriptive statistics using the SPSS Version 25.

**Results:** A total sample size of 100 included 61 women. Specifically, 61% of the sample is female. Males accounted for 39%. The outbreak of COVID-19 had led to various serious psychological consequences amongst the professionals who work in the healthcare sector the impact of COVID-19 on physiological and psychological aspects at Durdans Hospital (Pvt) Ltd. in Sri Lanka is significant. Healthcare professionals and patients have experienced increased stress, anxiety, and disruptions in healthcare routines. However, there is also evidence of resilience among some individuals. These findings underscore the importance of addressing the well-being of healthcare professionals and patients during and beyond the pandemic to ensure continued quality healthcare delivery.

**Conclusion:** The main recognitions identified can be grouped as, the nurses were fully down in their physiological state during the COVID-19 period, which led to the malfunctioning of the hospital workspace; the nurses were down completely in their psychological states, and their cognitive functions were decreasing during the COVID-19 period, which led to the malfunctioning of the hospital workspace.

***Keywords:*** *COVID-19, Cognitive Functions, Psychological Status, Physiological Status, Stress*

**PP 75**

**Evaluation of mothers’ knowledge and attitude regarding 2-5 years children’s nutrition level in Royal International School -Warakapola**

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**Background:** Well-balanced diet combined with regular physical activity is the cornerstone of good health of a child between 2 to 5 years. The nutrition of this age affects their development process and their activities are in the peak level and need more energy. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development and reduced productivity.

**Objective:** The objective of the study is to assess the level of knowledge and attitude of mothers regarding 2-5 years children`s nutrition level.

**Methods:** A descriptive cross-sectional study was carried out implementing Convenience sampling to select the participants. A self-administered questionnaire was used to gather data from 100 individuals and Microsoft Excel was used to analyse collected data.

**Results:** In this study it was found that there was a significant association between mother`s knowledge with their educational level. In this study majority of mothers showed a good attitude regarding child's nutrition. 90% of mothers had good attitude regarding giving extra foods after breastfeeding. They had known that this is a key point that affect child's nutrition later. In the past few years mother`s attitudes were different and they had started extra feeding after 11 or 12 months later. Now their attitudes have been changed positively due to education, modern health advices, through mass media and via many other sauces.

**Conclusion:** According to these results mothers had a remarkably high knowledge regarding 2-3 years children nutrition level and also, they had good positive attitudes on maintaining the child's nutrition level. Increasing education programs for mothers, conducting community wise programs and increasing facilities for mothers to give proper nutrition for her child which could be positively affected for preschool children.

***Keywords:*** *Attitude, Nutritional Deficiency, Preschool Children*

**PP 76**

# Assessment of Stressors and Coping Mechanisms among Undergraduate Nursing Students in Leading Private University in Sri Lanka

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**Background:** There is stress in every part of life in today's fast-paced world, and that includes the workplace. It is an introspective personal experience, with different people reacting in different ways to different pressures. An evaluation of historical and current conditions was conducted. Occupational stress data and studied how it affects workers' output. It focuses mostly on the field's basic tenets of philosophy as well as a list of potential research avenues.

**Objective:** To assess the impact of stress on worker productivity, exploring its effects from philosophical, industrial engineering, management, and medical perspectives.

**Methods:** This study is a descriptive and cross-sectional study. Data was collected through a self-administered questionnaire that was distributed among 245 undergraduate nurses who were chosen by non-probability sampling. Quantitative analyses were performed using two relevant stressors which are Stress from assignments, Stress from peers and daily life, coping mechanisms, and as a dependent variable, productivity. SPSS version 25 was used for data analysis

**Results:** A total of 245 participants took part in this study.The responses were received by 47.8% (n=117) male and 52.2% (n=128) female participants. 51.4% (n=126) of undergraduate nursing students are from urban areas. It is the majority of the respondents. 48.6% (n=119) of undergraduate nursing students are from rural areas. This clarifies the nursing undergraduate students who are coming from urban areas were mostly representative of both as relating to illustrate perceptions of the impact of stress and coping mechanisms on productivity. Relations between superiors and subordinates also suffer because of the stresses of the workplace. That might slow down productivity, which is a problem. Over time, stress can do serious damage to a person's health.

**Conclusion:** Stress management needs to be implemented immediately before it is too late as it is evident that stress is becoming a problem to an individual’s health. In this research, it is found that there is a significant relationship between coping mechanisms, stress from assignments and workload, stress from peers and daily life, and its dependent variable which is the productivity of the work.

***Keywords:*** *Stress, Fields of Industrial, Coping Mechanisms, Undergraduate Nurses, Stress Management*

**PP 77**

**Quality of Life Among Patients with Thalassemia Disease who are Undergoing Blood Transfusion in District General Hospital Chilaw**

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## **Background:** Thalassemia is the commonest monogenic disease in Sri Lanka. Blood transfusion is the commonest treatment method for this disease condition. Due to blood transfusion patients have many other side effects: increasing iron level, exposure to blood borne diseases like HIV aids, reducing immunity due to disease condition, and pain related to veno-puncturing for blood treatment.

## **Objective:** The objective of the study is about quality of life (QOL) among patients with thalassemia disease who are undergoing blood transfusion and explore various factors that affect QOL in transfusion-dependent thalassemia patients.

**Methods** This case control study included children with thalassemia major who received regular transfusions for the last five years. QOL was assessed using the standardized tool WHO-QOL-BRF (Arabic Version) taken from the World Health Organization (WHO). Analysed using SPSS 21.0, and the results are presented as descriptive and inferential statistics using Chi-square and t-test for scores of QOL BRF with a 5% level and tested for statistical significance.

## **Results: The study compared the quality of life (QOL) scores between children with thalassemia and a control group. Both thalassemia patients and the control group expressed dissatisfaction with their overall general health (86.7%). Thalassemia patients had lower scores in the physical health domain (82.4%) compared to the control group (87.79%), possibly due to increased fatigue caused by poor oxygen perfusion. In the psychological health domain, although around 50% of thalassemia cases felt they led a meaningless life and 55.6% did not enjoy life, these differences were not statistically significant. In the environmental health domain, varying levels of satisfaction were observed, with significant differences in perceptions of environmental factors among participants (p = 0.01). Further studies are needed to explore these findings in depth.**

**Conclusion:** In this study, the effect of frequent transfusions on various aspects of quality of life (QOL), including psychological and social aspects, was investigated. Significant differences were observed in the social domain. The study found that QOL was better for children receiving transfusions compared to healthy controls.

***Keywords:*** *Thalassemia, Blood Transfusion, Quality of Life (QOL), Children, Domains*

**PP 78**

**Investigation of biofilm formation and antibiogram of gram-negative bacilli in clinical isolates from Sri Lanka**

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**Background:** A diverse population of strains excrete an extracellular polysaccharide matrix known as a bacterial biofilm. The bacterial community can adhere to any surface permanently and easily because of these aggregations. Biofilm development gives bacteria the capacity to endure nutrient-poor conditions and offers them an efficient defense against antibiotics and bacterial disinfectants. Multiple-drug resistance is a characteristic of gram-negative bacilli (GNB). One significant mechanism by which Gram-negative bacilli (GNB) develop resistance to antibiotics is biofilm production. The high rates of morbidity and mortality caused by recurring, chronic, and persistent infections have led to a terrible health crisis, to which they largely contribute. Clinical isolates of Gram-Negative Bacilli (GNB) (n = 30) were collected from the Microbiology Laboratory of Neville Fernando Teaching Hospital (NFTH), Sri Lanka.

**Objectives:** To assess the effect of biofilm formation on antibiotic sensitivity of gram-negative bacilli extracted from clinical isolates.

**Methods:** Samples were collected from individuals with informed consent and permission from the Ethical Review Committee of the International Institute of Health Sciences. This study only included stored bacterial isolates, and there were no specific potential benefits or risks to the participants. Using Gram staining, biochemical testing, and culturing on MacConkey agar, Enterobacterales (GNE) and *Pseudomonas aeruginosa* were isolated and identified. Biofilm formation of the collected isolates was determined by performing a tube adherence test. The antibacterial susceptibility test (ABST) was performed on Muller Hinton Agar (MHA) following Kirby Bauer’s disc diffusion method. Commercially available ceftazidime (30 µg), imipenem (10 µg),), gentamicin (10 µg), amikacin (30 µg), ciprofloxacin (5 µg), levofloxacin (5 µg), and ceftriaxone (30 µg) were selected according to the Clinical and Laboratory Standard (CLSI) guidelines as antibiotics to perform the Antibiotic Susceptibility Test (ABST).

**Results:** In contrast the majority of isolates were biofilm formers (22/30), and the fraction of non-biofilm formers was (8/30) Of these biofilm formers, the majority is weak biofilm formers (18/30) and there was no fraction of strong biofilm formers was of the tested antibiotics, biofilm formers were resistant to majority of antibiotics (15/22) The resistant rate of non-biofilm formers was (5/8).

**Conclusion:** Therefore, it can be concluded that the antimicrobial resistance of GNB may increase owing to the formation of biofilms.

***Keywords:*** *Biofilm Formation, Antibacterial Resistance, Susceptibility, Antibiotics, Antimicrobial, Morbidity, Mortality*

**PP 79**

**Study on knowledge, awareness and use of folic acid supplements among reproductive age women in rural area in Kandy District**

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**Background:** The prevalence of neural tube defects in Sri Lanka is approximately 1.21 per 1000 births. As stated by the WHO, programs to increase folic acid consumption among women of reproductive age may be good for countries where the NTD rate is higher than 0.6/1,000 live births. Food fortification is a successful method but there is still no compulsory fortification policy in Sri Lanka. Therefore, enhancing knowledge and voluntary use of folic acid is very important.

**Objective:** To assess the awareness and use of folic acid supplements among women of reproductive age in rural areas in Kandy district.

**Methods:** A descriptive cross-sectional study was conducted among 150 women who are in childbearing age group between 18-45 years was deemed as an appropriate sample to be representative of the population in Ganga Ihala Korale pradeshiya sabha area in Sri Lanka. Data were collected using a standardised questionnaire, which includes questions regarding obstetric history, socio-demographic data, knowledge on folic acid and their usage on it.

**Results:** According to this research, the Sri Lankan government health sector has given an idea of what needs to be done if anyone is expecting pregnancy but also, knowledge should be given to women especially in rural areas on what folic acid is for. Because every woman is aware there is a folic acid requirement. But 13% (n=20) of them do not know how frequently they should get folic acid supplements and 77% (n=116) of them take folic acid without knowing why they should take it. It can be seen in this research that only 21%(n=32) of food rich in folic acid. Majority of the sample is only aware of only four types of food that are rich in folic acid. 21% (n=32) of women do not regularly take folic acid as those women do not have time to take care of personal health.

**Conclusion:** Healthcare sectors should spread more regularly knowledge and awareness on folic acid and its importance, such as through television programmes as it is the most accessible method to most of the population. Unintended pregnancies are occurring in these age groups, and both men and women of childbearing age should be educated by service providers to reap all the benefits of pre-follicle retrieval for conception. Health education campaigns should target ethnic minorities and young women from low-income families. Field clinics and home visits by public health midwives are important sources of information, and media campaigns can be an effective means of promoting health education about folic acid use.

***Keywords:*** *Folic Acid, Supplements, Pregnancy, Reproductive Age, Rural Area*

**PP 80**

**Knowledge and practice on foot care among diabetic patients treated in Wijaya Kumarathunga Memorial Hospital, Seeduwa**

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**Background:** Diabetic foot complications, including ulcers and infections, are a common and serious consequence of diabetes, often exacerbated by inadequate blood supply and peripheral neuropathy. These complications can lead to foot ulcers, gangrene, systemic foot issues, and reduced sensation, making foot care a vital aspect of diabetes management.

**Objective:** This research aimed to assess the knowledge and practices of diabetic patients regarding foot care at Wijaya Kumarathunga Memorial Hospital in Seeduwa, Sri Lanka.

**Methods:** A cross-sectional descriptive study was conducted in December, involving 240 diabetic patients visiting the hospital's Medical Clinic. A structured questionnaire was used to evaluate their knowledge, practices, and perceived barriers to effective foot care. Knowledge scores were categorized as good (6-9), moderate (3-5), or poor (0-2). Practice scores were classified as good (9-12), moderate (5-8), or poor (1-4). Barriers were assessed as good (9-12), moderate (5-8), or poor (1-4).

**Results:** Among the 240 diabetic patients, a significant proportion (n=229, 95.4%) demonstrated good knowledge of diabetic foot care, with a small percentage having moderate (n=9, 3.75%) or poor (n=2, 0.83%) knowledge. In terms of practice, 22% (n=53) had good diabetic foot care practices, while 58% (n=139) had moderate practices, and 20% (n=48) exhibited poor practices. In the context of barriers to foot care, 57% (n=137) experienced no significant obstacles, 27% (n=65) faced moderate barriers, and 16% (n=38) encountered more substantial barriers.

**Conclusion:** While the study revealed that diabetic patients possess a high level of knowledge about foot care, there exists a notable gap between knowledge and practical implementation. Addressing this knowledge-practice gap and reducing barriers is crucial to improving foot care practices among diabetic patients. Healthcare providers can play a pivotal role in bridging this gap, thereby reducing the risk of diabetic foot complications.

***Keywords:*** *Diabetic Foot, Foot Care, Knowledge, Practice, Barriers, Diabetes Management*

**PP 81**

**Study on level of knowledge regarding type II diabetes mellitus among staff members of Imbulpe divisional secretariat office, in Rathnapura District, Sri Lanka**

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**Background:** Diabetes mellitus (DM) is a rapidly growing significant health issue in low and middle-income countries including Sri Lanka.

**Objective:** This study aims to assess the level of knowledge regarding Type II Diabetes Mellitus (T2DM) among staff members of the Imbulpe Divisional Secretariat Office

**Methods:** The research employs a quantitative approach, utilizing structured questionnaires. A descriptive, cross-sectional study was carried out among 40 members using the pre-tested self-administered questionnaire.

**Results:** Among the 40 staff members, the majority had completed a higher diploma (N=14), and most reported that their family members had not suffered from diabetes (N=26). Regarding their general knowledge of Type 2 Diabetes Mellitus (T2DM), the participants demonstrated good knowledge (N=22). When assessing their knowledge of factors related to T2DM, the majority showed a good understanding (N=34), with most recognizing its hereditary nature. Additionally, a significant number had a good grasp of the impact of lifestyle changes, exercise, and food habits on the development of T2DM (N=32). Interestingly, many participants were unaware of the connection between smoking and the development of T2DM, but they were knowledgeable about the increased risk associated with hypertension.

**Conclusion:** Participants in this study had a greater understanding and knowledge of their general knowledge on T2DM and they had average knowledge of factors regarding T2DM and good knowledge of complications regarding T2DM. By identifying knowledge gaps, this study will pave the way for tailored education programs that empower individuals to make informed lifestyle choices and reduce the risk of developing Type II Diabetes Mellitus.

***Keywords:*** *Type II Diabetes Mellitus, Knowledge Assessment, Sri Lanka*

**PP 82**

**Knowledge and practice on paracetamol administration and handling among mothers of children between the ages of 0-6 years**

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**Background:** The common practice of administering paracetamol syrup to children aged 0-6 years often lacks precise dosing guidelines based on their weight, resulting in inaccurate measurements. Additionally, mothers frequently possess limited knowledge regarding potential side effects, which has led to paracetamol overdose cases in children due to inadequate prescriptions, restricted access to drug stores, insufficient measuring tools, and a lack of comprehension of the daily dose.

Objectives: This study aimed to assess the knowledge of mothers regarding the safe administration and handling of paracetamol and their awareness of its potential side effects.

**Methods:** A descriptive cross-sectional study was conducted among mothers of children aged 0-6 years. A standardized self-administered questionnaire was employed for data collection (n = number of participants). Mothers with children in this age group were surveyed at a well-baby clinic, using convenience sampling as the data collection method. The data were analysed using SPSS version 25, with a 50% cut-off point used to categorize knowledge levels.

**Results:** In the study, it was found that a majority of participants had good to very good knowledge levels regarding the safe administration of paracetamol, with 1.4% having very low knowledge and 8.6% having average knowledge. Similarly, knowledge concerning the safe handling of paracetamol was generally good, with only 8.6% having good knowledge and a few at lower knowledge levels. In terms of knowledge about paracetamol's side effects, 13.6% had low knowledge, 30.7% had average knowledge, and 41.4% had good knowledge. Regarding the level of training in administering paracetamol, 2.9% had low knowledge, 15.7% had average knowledge, and the majority had good to very good knowledge levels, with 55.7% at a good level and 25.7% at a very good level.

**Conclusion:** The study revealed that a significant majority of parents lacked the knowledge required to accurately calculate paracetamol doses for their children based on weight and age. Furthermore, many parents were unaware of the risks associated with paracetamol overdose. It is essential to educate parents about proper paracetamol preparation, storage, and dosage guidelines tailored to their child's weight or age to reduce the risk of liver damage resulting from paracetamol overdose.

***Keywords:*** *Paracetamol, Mothers, Children, Administration, Knowledge*

**PP 83**

**Lifestyle behaviour of Coronary Heart Disease patients in general hospital, Matara, Sri Lanka**

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**Background:** Coronary Heart Disease (CHD) is the leading global cause of death, closely followed by stroke. It encompasses various heart-related conditions, posing a significant public health threat due to its widespread prevalence and life-threatening consequences. CHD arises from the build-up of plaque in coronary arteries, leading to reduced blood flow, chest pain, heart attacks, and related complications. Understanding CHD's impact, risk factors, and management is crucial for addressing this major health issue and improving public health outcomes

**Objective:** This study aims to investigate the lifestyle behaviour of patients diagnosed with CHD in General Hospital, Matara, Sri Lanka.

**Methods:** The study was based on a cross-sectional descriptive research design and developed pre tested questionnaire including General Information and Lifestyle Behaviour factors, the core data collection component. The second section presented respondents with answer choices arranged on a five-point Likert scale. Questions in this section were based on prior studies, allowing for the analysis of established relationships among selected variables. Data analysis was performed using the SPSS statistical package.

**Results:** The study revealed a gender imbalance among CHD patients, with 70.4% being male and 29.6% female. The age category of 61-70 years accounted for the highest percentage (24.1%) of patients. A Pearson correlation analysis demonstrated strong positive relationships between Food Patterns (0.882), Tobacco and Alcohol use (0.481), Exercise (0.875), and Occupational Stress (0.815) with an increased risk of CHD. A multiple regression model with two predictors yielded an R² value of 0.894 and an F-statistic of 217.193, indicating the model's significance. It explained 89.4% of the variance in CHD risk (OBMS) based on the independent variables.

**Conclusion:** This quantitative study sheds light on the relationship between lifestyle behaviour and the risk of CHD. Future research should incorporate qualitative aspects to provide a more comprehensive understanding. Furthermore, continued investigation into lifestyle factors can enhance our knowledge of CHD risk, potentially informing preventive measures and interventions.

***Keywords:*** *Coronary Heart Disease, Lifestyle Behaviour, Risk Factors*

**PP 84**

**Assessment of knowledge, attitude and practices of women towards breast cancer in the Bope-Poddala MOH area of Sri Lanka**

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**Background:** Sri Lanka lacks effective measures for promoting cancer prevention awareness, screening, and early diagnosis, highlighting the need for improved risk factor awareness and reduction strategies. This study aimed to assess the knowledge about breast cancer, early detection methods, and treatment in the Bope-Poddala MOH area of Sri Lanka.

**Objective:** The study aimed to assess the level of awareness of breast cancer and self-breast examination among women in the Bope-Poddala MOH area, Galle district.

**Methods:** A descriptive cross-sectional study was conducted, the study utilized a convenience sampling technique and a validated, self-administered questionnaire consisting of five sections to collect participant data. A study of 410 volunteers from households in the Bope-Poddala MOH area collected data on socio-demographic data, breast cancer knowledge, early detection, and screening practices.

**Results:** Among the 410 respondents, the majority were in the age range of 30-40 years (n=185, 45%), were married (n=374, 91%), had an income between Rs. 20,000-30,000 (n=152, 37%), and had an educational level up to O/L (n=168, 41%). In the knowledge assessment of risk factors among the study participants, it was observed that 61.95% (n=254) exhibited limited knowledge. The knowledge assessment further indicated that 70.48% (n=289) of the participants were aware of a breast lump as a symptom of breast cancer. A smaller percentage, 16.09% (n=66) of the population, reported experiencing swelling of lymph nodes in the axillary or cervical regions as a symptom. The majority (n=187, 45.6%) of the participants believed that a family history of breast cancer represented a risk factor, while 9.58% (n=39) attributed breast cancer risk to a lack of physical exercise. The study also revealed that 41.21% (n=169) of the individuals had moderate knowledge concerning cancer prevention, and 56.34% (n=231) were moderately knowledgeable about breast self-examination.

**Conclusion:** They are knowledgeable enough to detect breast cancer in its early stages. Out of the total participants, 73.65% practised Breast Self-Examination and 94.39% of women had heard about breast self-examination of the total population. Action and education should be taken to promote breast screening methods for cancer prevention in Sri Lanka. The recommendation is to enhance health education to mitigate the identified modifiable risk factors.

***Keywords:*** *Breast Cancer, Self-Breast Examination, Awareness, Women, Prevention*

**PP 85**

# To assess the level of knowledge, attitudes and preventive practices towards childhood obesity among parents in the Meerigama MOH

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**Background:**Obesity is defined as abnormal or high-fat accumulation that can be detrimental to health. Childhood obesity is a disease that affects children and adolescents. The prevalence of childhood obesity has been increasing alongside rapid global economic development including in Sri Lanka.

**Objective:** The study aimed to assess the knowledge, attitude and preventive practices towards childhood obesity among parents.

**Methods***:* A cross-sectional study was conducted on 160 parents aged below 6 years attending an immunization clinic in Meerigama MOH, Sri Lanka. They had to fill out the consent form and questionnaires.

**Results:** The data reveals that the majority of parents exhibited good knowledge, with 53.75% demonstrating this level of understanding, while 46.25% displayed excellent knowledge at Meerigama MOH. In terms of attitudes, 59.375% of parents held a positive attitude, believing that fat children are unattractive, whereas only 15% believed that fat children may be more attractive. In the case of Meerigama MOH, 25.625% of parents agreed that fat children are more attractive, while a higher number of mothers held the opposite view. Regarding the perception of childhood obesity as a serious problem, 75% of parents acknowledged it as such, 19.375% believed it could be a serious problem, and only 5.625% disagreed. In the context of artificial food, 96.25% of parents concurred that it is not healthy, while 1.875% had varying opinions on its healthiness. Regarding health practices, 81.25% of participating parents demonstrated good health practices, while 18.25% exhibited practices that could be considered suboptimal.

**Conclusions:** It showed that a good attitude is related to higher knowledge and best practices, but high knowledge does not mean it has good practices. These findings may be useful in targeting programs and strategies for preventing and intervening in childhood obesity.

***Keywords:*** *Parents, Childhood Obesity, Knowledge, Attitude, Preventive Practices*

**PP 86**

**Knowledge and attitude towards the modes of delivery among the primipara-mothers following Antenatal Clinic, De Zoysa Hospital for Women, Colombo 08**

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**Background:** Childbirth represents a significant moment for primipara mothers, encompassing a spectrum of emotions, such as fear, anxiety, and stress. These emotions are often heightened when primipara mothers are faced with the decision between natural childbirth and a caesarean section.

**Objective:** This study seeks to investigate the knowledge and attitudes of primipara mothers attending antenatal clinics at De Zoysa Maternity Hospital in Colombo 08 regarding various delivery methods.

**Methods:** A descriptive cross-sectional study was conducted, employing standardized interviewer-administered questionnaires for data collection. The gathered data were subjected to analysis using the R statistical package.

**Results:** The study yields valuable insights into the preferences and characteristics of primipara mothers. Notably, a substantial 85% of participants fall within the 18-40 age range and represent diverse religious backgrounds. Language proficiency also varies, with 59% being proficient in Sinhala, Tamil, and English. A significant 66% of primipara mothers consistently engage with antenatal clinics during the first trimester, underscoring the frequency of early healthcare engagement. Furthermore, an impressive 80% express trust in the services provided by De Zoysa Maternity Hospital Clinic, indicating the clinic's strong reputation. Remarkably, 90% of primipara mothers exhibit a preference for caesarean delivery, highlighting the high frequency of this preference due to the perceived lower pain levels associated with it compared to vaginal delivery.

**Conclusion:** The study emphasizes the need to address knowledge gaps and dispel myths surrounding delivery methods. Counseling and workshops tailored to primipara mothers can play a pivotal role in shaping their attitudes and enhancing their understanding of childbirth options. The medical and healthcare sectors are entrusted with the responsibility of providing comprehensive maternity care education, empowering primipara mothers to make informed decisions regarding delivery methods, based on the frequent choice of caesarean delivery due to perceived lower pain levels.

***Keywords:*** *Vaginal Delivery, Knowledge, Caesarean Delivery, Primipara Mothers, Antenatal Clinic*

**PP 87**

**Assessing factors towards stress among teenagers in Ke/Mawa Gabbala Sirisangabo Maha Vidyalaya**

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**Background:** Stress among teenagers has become a growing concern in today's society, as it can have detrimental effects on their physical and mental well-being. Understanding the factors that contribute to stress in this demographic is crucial for developing effective interventions.

**Objective:** The primary objective of this descriptive cross-sectional study is to identify and evaluate the key factors that contribute to stress among teenagers attending Ke/Mawa Gabbala Sirisangabo Maha Vidyalaya.

**Methods:** A descriptive cross-sectional design was employed to gather data for this study. Quantitative data was collected through structured questionnaires administered to a sample of students. The questionnaires assessed various stressors, including academic pressure, peer relationships, family dynamics, and extracurricular activities. Descriptive statistics, including means and standard deviations, were used to summarize and analyse the quantitative data to provide a snapshot of stress levels among the participants by help of SPSS version 26.

**Results:** The analysis of quantitative data revealed that academic pressure was a major contributor to stress among the teenagers at Ke/Mawa Gabbala Sirisangabo Maha Vidyalaya. On a scale of 1 to 5 (1 being not at all stressful and 5 being extremely stressful), the mean stress level reported for academic pressure was 4.2, with a standard deviation of 0.7, indicating a relatively high level of stress in this area. Correlation coefficients demonstrated a strong positive relationship between academic pressure and stress levels (r=0.65, p<0.001), emphasizing the significance of this stressor. Other significant factors included peer relationships (mean = 3.8, standard deviation=0.6) and family dynamics (mean=3.6, standard deviation = 0.5), with respective correlation coefficients highlighting their impact on stress levels.

**Conclusion:** Understanding the multifaceted factors contributing to stress among teenagers is not just a research endeavor but a critical step toward effective strategies to mitigate the challenges wrought by stress. This research aspires to make a meaningful contribution by providing comprehensive insights that empower educators, parents, and policymakers to better address the unique stressors faced by adolescents, particularly those enrolled in Ke/Mawa Gabbala Sirisangabo Maha Vidyalaya.

***Keywords:*** *Teenagers, personal attributes, social interactions, mental health.*

**PP 88**

**The knowledge of emergency care management of nursing practice in primary care unit**

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**Background:** The knowledge of emergency care management in nursing practice within primary care units is a critical and multifaceted aspect of healthcare delivery. Nurses play a pivotal role in these settings, where they must be well-equipped to respond promptly and effectively to a wide range of medical emergencies. The competence of nurses in emergency care management is essential for ensuring the safety and well-being of individuals in need of immediate medical attention. This research explores the knowledge of emergency care management within a primary care unit, with a particular focus on enhancing the skills of nursing and healthcare staff, including junior members.

**Objective:** The primary objective of this study is to assess and address challenges related to emergency care management within a primary care unit.

**Methods:** A qualitative research design was employed, involving a total of 20 nurses, including both experienced professionals and four junior staff. Data collection methods consisted of structured interviews and oral questioning. Individual interviews allowed participants to share their experiences, challenges, and perspectives related to emergency care management.

**Results:** The study delved into essential aspects of emergency care, including the definition of emergencies, recognition of emergency situations, the application of the ABC (Airway, Breathing, Circulation) method, cardiopulmonary resuscitation (CPR) techniques, teamwork dynamics, and prioritization in each of these areas. Key findings emerged from the interviews, highlighting the importance of effective teamwork, clear communication, and the need for time management strategies to address stress and optimize patient care. Varying levels of confidence and proficiency in administering CPR were also identified, with recommendations for additional training and practice.

**Conclusion:** This research endeavors to enhance the overall quality of emergency care delivery within the primary care unit by improving knowledge and competencies in emergency nursing care, emergency management, priority assessment, teamwork, and the implementation of the ABC method and CPR techniques. The insights gained from this study provide a foundation for developing targeted training programs and interventions to improve emergency care management, ultimately enhancing the safety and well-being of patients within the primary care setting.

***Keywords:*** *Emergency Care Management, Qualitative Research, CPR*

**PP 89**

**Prevalence and co-related factors contributing to psychological stress among student nurses in nursing training school, Kurunegala**

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**Background:** Stress, defined as a complex physiological and psychological response to environmental demands surpassing one's coping abilities, is a global concern in nursing education. Student nurses, as pivotal stakeholders in the healthcare system, are frequently exposed to stressors that impact their overall well-being and performance. This study examines the prevalence of stress and its associated factors among student nurses in a nursing training school in Kurunegala, Sri Lanka.

**Objective:** This research aims to assess stress levels among student nurses in the year 2022 within the specified training school. Specific objectives include the analysis of stress variations based on academic year, gender, age, residence, and religion.

**Methods:** A descriptive cross-sectional design, the study involved the distribution of pre-tested self-administered questionnaires. The study population consisted of 40% of student nurses from each batch at the nursing training school in Kurunegala for the year 202. Data analysis was conducted using Microsoft Excel 2010.

**Results:** A total of 242 students. The study revealed a moderate level of stress among student nurses, with academic stressors being the most frequently reported. Stress levels varied according to academic year, with 1st-year students experiencing higher personal and environmental/social stress, while 3rd-year students reported elevated academic and clinical stress. Female students exhibited higher stress levels than their male counterparts. There were no significant age-related variations in stress levels, primarily due to the relatively narrow age range within the student population. Students residing in hostels reported higher stress levels compared to those in other types of residences. No significant differences in overall stress were observed concerning religious affiliations. Notably, many students reported fatigue resulting from stress

**Conclusion:** The findings suggest that gender, academic year, and residence may be correlated factors contributing to stress among student nurses in Kurunegala Nursing Training School. These findings emphasize the necessity of implementing targeted interventions and support systems to address stress-related challenges encountered by nursing students during their training. This research underscores the importance of promoting a supportive and stress-resilient learning environment in nursing education

***Keywords:*** *Stress, Psychological Stress, Nursing Students, Clinical Practice, Nursing School*

**PP 90**

**Knowledge regarding the safe handling of chemotherapy drugs among nursing staff of Apeksha Hospital Maharagama**

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**Background:** Competence in the management of chemotherapy drugs is a crucial aspect of nursing practice, particularly for nurses working in oncology units. Adequate knowledge and safe handling of chemotherapy drugs are vital to prevent environmental contamination and ensure the well-being of both patients and healthcare providers. This study aims to evaluate the level of knowledge and safe handling practices of chemotherapy drugs among the nursing staff at Apeksha Hospital, Maharagama.

**Objective:** To assess the level of knowledge regarding the safe handling of chemotherapy drugs among nursing staff of Apeksha Hospital Maharagama

**Methods:** A descriptive cross-sectional study was conducted, employing a convenience sampling technique to select 100 nurses currently working in chemotherapy wards or units at Apeksha Hospital. Data was collected using a structured pretested questionnaire and an observational practice checklist. The collected data were analysed and interpreted using descriptive and inferential statistics.

**Results:** The study provides valuable insights into the demographic characteristics and knowledge of chemotherapy drug management among nursing staff. The sample consisted of 100 nurses, with the majority falling within the age groups of 26 to 30 years (42%, n=42) and 31 to 35 years (40%, n=40). All nurses held government nursing diplomas, and 32% (n=32) also possessed bachelor's degrees in nursing. In terms of oncology experience, half of the nurses had between 2 to 4 years of experience in oncology units. All nurses (100%, n=100) were involved in handling chemotherapy drugs and demonstrated an awareness of the potential harmful effects associated with chemotherapy. Concerning policies and procedures, 38% (n=38) had access to written guidelines for chemotherapy, while 62% (n=62) did not. The nursing staff were well-informed about the risks associated with chemotherapy, as they routinely administered, handled, and disposed of chemotherapy drugs as part of their daily duties.

**Conclusion:** The findings underscore the need to enhance knowledge and safe handling practices of chemotherapy drugs among the nursing staff at Apeksha Hospital, Maharagama, Sri Lanka. The implementation of stringent guidelines and protocols for the management of chemotherapy drugs is crucial to ensure the safety and well-being of both healthcare providers and patients.

***Keywords:*** *Chemotherapy, Safe Handling, Knowledge, Adverse Effects*

**PP 91**

**Knowledge and attitudes about maternal nutrition among pregnant mothers in the MOH area-Pallama**

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**Background:** Optimal maternal nutrition during pregnancy is crucial for the well-being of both the mother and the developing foetus. Poor maternal nutrition has been linked to adverse birth outcomes, and this complex relationship is influenced by biological, socioeconomic, and demographic factors. Understanding this complexity can inform targeted public health initiatives to enhance long-term health, reduce mortality, and alleviate healthcare costs.

**Objective:** This study aims to critically assess the knowledge and attitudes about maternal nutrition among pregnant mothers in the rural MOH area of Pallama.

**Methods:** A mixed-methods research approach will be employed, combining descriptive cross-sectional and inferential analyses. The sample size of 109 pregnant mothers will be determined using Yumane's formula, chosen from a population of 500. Data will be collected through a questionnaire available in Sinhala and English, designed with online resources to ensure comprehension and inclusivity. Data analysis will be conducted using descriptive statistics, with Microsoft Excel and SPSS as the primary analytical tools.

**Results:** The study's data, analysed through both descriptive and inferential methods, will provide valuable insights into the current status of maternal nutrition in rural areas.

**Conclusion:** This research will offer insights into the knowledge and attitudes surrounding maternal nutrition among pregnant mothers in rural Sri Lanka, with the goal of enhancing long-term health outcomes for both mothers and their unborn children. The findings will inform future public health initiatives and interventions, ultimately reducing mortality, improving quality of life, and lowering healthcare costs associated with inadequate maternal nutrition

***Keywords:*** *Maternal Nutrition, Knowledge, Attitudes*

**PP 92**

**Knowledge and practices of standard precautions among nurses in general hospital Trincomalee**

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**Background:** Standard Precautions were implemented to minimize the transmission of blood borne and other pathogens from both recognized and unrecognized sources. Ensuring the proper knowledge and adherence to Standard Precautions among nurses is vital to prevent healthcare-associated infections. The study aims to assess the level of knowledge and practices related to Standard Precautions among nurses at General Hospital Trincomalee, Sri Lanka.

**Objective:** To evaluate the knowledge and adherence of nurses to Standard Precautions in General Hospital Trincomalee, Sri Lanka.

**Methods:** A total of 230 participants were included based on predefined inclusion and exclusion criteria. Data collection was conducted using structured questionnaires distributed via Google Forms. The obtained data were entered into the Statistical Package for the Social Sciences (SPSS) version 14 for analysis. Descriptive statistics, frequency graphics, and tables were employed for data analysis. Demographic information and responses related to nurses' knowledge and practices of Standard Precautions were summarized using means and standard deviations. Findings were presented in descriptive formats and graphical representations.

**Results:** Out of the 230 distributed questionnaires, 212 were accessible to the researchers, yielding a response rate of 92.17%. Among the respondents, 11.32% (n=24) exhibited poor knowledge, 29.24% (n=62) had moderate knowledge, and the majority 59.43% (n=126) demonstrated good knowledge of Standard Precautions. Regarding practices, 13.67% (n=29) of the nurses exhibited poor practices, 66.98% (n=142) had moderate practices, and 19.33% (n=41) displayed good practices. Patient satisfaction levels with nursing care were not included in this particular study but can be a valuable area for future research

**Conclusion:** This research highlights patient satisfaction with nursing care at District General Hospital, Trincomalee, and its association with patients' educational backgrounds. It also provides insights into the knowledge and practices of healthcare providers regarding Standard Precautions, which can guide efforts to enhance nursing care quality and patient satisfaction.

***Keywords:*** *Knowledge, Practices, Standard Precautions, Nurses*

**PP 93**

**The Experiences of Nursing Students Providing Care to Cancer Patients: Qualitative study**

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**Background:** Palliative care, which focuses on improving the quality of life for patients with serious illnesses, including cancer, has become an integral part of healthcare. As such, it is crucial for nursing students to gain a profound understanding of their roles in providing palliative care in hospital settings

**Objective:** To explore the experiences of nursing students caring for cancer patients at Teaching Hospital, Anuradhapura.

**Methods:** A qualitative phenomenological study was conducted with purposively selected 12 nursing students studying in second year at College of Nursing, Anuradhapura. An individual interview was conducted using semi structured interview guide and determined the number of interviews by data saturation. Data analysis was done with Braun and Clarke thematic analysis method.

**Results:** The study conducted at the College of Nursing, Anuradhapura, reveals five major themes encapsulating nursing students' experiences in caring for cancer patients in a hospital-based palliative care setting. These themes encompass the importance of understanding the unique nature of palliative care within a hospital context, the students' pivotal role in providing support and care, the pressing need for continuous development in palliative care knowledge and skills, the challenges posed by the hospital environment, and the difficulties faced by students in adapting to their roles. Within these overarching themes, 13 sub-themes offer a comprehensive exploration of the multifaceted experiences and challenges that nursing students encounter in their compassionate care of cancer patients, shedding light on the complexities of this critical healthcare role

**Conclusion:** The provision of palliative care in the care setting remained challenging. Even though student nurses gain experiences in providing palliative care, they also struggled with hospital environment and faced various challenges such as theory practical gap and lack of experiences. Palliative care training needed with practical experiences for nursing students. Nursing curriculum should be modified to prepare nursing students such specializations.

***Keywords:*** *Palliative Care, Student Nurses, Experiences, Qualitative research*

**PP 94**

**Attitudes towards Clinical Duties & Caring Behaviour**

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**Background**: Nurses are the backbone of health care service & nurses at work should be responsible for high quality care. The attitudes of student nurses towards nursing profession, affect the future existence of the nursing profession. Clinical practice is the main component of nursing training & caring behaviour is the fundamental aspect of nursing which could be affected by attitude towards clinical practice.

**Objective:** To study the attitudes towards clinical duties and perception of caring behaviour among the nursing students of college of nursing Anuradhapura.

**Methods**: The descriptive cross-sectional study was implemented among conveniently selected 225, 2nd year nursing students studying for basic nursing diploma program at the college of nursing Anuradhapura. Data was collected through validated and pre-tested questionnaires; Attitudes towards clinical duties & Caring Behavior Inventory. The collected data was analysed for descriptive and inferential statistics using SPSS 26 version.

**Results:** The response rate was 100%. Majority of student population (94.2%) represented from 25-26 years age (58.4 %), Sinhalese (99.6%), Buddhist (96.4%) stay in school hostel (46.2%). Majority of the student represented for neither satisfied nor dissatisfied for their support for supervision (41.8%) and clinical placement (51.1%). Of the participant majority influence to select nursing by their own (58.2%). A majority of the nursing students exhibits a positive attitude towards nursing profession, which accounts for 88.4%. Most of the participants (60.4%) extremely adequate level of caring behaviors. Attitude toward clinical practice and caring behaviour is significantly different by satisfaction of the supervision (p=0.029, p=0.000) and satisfaction of the clinical placement (p=0.000, p=0.034). There was a moderate high positive significant relationship between attitude towards clinical practice(r=0.140) and caring behaviour (r=0.111). The prediction of the total caring behaviour by socio demographic variable was 11% while prediction of attitude towards clinical duties predicted by socio demographic variables for 14%.

**Conclusion:** Overall, the nursing students shows favourable attitudes and caring behaviour towards nursing profession. Adequate and one to one supervision and pedagogical clinical practice environment are to be conducive to the students for better future workforce.

***Keywords:*** *Attitude Towards Clinical Practice, Caring Behavior, Nursing Students*

**PP 95**

**The Quality of Community-based Education Program among Nursing Students at College of Nursing, Anuradhapura**

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**Background:** Public health nursing is a nursing specialty that combines nursing and public health practice. The need for community-based education, as an effective approach to strengthen nurse’s skills in response to social problems and needs, has increased in nursing education programs. The nursing care provided from the community scope determines the perception of the students towards their own learning.

**Objective:** To assess the perception of quality of community health nursing training conducted for second year nursing students at College of Nursing Anuradhapura.

**Method:** Institutional based cross-sectional descriptive study was conducted among 220 second year nursing students in college of nursing Anuradhapura after the completion of community health nursing training based on community. The data collected by an adopted self-administrated Questionnaire for Perception of Learning in the Community Clinical Practicum (QPCLP) Data analysing was done with descriptive statistics by frequency, means and percentage while inferential statistics of t test, ANOVA, correlation and regression. Significance was set as P< 0.05.

**Results:** Of the participants, majority belong to the female (92.6%), in their 23-24 years age group (57.8%), Sinhalese (97.5%) and Buddhists (98%). The major proportion was reported for the perception of good quality of the community-based training (87.8%). Similarly, subcategories of the overall quality perception reported the good quality; teaching by the public health team (83.8%), tutorship conducted by the coordinating nursing tutor (76%), nursing student’s performance (97.5%), influence of the theoretical subjects directly related to the field practice (98%), learning environment at field programme (83.3%), evaluation of the project (88%). The overall perception of quality of community training was significantly different by staying in place of the student (p=0.027). The perception of community health training predicted by the socio demographic variable at 8.1%.

**Conclusion:** The nursing students’ perception of the community health programme was high and integration of theory to community practicum was in largest proportion. Providing students with specific curricular content and employing a structured approach would help for more positive perception of community care, leading to more students choosing community care as a desirable field of work.

***Keywords:*** *Community Health Nursing, Quality of Training, Nursing Students, Perception*

**PP 96**

**Quality of Life (QoL) of the Elderly People in Rural Community in Anuradhapura District, Sri Lanka**

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**Background:** Aging population in Sri Lanka is drastically increasing. Changing population dynamics will have implications on the health care system and economic situation of Sri Lanka which can significantly deteriorate the quality of life (QOL) of the elderly people.

**Objective:** To investigate the quality of life of people over 60 years of age in rural communities in Anuradhapura district, Sri Lanka.

**Method:** A quantitative descriptive cross-sectional study was conducted with conveniently selected 131 people aged over 60 years in Mihinthale and Nuwaragampalatha Central (NPC) MOH areas in Anuradhapura from July to August 2023. A brief World Health Organization Quality of Life (WHOQOL) -BREF was used for data collection. Data analysed by SPSS 26, for descriptive statistics and inferential statistics.

**Results:** Among the participants, the majority were female (53.4%), Sinhalese (92.4%), Buddhists (93.1%), married (77.9%), and educated up to grade 5 (31.3%). Most lived in their own homes (87.8%), had adequate facilities (67.2%), were unemployed (53.5%), and relied on their children (57.3%). Nearly Half of them 46.6% (61) perceived their quality of life (QOL) as good, while 35.9% (47) were neither dissatisfied nor satisfied with their own health. The mean QOL score was 78.59 (±9.11), with the majority reporting a good QOL (94.7%). Social relationships had the highest mean value at 3.59 (±0.51), followed by the physical domain at 3.26 (±0.59), the psychological domain at 3.24 (±0.47), and the environmental domain at 3.19 (±0.43). There was a moderate, positive, and significant relationship between QOL perception and QOL level (r=0.614, p=0.000). The level of QOL significantly differed by the level of education (p=0.012) and living facilities (p=0.009). Social demographic variables predicted 19.1% of the variance in QOL.

**Conclusion:** The study found that seniors generally had a good quality of life, especially in their social relationships. However, it highlights the importance of addressing mental health issues through innovative interventions and support systems. Additionally, the quality of life in the environmental domain was lower, underlining the need for safe, clean, and supportive living environments to improve overall well-being in this aspect.

***Keywords:*** *Quality of Life, WHOQOL, Anuradhapura*

**PP 97**

**Predictors and Prevalence of Cultural Competency among nursing students in College of Nursing, Anuradhapura**

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**Background:** In today’s diverse and interconnected healthcare landscape, cultural competency has emerged as a pivotal skill for healthcare professionals, particularly nursing students. The future nursing workforce evolves to meet the challenges of a multicultural patient population, to interact with patients with sound understanding of their own culture.

**Objective:** To investigate the predictors and prevalence of cultural competency among nursing students at College of Nursing, Anuradhapura.

**Methods:** A quantitative descriptive cross-sectional study was conducted with randomly selected 213 1st year and 2nd year nursing students at college of nursing Anuradhapura. Data collection was done with the help of pretested questionnaire; adapted by researches based on literature. Data analyzed by SPSS 26, for descriptive and inferential statistics.

**Results:** Among the participants majority were female (90.6%), between 23-24year age group (48.6%), Sinhalese (93.9%) and Buddhists (92.5%). Of them, influence of learning culture and current cultural practice for their cultural competency were in neutral level; 62% and 56.8% respectively. Larger proportion of the study sample reported for moderate level of cultural competency (65.3%, n=139). The reported sub categories of cultural competency; cultural awareness (79.3%), cultural knowledge (84.0%), cultural skill (78.9%), in high level while cultural encounter (70.4%) and cultural desire (57.7%) in moderate level. Cultural competency was significantly different by age group (p=0.010), ethnicity (p=0.035), influence of cultural learning for cultural competence (p=0.001), influence of current culture practice for cultural competency (p=0.007). The level of cultural competency predicted by socio demographic variables at 13.9%.

**Conclusion:** The study found that participants exhibited a moderate level of cultural competency, particularly influenced by their learning of culture and current cultural practices. To improve culturally competent care delivery, effective interventions, such as educational training, should be introduced. The study recommends the integration of cultural content into a single module within the nursing curriculum to enhance transcultural competencies among nursing students

***Keywords:*** *Predictors, Prevalence, Cultural Competency, Nursing Students*

**PP 98**

**Emotional Intelligence and Conflict Management Styles among Student Nurses at College of Nursing, Anuradhapura**

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**Background:** Emotional Intelligence (EI) is a crucial quality for nursing students, benefiting them in their education and future careers. Higher EI levels are linked to personal well-being and better academic and professional performance. Furthermore, Conflict Management (CM) skills, though vital, are often underestimated in government nursing school populations

**Objective:** To investigate the EI and CM styles among nursing students at College of Nursing Anuradhapura.

**Method:** The cross-sectional descriptive study was conducted with 167 randomly selected nursing students at College of Nursing Anuradhapura. Validated Genos Emotional Intelligence Inventory and Conflict Management Styles Quiz were used for data collection. Data analysis was done with descriptive and inferential statistics using SPSS version 26. Significance level set as P< 0.05.

**Results:** The study achieved a 100% response rate, with the majority of participants being female (97%) and of Sinhalese ethnicity (98.2%). Most fell in the 24-25 years age group (31.7%), lived in boarding facilities (38.9%), had one sibling in the family (49.1%), and came from families with a monthly income below 50,000 rupees (44.9%). Notably, 61.7% of students autonomously chose the nursing course. Participants reported a moderate level of EI at 49.1%. The most used CM style among nursing students was 'Accommodating,' followed by 'Avoiding,' 'Collaborating,' 'Compromising,' and 'Competing.' The level of CM usage was moderate at 59.3%. A significant, positive, and moderately strong relationship was found between EI and CM (r = 0.571, P = 0.000). Additionally, participants' EI significantly differed based on their self-motivation to study nursing (P = 0.11). Socio-demographic variables predicted 11.2% of the variance in EI and 18% in CM.

**Conclusion:** Student nurses displayed moderate levels of Emotional Intelligence (EI) and Conflict Management (CM) skills, which were positively linked. Their most common CM approach was 'Accommodating.' To improve academic and clinical performance, developing EI is crucial. Implementing training programs for EI and CM, along with enhanced supervision from academic and clinical staff, is recommended to refine effective Conflict Management strategies in nursing practice

***Keywords*:**  *Emotional Intelligence, Conflict Management, Student Nurses*

**PP 99**

**Emotional Intelligence and Ethical Sensitivity among Nursing Students of College of Nursing Anuradhapura**

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**Background:** Emotional Intelligence (EI) is a key motivator for nursing decision making, action and every nursing intervention taken for better patient outcomes. Emotional intelligence of nursing students impacts for ethical critical thinking and their clinical performance. Providing effective nursing care to patients and making the right decisions in difficult working environment depend on emotional intelligence and ethical sensitivity of the nursing Students which is under estimated.

**Objective:** To investigate the ethical sensitivity and emotional intelligence among student nurses of college of nursing Anuradhapura.

**Methods:** A descriptive cross-sectional study was conducted with conveniently selected 231 nursing students of first year and second years in college of nursing Anuradhapura. Adopted questionnaires; ethical sensitivity scale and emotional intelligence test) were utilized for data collection. Data analyzed by SPSS 26, for descriptive and interrelated statistics. The significance level was taken as < 0.05.

**Results:** The study included participants primarily in the 23-24 age group (47.2%), with a predominantly female (93.5%) and Sinhalese (94.4%) composition, most of whom practiced Buddhism (93.5%). A significant portion had parents with education levels up to A/L, with 54.7% and 53.9% for mothers and fathers, respectively. Additionally, the majority of participants had only one sibling (63.3%) and belonged to nuclear families. Ethical sensitivity had a mean value of 3.54 (+0.547), with the majority falling into the 'good' category (64.5%). The mean value for emotional intelligence was 3.06 (+0.835), with the largest proportion reporting an 'average' level (65%). The study found a positive and moderately strong relationship between ethical sensitivity and emotional intelligence (r = 0.493, p = 0.074). Socio-demographic variables predicted 4.8% of the variance in emotional intelligence and 5.8% in ethical sensitivity

**Conclusion:** The study's results indicate that nursing students possess a moderate level of Emotional Intelligence (EI) and a good level of Ethical Sensitivity (ES), with a positive, moderate relationship between the two. To enhance these qualities in nursing practice, there is a need to improve the nursing curriculum by emphasizing ethical content and EI. Collaboration between nurse educators and students is crucial to promote the development of EI skills in both classroom and clinical settings.

***Keywords:*** *Emotional Intelligence, Ethical Sensitivity, Nursing Students*

**PP 100**

**Experiences of Nursing Students on Clinical Learning with Nursing Officers at Clinical Practice Environment: A qualitative study**

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**Background**: Clinical education, enables students to practice skills learn during courses in real and controlled environment within this setting. Registered nurses serve for guiding, and shaping the learning experiences of future health care professionals. Identifying effective strategies are essential to provide support and assisting the nursing students.

**Objective:** To explore the experiences of student nurses at College of Nursing, Anuradhapura on clinical learning with nursing officers at clinical practice environment.

**Methods:** A qualitative phenomenological study was conducted in college of Nursing Anuradhapura. In order to collect data through purposive sampling, 48 students were participated for four focus group discussions. Data was analysed by Braun and Clarke’s thematic analysis.

**Results:** The study investigates the influence of registered nurses on student nurses, identifying 30 subcategories within four main themes: clinical supervision, pedagogical learning environment, student readiness for clinical learning, and emotional responses of staff nurses. It sheds light on how registered nurses impact student nurses' learning experiences and emotional well-being. Potential findings may include a supportive learning environment, improved clinical skills, enhanced communication, time management challenges, and the need for structured mentorship. These results underscore the complex nature of clinical education and the importance of effective support to enhance the educational journey.

**Conclusion**: The study suggests that an inappropriate organizational culture and resource distribution in clinical settings can negatively impact student morale, supervisory relationships, and disrupt the clinical learning environment. To address this, it is highly recommended to establish a pedagogical environment, provide counseling support for students facing emotional burdens, and foster stronger collaboration between nursing schools and clinical settings for effective student supervision. These measures are essential to ensure a conducive and supportive learning environment for nursing students

***Keywords:*** *Experiences, Nursing Students, Nurses, Clinical Environment*

**PP 101**

**The Knowledge on First aid practices among Care Givers for Injured Children in Rural Community in Anuradhapura District, Sri Lanka**

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**Background:** Under five-year children are at risk of unintentional injuries. Parents and other care givers are the main first protectors for these children and must be able to deliver first aid. Rapid and right interventions of care giver can limit disability and increase the chances of survival of the injured children.

**Objective:** To investigate the first aid practices for injured children among care givers lived in rural community in Anuradhapura district, Sri Lanka.

**Method:** In this cross-sectional study, conducted in the NPC and Mihinthale MOH areas, data was collected from 300 caregivers using a questionnaire developed by researchers. The questionnaire included 20 questions related to basic first aid practices. Data analysis was performed using descriptive statistics, including percentages, frequencies, means, medians, and standard deviations, with the assistance of the Statistical Package for Social Sciences, Version 26

**Results:** Among the care givers answered to the questionnaire majority belongs to age group 31-40 years (33.7%, n=101), female (62%, n=186), Sinhalese (96.3%, n=289), Buddhist (97%, n=291) educated up to educated up to O/L (50.3%, n=151), non-employed (39.3%, n=118). Number of children under caring of two by of the participants (48.3%, 145). Most of the care givers are mothers 45.7%(n=137). In terms of knowledge among care givers (62.3%, n=187) were presented with moderate knowledge. The majority 99%(n=297) were not participated to a first aid training. Larger proportion of care givers given wrong answers for the question on poisoning 68%(n=204) while correct answer on emergency ambulance service number 91.7%(n=275). The level of knowledge was significantly different by age group (p= 0.031) and number of children under care giver (p=0.026). Study revealed the 6.4% of prediction of level of knowledge by socio demographic variables.

**Conclusion:** The caregivers demonstrated a moderate level of knowledge regarding first aid practices. To enhance the knowledge of individuals residing in rural communities, there is a crucial requirement for the development of context-specific, community-oriented first aid training programs. These programs should be continuously assessed and refined to ensure their effectiveness in improving the knowledge of caregivers and other community members

***Keywords:*** *Knowledge of First Aid Practices, Care Givers for Children, Rural Area*

**PP 102**

**Weight Status, Dietary Habits and behavioural practices among Nursing students at College of Nursing Anuradhapura**

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**Background:** Nursing student’s nutritional status is very much important to asses and roll out their dietary pattern and nutritional status. The importance of nutritional status for nursing students lies in its direct impact on patient care. Nursing students are the future role model of health. Critical evaluation of their nutritional status is imperative for effective functioning of health sector.

**Objective:** To assess weight status, dietary habits and behavioural practices among nursing students at College of Nursing, Anuradhapura.

**Methods:** Descriptive cross-sectional study design was used to conduct the study among randomly selected 213 first years and second year nursing students at college of nursing Anuradhapura. Self-administered questionnaire developed by researchers based on available literature was used for data collection. Data analysed using SPSS 26 version for descriptive and inferential statistics.

**Results:** Among the participants, majority were female (92%) between 23-24 years age group (34.3%) Buddhists (86.9%) at their second year (61.9%). A large number of these are non-vegetarian students (84%) while 114 students currently follow diet control methods (53.5%). Of them majority reported for the normal BMI range (63.4%) normal range of waist circumference (74.2%). Results indicated 72.8% students taken their breakfast daily. Students used suitable frequency of fast foods, vegetables, carbonated beverages, sweet & chocolates, nuts but incorrect frequency of fried foods, fruits and legumes. Half of students showed high intake of fried foods. Physical activity and life style score indicated that most of the students were not physically active. Only 15% students daily practicing exercises while 40.4% students practicing infrequently and 44.6% students were never practicing exercises. But mobile phone usage and moving in internet more than 2 hour/day reported in larger proportion; 77.9%, 65.3% respectively.

**Conclusion:** Overall assessment of weight status of the study was included within satisfactory level. Student’s dietary habits & their behavioural practices affecting nutrition to be considered further. Therefore, nursing college should focus to make strategies on students balanced diets & sufficient exercises. As nursing students develop better abilities and capacities to equip themselves to balance their personal and professional lives with correct practices of nutrition is recommended.

***Keywords:*** *Dietary Habits, Weight Status, Behavioural Practices*

**PP 103**

**The Knowledge and Attitudes towards Palliative Care among nursing students at College of Nursing Anuradhapura**

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**Background:** Palliative care improves the quality of life of patients and their families. Educating nurses about palliative care is a high priority in the health care setting. Nursing students as future healthcare workforce need to have sound knowledge and appropriate attitudes in order to provide quality of life for end of life patients.

**Objective (s):** To assess the knowledge and attitudes toward palliative care among nursing students in College of Nursing Anuradhapura.

**Methods:** The descriptive cross-sectional study was conducted by using a self-administrative questionnaire among 164 second year nursing students at College of Nursing Anuradhapura. Data collected through validated and pre-tested Palliative Care Quiz for Nurses (PCQN) Scaleand Frommelt’s Attitudes Toward Care of Dying scale. Data analysis was done through descriptive statistics using SPSS 26 version.

**Results and Discussion:** Response rate 100%. The majority were Sinhalese (98.8%), Buddhists (97.6%), in 24-25 years age (53.7%), female persons (96.3%). There were 151 persons (92.1%) who learned about palliative care and 128 (78%) caring for dying patients and 102 (62.2%) caring for family members. Majority of nursing students’ Knowledge of palliative care was inadequate (n=156,95.1%) while palliative care attitudes was poor (n=131,79.9%). A significant positive moderate relationship was found between knowledge and attitudes on palliative care (r= 0.526, P=0.000). Level of knowledge on palliative care predicted for 3.7% and attitudes for 5.7% by the socio demographic variables.

**Conclusion:** Results of this study showed that knowledge and palliative care of nursing students were inadequate and a poor level of attitudes. It is needed to prepare nursing students with proper knowledge on palliative care. Thus, introducing a palliative care module for the nursing diploma curriculum is recommended. Further suitable process needed for behaviour changes for developing attitudes on palliative care.

***Keywords:*** *Knowledge, Palliative Care, Attitudes, Identify Gap, Nursing Students*

**PP 104**

**The Prevalence of Mobile Phone Usage and Perceived Sleep Quality among students in College of Nursing Anuradhapura**

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**Background:** Over the past two decades, mobile phone usage has proliferated globally and become a facet of many people’s lives. Numerous studies found to have a strong association between usage of mobile phone and sleep quality. Higher smartphone addiction leads to poor sleep quality, which may impact the overall health of the user.

**Objective (s):** To investigate the prevalence of smart phone usage patterns and sleep quality within the student population in College of Nursing Anuradhapura.

**Methods:** This was a quantitative, cross - sectional and questionnaire-based study performed conveniently selected 440 students including first year and second year nursing students and Public Health Midwifery students of College of Nursing Anuradhapura. The data collection was done with adopted questionnaires; A New Single-Item Sleep Quality Scale and Measuring Problems Mobile Phone use. Data analysis was done with the SPSS 26 version for descriptive and inferential statistics.

**Results:** The majority of participants in the study were female (94.5%), and half of them fell within the 25 to 26 years age group (50.9%). Additionally, 51.4% of the participants were in their second year of study. A significant proportion reported having 4 to 5 hours of sleep (59.3%). The mean score for perceived sleep quality was 65.60 (SD=12.79), with a majority indicating moderate to high sleep quality (40.0%). In terms of mobile phone usage, the mean score was 70.68 (SD =10.12), and a significant majority reported moderately troublesome usage (82.5%). The study found significant differences in sleep quality based on education category (p=0.000), hours of sleep per night (p=0.000), and hours of mobile phone usage before bedtime (p=0.012). Gender also influenced mobile phone usage significantly (p=0.027). Notably, there was a negative, moderately significant relationship (r= -0.558, p=0.021) between mobile phone usage and sleep quality among students, and mobile phone usage predicted 3% of the variation in students' sleep quality

**Conclusion:** Study revealed that students had moderate high sleep quality and moderately trouble mobile phone usage. Mobile phone usage and sleep quality has moderate relationship which predicted by certain level. Students should establish a technology-free bedtime routine for contribute to better sleep quality. Mobile phone usage for academic purposes for day time is highly recommended.

***Keywords:*** *Mobile Phone Usage, Sleep Quality, Nursing Students, Prevalence*

**PP 105**

**The Perceived Significance of Integrating Spirituality into Palliative Care According to Nursing Students at Anuradhapura College of Nursing**

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**Background:** Spiritual care has important implications for individual health and well-being. In order to improve the quality of life of the palliative care patients’ nurses should concern comprehensive care with physical, psychological and spiritual aspects.

**Objective:** To assess the importance of incorporation of spirituality in palliative care as perceived by nursing students in the College of Nursing Anuradhapura.

**Methods:** This is a quantitative cross-sectional study conducted using researchers modified questionnaire based on available literature among randomly selected 163 second-year nursing students in the College of Nursing Anuradhapura. The collected data were analysed for descriptive and inferential statistics. Significance was set as < 0.05.

**Results:** The response rate was 100%. Among the participants majority belongs to female (98.15%), Sinhalese (96.9%), Buddhist (96.3%) and between the age 25 to 26 years (52.15%). Majority of the participants had good perception (87.7%) on spirituality and spiritual care. The statistically significant difference was found between the perception on spirituality and spiritual care with previous learning on palliative care (p= 0.020) and experience of engaging spiritual care for palliative patients (p= 0.007). The socio demographic variables was predicted the level of perception on spirituality and spiritual care by 3.3%.

**Conclusion:** The level of perception on spirituality and spiritual care among nursing students found in good level which is predicted by previous experience of giving spiritual care and learning experience of palliative care. Although holistic care approach taught consistently during nursing programme the nursing curriculum should be transformed to encourage student nurses’ sense of preparedness and posturing culture where patients’ spirituality is discussed and reflected upon every day practice.

***Keywords:*** *Spirituality, Palliative care, Nursing Students*

**PP 106**

**Assessing the Awareness on the Screening Methods of Breast Cancer among Females, in Colombo District, Sri Lanka 2019**

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**Background:** Breast cancer has been considered as a primary cancer form that affects women according to the worldwide setting. The result of uncontrolled growth of cells is Breast cancer, where these cells that group out ordinary cells make a lump which can lead to health hazards.

**Objective:** To identify whether the prevalence of breast cancer in woman leading to higher risks is due to the lack of awareness on the screening methods which help identify the Breast cancer.

**Methods** A quantitative cross-sectional study was followed on conducting the research to collaborate the prevalence of breast cancer and the knowledge of the awareness of screening methods in the year 2019. A close ended questionnaire on screening methods and awareness presented in both Sinhala and English languages was distributed among 400 women of age categories from 10-49 in the Colombo district, Sri Lanka. The study sample will be taken as per 400 females with confidence level of 95% and this data will be taken for data collection procedure. The collected results were then transferred to a Google form as a reason for easy analysis of data and for the use of the SPSS 22 software for finding the correlation between the prevalence of breast cancer amongst females of the age 20-29 due to lack of awareness in the screening methods available.

**Results:** The analysis conducted between the groups, Age and the Level of Education with correlation to the Awareness of Screening methods of Breast Cancer in order to determine the statistically significant differences between them resulted in finding evidence for the findings. After performing the comparison of significance levels of Age (20-29 years: 44.9%) and Level of Education (Tertiary education: 57.4%) considering the main limitations along with the awareness of breast cancer screening methods (Yes: 58.4%), it is observed that the correlation is invalid.

**Conclusion:** It is identified that age does not play a major role in the awareness level of screening methods in women and the data which was analysed led to the finding that even though 140 of the respondents were given secondary education, 47.1 % (n=66) were not aware of the screening methods which is a considerable amount when compared to a sample size of 400 women. This leads to finding the level of education in screening methods of breast cancer amongst women having their secondary education completed.

***Keywords:*** *Awareness, Breast Cancer, Screening Methods, Prevalence*

**PP 107**

**Assessing the Impact of COVID-19 On Dietary Choices and Habits Among Healthcare Students in Sri Lanka**

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**Background:** The coronavirus (COVID-19) is a viral disease that is enormously impacting the globe and causing enormous morbidity and mortality. Yet there is less evidence on the impact of COVID-19 on dietary changes of population.

**Objective:** To assess the impact of covid-19 on dietary intake among healthcare students in Sri Lanka.

**Methods:** A descriptive cross-sectional study was conducted by selecting a sample of healthcare students who have been studying in the field of healthcare for a minimum of one year in Sri Lanka. The snowball sampling technique was used to distribute a self-administered, open-ended questionnaire. The collected data were descriptively analysed using Microsoft Excel.

**Results:** The questionnaire was circulated among healthcare students, where the majority were females (65.7%, n=67). Most of the participants were 18-20 years in age (51%, n=52), and the majority were not employed (85.3%, n=87). Relatively a large percentage of individuals consumed more food during the quarantine period (38.2%, n=39) and about 23.5% of the respondents agreed to say they decidedly consumed more food (23.5%, n=24). A relatively high number of participants agreed to eat three meals per day (43.1%, n=44). The majority of the respondents tend to cook more often than usual (56.9%, n=58). The majority of the participants agreed that they snacked more than usual (52.9%, n=54). Most of the respondents also had a noticeable increase in body weight (53.9%, n=55). Many individuals also agreed to have the fear of contracting the coronavirus during grocery shopping (41.2%, n=42). Only 2% of the participants agreed that they smoked during quarantine.

**Conclusion:** When we look at the data, we can see that a large number of people ate more during the pandemic and had weight changes for a variety of reasons. As a result, we recommend that awareness programs or an exercise routine be implemented in this case to improve their knowledge.

***Keywords:*** *Healthcare Students, Dietary Changes, COVID-19*

**PP 108**

**Impact of E-Learning During COVID-19 Pandemic on Lower Back Pain Prevalence and Associated Risk Factors Among Healthcare Students in Western Province, Sri Lanka**

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**Background:** Lower Back Pain (LBP) is seen as a major health issue and is frequently treated in the primary healthcare system. LBP is very prevalent and affects most people at some point in their lives and is influenced by both physical and psychosocial variables. Finding a single cause or even a single significant component for LBP can be difficult because it is a complicated disorder that is influenced by many different factors.

**Objective:** This study’s objective is to ascertain the impact of online education during the COVID-19 pandemic on the prevalence of LBD

**Methods:** This was descriptive qualitative research conducted among 85 undergraduates without any previous medical conditions and over the age of 18 and below the age of 30 in the Gampaha District. Data was gathered using an online Google Form with 25 closed-ended questions that were administered. Data was analysed using Microsoft Excel software.

**Results:** The majority of participants had no chronic illnesses before COVID-19 (98.8%, n=84). The majority of them are in the 20-25 age range (75.3%, n=64). They exercised two to three times per week and they were active before COVID-19 (36.9%, n=31). Participants prior to the pandemic sat and moved around equally were at (34.5%, n=290). (59.5, n=50) of them spent most of their time sitting down after COVID-19. The majority of the participants began online learning during the pandemic (94%, n=79). The majority of them felt uncomfortable to sit through 2-3 hour online lectures (72.9%, n=62). (80%, n=68) of them sat in a chair beside a table for online lectures. The majority of them were healthy and active, free of any chronic illnesses or LBP.

**Conclusion:** Considering the outcomes, LBP is common among undergraduates who are learning online due to the effects of COVID-19. This can be because they were less active and spent a lot of time sitting still. Proper posture and preventive techniques should be followed to prevent it from being more severe.

***Keywords:*** *Lower Back Pain (LBP), Prevalence, COVID-19, Pandemic, E-learning*

**PP 109**

**Quality of Life of Early Adolescent with Dyslexia in The Gampaha District, Sri Lanka**

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**Background:** Dyslexia is a learning disability where an individual finds it difficult to develop the reading ability at the expected level, despite having otherwise normal intelligence. It is identified as a specific and persistent learning disability that impairs the acquisition and development of written language codes, including reading and spelling.

**Objective:** To assess the quality of life of children with dyslexia in the Gampaha District, Sri Lanka.

**Methods:** A descriptive cross – sectional study was done, based on centers for children with dyslexia. Kid screen - 27, a widely used questionnaire used to evaluate the quality of life of dyslexic children, served as the foundation for the paper-based questionnaire that would be applied. The data was analyzed descriptively, using SPSS (V25).

**Results:** The study focused on early adolescents' quality of life in Gampaha District, involving 132 participants, primarily 12 years old, with a slight female majority. Most were Sri Lankan Sinhalese (76.5%, n=100), and Hindu (44.1%, n=58) Parents rated their children's general health positively, with 47.1% considering it 'Good'. In terms of activity level, over half agreed their children engaged in physical activities. Despite overall enjoyment, some children felt lonely, as reported by 44.1%(n=58) of parents. The study highlighted that children had adequate free time and a supportive environment for preferred activities. Additionally, they had strong family relationships and positive friendships, indicating a generally positive quality of life for these early adolescents.

**Conclusion:** It can be concluded that there is no significant impact on the quality of life of these children that was sampled. It is a fact that the children sampled face several issues due to their health condition, however, the majority have adopted coping mechanisms and have overcome the difficult situations. It can be concluded that the early adolescents with dyslexia experience a moderate quality of life along with their condition, and the results do not indicate a severe decline in their quality of life.

***Keywords:*** *Dyslexia, Early Adolescent, Quality of Life, Gampaha District, Sri Lanka*

**PP 110**

**Factors affecting higher education in nursing among working nurses in Sri Lanka**

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**Background:** This study explores the multifaceted factors that influence the pursuit of higher education among nurses in Sri Lanka. Given the importance of advancing nursing education for the healthcare sector, understanding these factors is crucial. The research delves into personal, socio-cultural, managerial, and academic dimensions to provide insights for enhancing nurses' access to higher education

**Objective:** This research aims to provide a comprehensive understanding of the challenges and opportunities within personal, socio-cultural, managerial, and academic aspects, ultimately informing strategies to improve access to higher education for nurses in the country.

**Methods:** This descriptive cross-sectional study was conducted using the convenient sampling method. A sample of 342 nurses participated and carried out from two main teaching hospitals in Sri Lanka. SPSS 26th version is used to analyse gathered data. Correlation analysis was used to identify the significant relationships between impression levels by testing the four hypotheses. Using regression analysis, a valid model to predict the nurse’s impression regarding their higher education.

**Results:** The study found that nurses in THK and THM hospitals in Sri Lanka face moderate challenges in balancing personal and socio-cultural factors when pursuing higher education. While management support is encouraging, there is room for improvement in certain areas. Additionally, the academic environment for nurses is not ideal, as they experience an average level of negative influence in this regard. These findings emphasize the need for further support and improvements to facilitate nurses' higher education in Sri Lanka. Based upon the results it suggests that all considered factor barriers can provide a significant adverse impact on the impression level of nurses on their higher education. In terms of the most significant factor of the nurses at THK and THM were discussed, it was discovered that they have impacted averagely by the influence of personal factor barriers to higher education as evidenced by mean values that fall between a wide range of 3 and 4 and lower standard deviation values. As a result, it was discovered that nurses have to struggle to balance their personal influences before moving on to higher education.

**Conclusion:** Responsible parties must act immediately to manage higher education entry constraints for nurses. Finally, this study suggests that with proper planning along with efficient time management practices, nurses can better manage their jobs and fulfil professional development goals while also caring for themselves and their families.

***Keywords:*** *Higher Education, Personal Barrier, Socio-cultural Barrier, Management*

**PP 111**

**The Impacts on Academic Performances on Account of Social Anxiety Created Due to Online Learning After COVID-19 Pandemic Among IIHS Full Time General Program Students**

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**Background:** The COVID-19 pandemic has significantly impacted mass education worldwide, leading to lockdowns and the closure of institutions. As a result, institutions have implemented online teaching and virtual conferences to maintain productivity. However, this has led to increased social anxiety among students, causing isolation and isolation from society. This study aims to analyse the impact of online learning on academic performance among IIHS full-time general program students.

**Objective:** To evaluate the effects of social anxiety brought on by online learning following COVID-19 on academic performance among IIHS full-time general program students, and comprehend the impact that online learning had on students' regular educational routines following the COVID-19 pandemic.

**Methods:** A descriptive cross- sectional study was done. The study uses direct interviews with students and questionnaires or Google forms to gather information on their academic performance during the pandemic. The anxiety level of students was measured using Zung's self-rating anxiety questionnaire, a validated 20-item self-report device with a four-point Likert scale. The scores ranged from 20, and converted into an Anxiety Index, indicating the level of anxiety. The study aims to understand the impact of social anxiety on academic performance. The data gathered was analysed descriptively, using SPSS (V25).

**Results:** A study of 225 IIHS students found that online learning significantly impacted their grades and academic performance during the COVID-19 pandemic. The majority were aged between 26-30, with 50%(n=113) working in physiotherapy, advanced nursing, and biomedicine science. Popular learning tools included Zoom, Microsoft Teams, Skype, Moodle, and Google Meet.

**Conclusion:** The study highlights the impact of social anxiety on academic performance among IIHS general programme students post-COVID-19, emphasizing the need for a positive online learning community, mental health resources, and effective communication to ensure students' overall wellbeing.

***Keywords:*** *Anxiety, COVID-19 Pandemic, Academic Performances, Online Learning, Students*

**PP 112**

**Study on Awareness and Challenges associated with Online Learning in Healthcare Sector Students during COVID-19 in International Institute of Health Sciences, Sri Lanka**

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**Background:** Traditional education faces challenges such as high costs and limited availability of resources, especially during the Covid-19 pandemic. Online learning has gained prominence globally, impacting various sectors, including healthcare education. However, challenges related to technology, infrastructure, and student engagement persist.

**Objectives:** The study aimed to assess healthcare sector students' awareness and challenges concerning online learning during the pandemic. Specific objectives included evaluating students' awareness levels and understanding the difficulties faced in online learning environments.

**Methods:** A quantitative approach was employed, utilizing a self-administered questionnaire distributed among 114 students from nursing, biomedical, and physiotherapy disciplines at IIHS University. The questionnaire, conducted via Google Forms, collected data on students' experiences, challenges, and perceptions regarding online learning.

**Results:** Most participants (94.7%) (n=106) used Zoom as their primary learning platform, and 52.6%(n=59) enjoyed remote learning. However, 26.3%(n=29) faced technical challenges, and 18.7% (n=21) expressed concerns about privacy. Despite these challenges, 92.1%(n=103) found online learning effective.

**Conclusion:** Healthcare sector students faced various challenges during online learning, including technical issues and privacy concerns. Despite these challenges, a significant majority found online learning effective, indicating its potential for future education. The study emphasizes the importance of addressing technical barriers and ensuring students' privacy to enhance the online learning experience further.

***Keywords:*** *Online Learning, Healthcare Education, COVID-19 Pandemic, Student Experience*

**PP 113**

**Attitudes of student nurses towards Evidence-Based Practice**

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**Introduction:** Evidence-Based Practice (EBP) is crucial in modern nursing education, emphasizing the importance of integrating the best available evidence into clinical practice. This study investigates the impact of educational interventions on EBP competencies among traditional undergraduate nursing students, explores barriers and facilitators to EBP implementation, and identifies strategies to bridge the gap between EBP education and clinical practice.

**Objective:** To assess the level of Attitudes of student nurses towards Evidence-Based Practice

**Methods:** A descriptive cross-sectional study was undertaken in the Western Province of Sri Lanka, employing convenience sampling to select participants from several private universities. Data collection involved the use of a pretested self-administered questionnaire designed to assess their knowledge, skills, attitudes, and beliefs regarding EBP. The data were gathered through an online platform, and the analysis was conducted using SPSS version 26, Blooms test was used to categorized attitude level, with statistical significance determined by a cutoff p-value of P<0.05 and a 95% confidence interval**.**

**Results:** In a study involving 68 participants, a range of attitudes towards Evidence-Based Practice (EBP) was observed. Notably, 63.2% (N=43) exhibited positive attitudes, 20.6% (N=14) had a moderate attitude, and 16.2% (N=11) displayed negative attitudes. Concerning familiarity with EBP, 73.5% (N=50) showed a positive level of familiarity, while 30.9% (N=21) lacked familiarity, highlighting the importance of enhancing EBP awareness in nursing education. The study also revealed an active engagement with EBP education, as 73.5% (N=50) of participants attended EBP-related workshops, and 44.1% (N=30) received formal training in critically appraising research for EBP. A collaborative learning environment was evident, with 88.2% (N=60) actively participating in frequent EBP discussions with peers. Looking ahead, 32.4% (N=22) expressed their intention to continue using EBP principles in their future nursing practice, while 22.1% (N=15) conveyed their confidence in advocating for EBP adoption in clinical settings.

**Conclusions:** This research aims to provide insights into current EBP awareness and competence among nursing students, offering valuable information for educators, institutions, and policymakers to enhance EBP education and bridge theory-practice gaps. Findings may guide the development of strategies to improve students' readiness for evidence-based practice.

***Keywords:*** *Evidence-Based Practice, Nurses, Attitude*

**PP 114**

**Knowledge on Breastfeeding Among Postnatal Mothers Attending De Soysa Hospital for Women (Teaching) Colombo 08, Sri Lanka**

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**Background:** Breastfeeding takes part in a very important role in the health, growth, and development of infants and other babies as well. Similarly, it has major benefits for the mother of the child too. The process of breastfeeding does more than provide important nutrition and other important things to support the infant’s growth and development as well. Although breastfeeding is the ‘gold standard’, not all mothers breastfeed their child. According to UNICEF's State of the World's Children Report 2011, of the 136.7 million babies born worldwide each year, only 32.6% are breastfed exclusively for the first 6 months (Ochoa et al., 2012).

**Objective:** To assess knowledge on breastfeeding among post-natal mothers attending De Soysa Hospital for Women (Teaching) Colombo 08, Sri Lanka, and to provide knowledge regarding breastfeeding for post-natal mothers.

**Methods:** It is a descriptive-cross sectional study. Data collection will be done using a self-administered questionnaire which has been prepared based on a validated, standard scale. Scores will be given based on the answer provided for each variable categorized based on the score. The data gathered were analyzed using SPSS (V25). A descriptive analysis was done, to evaluate the results.

**Results:** The findings underscore the importance of tailored breastfeeding education programs and accessible counseling services to support mothers in their breastfeeding journey. There was a total participant count of 249 participants (n=249). The survey shows that most mothers are between the ages of 19 and 40 years (84.34%) (n=210). Mothers have various educational backgrounds. The number of mothers employed is higher (76.52%) (n=190) compared to the mothers that are unemployed (23.47%) (n=58). Family structures depend on (63.47%) (n=158) in nuclear families and (36.52%) (n=91) in joint families.

**Conclusion:** This research study provides valuable insights into the socio-demographic characteristics, maternity experiences, breastfeeding knowledge, and perceptions of postnatal mothers in a healthcare setting in Sri Lanka.

***Keywords:*** *Breastfeeding, Postnatal Mothers, Knowledge of Breastfeeding, De Soysa Hospital for Women (Teaching), Sri Lanka*

**PP 115**

**Assess the Quality of Life of Patients Who Have Undergone Aortic Valve Replacement Surgery in Sri Jayewardenepura General Hospital**

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**Background:** Aortic stenosis remains one of the major causes of morbidity and mortality in elderly people. The commonest treatment method for this problem is surgery and the postoperative outcomes of the patients, remain one of the least studied areas globally.

**Objective:** To determine the quality of life in patients who have undergone Aortic Valve Replacement surgery in the cardiology clinic, at Sri Jayewardenepura General Hospital of Sri Lanka. This includes the assessment of activity tolerance level and impact on the emotional status of regular activities.

**Method:** Based on the reviews of the literature on Aortic Valve Repair surgery, this descriptive cross-sectional study was conducted via an adopted, interviewer-administered (SF-36 V2) health survey questionnaire, on patients who have undergone Aortic Valve Repair surgery. The data collected was analysed using an open source free statistical software. A descriptive analysis was done for the results.

**Results:** A total of 100 (n = 100) participants responded in the survey.Majority of the respondents, 70% (n = 70) identified their current health status as “fair”. Furthermore, 52% (n = 52) of the participants believed that their health condition is better compared to last year. The results indicate a clear improvement in the quality of life, including physical and emotional well-being, of the patients who have undergone the surgery, even though the study population is limited.

**Conclusion:** The study showed, a significant high quality of life of patients who have undergone aortic valve replacement surgery in Sri Jayewardenepura General Hospital. Further research is needed to identify other aspects of the post-operative well-being of the patients.

***Keywords****: Aortic stenosis, Aortic Valve Repair Surgery, Cardiac Surgery*

**PP 116**

**Challenges faced by the nursing students during three-year nursing** **training period in Nursing Training Colleges in Western Province**

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**Background:** There are various challenges that nursing students must overcome during their training, which eventually has a negative impact on their personalities and professional development. Theoretical training and practical training are the two components of nursing education. A significant portion of nursing education takes place in clinical settings. During their training period, they face many contestants. There are no recent studies on challengers faced by nursing school students in Sri Lanka.

**Objective:** To assess the challenges faced by the nursing students in their three-year nursing training period in Sri Lanka.

**Methods:** This quantitative descriptive cross-sectional study consisted student nurses from three nursing college in the western province. Data was collected using online survey form developed by researcher based on literature. Questionnaire consist of 4 parts demographic data, challenges face by the nursing students in clinical environment, challenges faced by the nursing students in Institutions and Personnel Matters which affect for nursing training. The data were analyzed using SPSS 24 statistical software.

**Results**: A total of 330 (N = 330) student nurses participated in the study. The majority of students 56.77% (n = 187) agreed that they have challenges in their clinical environment. When presented with issues in the institution, the majority of students, accounting for 53.46% (n = 176) of the respondents agreed on the statement. 37.11% (n = 122) of students chose the option Personnel Matters which affect for nursing training. 49.1% (n = 162) of nursing students who responded to an assessment of the personnel matters that impact nursing education believed that nursing schools do not care about each student's unique situation.

**Conclusion**: Authorities must devise solutions to overcome the problems that nursing students confront in order to provide excellent nursing training to the students. More research is needed to find solutions to the problems that nursing students confront.

***Keywords:*** *Student Nurses, Clinical Challenges, Institutional Challenges, Personal Matters*

**PP 117**

**Influencing Factors on Job Satisfaction Among Pharmaceutical Employees in Sri Lanka**

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**Background:** The pharmaceutical industry in Sri Lanka plays a pivotal role, especially during times of crises like the COVID-19 pandemic, where pharmaceutical employees are required to work diligently under stressful conditions. Job satisfaction is imperative for these workers to maintain productivity and well-being.

**Objective:** To identify factors influencing the job satisfaction of pharmaceutical employees in Sri Lanka.

**Methods:** A descriptive cross- sectional study was done. A structured questionnaire was distributed via Google Forms. The study examined five independent variables: salary, promotion, rewards, co-worker support, and work environment. SPSS version 22 was employed for data analysis, primarily utilizing correlation and regression analyses computed through Pearson correlation coefficient values, giving inferential statistics.

**Results:** A total of 188 participants were involved in the study. A strong positive correlation was shown between all five independent variables and the job satisfaction of pharmaceutical employees in Sri Lanka. The correlation between salary and job satisfaction of the pharmaceutical employees was 0.921. The correlation value is recorded between 0.9–1.0. Therefore, it can identify as a very strong correlation between the first independent variable and the dependent variable. According to the study, the adjusted R square of the research model is 0.952. Therefore, it can identify as a very strong positive relationship. Hence, salary, promotion, rewards, co-workers’ support, and the work environment elaborately have a very strong positive relationship with the job satisfaction of pharmaceutical employees in Sri Lanka. Moreover, it stated that 95.2% (n=178) of the job satisfaction of pharmaceutical employees in Sri Lanka is explained by salary, promotion, rewards, co-workers’ support, and the work environment.

**Conclusion:** In the context of the Sri Lankan pharmaceutical industry, factors such as salary, promotion opportunities, rewards, co-worker support, and work environment significantly influence the job satisfaction of employees. This research underscores the significance of recognizing and prioritising the needs and concerns of pharmaceutical workers, especially in times of heightened stress and pressure, as it directly correlates with their job satisfaction

***Keywords:*** *Job Satisfaction, Pharmaceutical Employees, Influencing Factors*

**PP 118**

**A study on finding delays in turnaround time of laboratory tests at a private health care hospital in Colombo, Sri Lanka**

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**Background:** Clinical laboratory turnaround time (TAT) is a key performance indicator of laboratory standards. Delays in laboratory reports are a major concern of the laboratory field in the healthcare sector. Health authorities have designed and implemented policies to overcome adverse consequences related to delays in laboratory test reports and reduce the impact on patients worldwide. In Sri Lanka, laboratory management is the responsibility of each hospital in reducing delays in laboratory reports. The survey was successfully completed using 10 test parameters chosen from 1500 tests performed by a private lab in Colombo-2, Sri Lanka.

**Objective:** This study aimed to identify delays in the turnaround time of laboratory tests at a private health care hospital in Colombo, Sri Lanka.

**Methods:** A cross-sectional survey was conducted using a self-administered questionnaire with a sample of laboratory stakeholders, and data were collected from the hospital information system.

**Results:** The main findings of the research questionnaire and customer feedback are that the lab assistant’s involvement (49%) is responsible for the report delay, the customer satisfaction excellence percentage of report issuance is only 55 percent, and there is a knowledge gap among stakeholder groups regarding TAT. The main findings of the hospital information system for report delay are the sample delivery system to the lab from inpatient and outpatient departments and interdepartmental delays.

**Conclusion:** A well-thought-out education program can be implemented to close knowledge gaps. To discuss and make appropriate TAT-related choices, regular and pocket meetings at nurses’ stations and with department leaders should be held. Recruiting new lab helpers and phlebotomists can help reduce the main causes of report delays. To increase customer satisfaction by issuing reports on time and meeting excellence targets, the management must closely monitor and designate a distinct person.

***Keywords:*** *Turnaround time (TAT), Hospital information system (HIS), Outpatient Department (OPD), Troponin I, Phlebotomist*

**PP 119**

**A Study to Identify the Factors Affecting Ischemic Heart Disease Patients in Selecting Private Hospitals Over Public Hospitals in Sri Lanka**

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**Background:** The study will mainly be performed from the customers' perspective to identify why they select private hospitals for the treatments. The statistics are frightening, and medical experts warn that heart failure may soon become an epidemic throughout South Asia.

**Objective:** This study aims to identify the factors affecting ischemic heart disease patients in selecting private hospitals over public hospitals in Sri Lanka.

**Methods:** A descriptive, cross-sectional study was done. A pre- tested, self- administered questionnaire was distributed among the participants within Colombo District. The questionnaire evaluated the primary factors and sub-variables relating to identifying the factors affecting ischemic heart disease patients in selecting private hospitals over public hospitals in Sri Lanka. Data gathered were analysed using SPSS (V26). A descriptive analysis was carried out for the results.

**Results:** Sample size of one hundred people have been taken as overall population cannot be determined with precision. Findings between the two variables show a positive correlation between perceived quality and selection of private hospital service (r =.736). Furthermore, the results show that the association between the two variables is statistically significant. Based on this examination, the two variables have a statistically significant link because the p-value implies a figure of 0.001, which is less than the significance criteria of 0.05. The association between the two variables can also be claimed to be strong because the correlation coefficient is within the category of 0.5 to 1.0.

**Conclusion:** Based on the research results, mainly the socio-demographic characteristics impact on a patient's decision to select private hospital services. The second highest factor is word of mouth, followed by affordability and quality. However, hospitals could not make any impact on the socio-demographic factors. Therefore, it is recommended that private hospitals to be concerned about developing a customized treatment process, which would feel that each patient is cared for and that, the hospital finds their lives more important to enhance positive interactions.

***Keywords:*** *Ischemic, Heart disease, Epidemic, Affordability, Sociodemographic*

**PP 120**

**A Study on Knowledge, Attitude and Practices Regarding Clinical Waste Management Practices Among Healthcare Staff**

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**Background:** Improper healthcare waste management poses enormous risks to patients, healthcare workers, communities, and the environment. Healthcare waste, including sharps, body parts, chemicals, and pharmaceuticals, can lead to infections, occupational hazards, and pollution. In Sri Lanka, 80% of waste is general, while 20% is hazardous. Safe management involves waste minimization, segregation, collection, transportation, storage, and treatment. Neglecting this can result in injuries, infections, and environmental damage.

**Objective:** To assess knowledge and attitudes regarding clinical waste management practices among healthcare staff.

**Methods:** A descriptive,cross-sectional study was done. The research aims to ensure accurate results and address waste generation and management issues.A pre- tested, self- administered questionnaire was distributed among the staff members who are directly involved in the process of Healthcare Waste Management. The questionnaire analysed the knowledge of Sri Lankan healthcare workers on healthcare waste management (HCWM).

**Results:** A total of 198 healthcare workers were participated in this study. According to the results, the age did not affect knowledge, but the 41-50 year age group had the highest contribution. Work expertise was satisfactory, with 45% (n=89) having good knowledge in less than a year and 77% (n=152) having more than six years of experience. However, attitudes towards HCWM varied between male and female healthcare workers.

**Conclusion:** According to the results, healthcare staff had the highest knowledge on administration, housekeeping, lab, nursing, and radiology departments’ waste management. The study reveals satisfactory hospital knowledge, attitude, and practices, but poor continuous improvements in Human Resource Management, unsatisfactory training practices, a boring work environment, and minimal supervision. It is recommended to the government and international organizations to stress the importance of policies and strategies for proper healthcare waste management.

***Keywords:*** *Disposal, Healthcare waste, Hospital, Infectious,**Management*

**PP 121**

**A study on the factors associated with patient satisfaction on quality of nursing care in Casualty Surgical Unit at Kalutara general hospital, Sri Lanka**

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**Background:** Patient satisfaction is a major component that corroborates the quality of nursing and quality management and denotes a sense of accomplishment. It is one of the benchmarks by which the quality of healthcare services is evaluated and is a subjective assessment of one’s own expectations, thus providing crucial information on the mismatch between expectations and the quality of care received by each individual.

**Objective:** This study aimed to investigate the factors associated with patient satisfaction with the quality of nursing care in the Casualty Surgical Unit at Kalutara General Hospital, Sri Lanka**.**

**Methods:** A quantitative, descriptive and correlational design was selected as the research approach with a sample size of 300 adult patients. The acquired data were analysed using descriptive and inferential statistics.

**Results:** The majority (63%) of the study participants who received medical treatment at the Casualty Surgical Unit in Kalutara General Hospital were male. The study findings further revealed that patient satisfaction with the quality of nursing care in Kalutara General Hospital was influenced by only two identified factors, namely, the communication of staff and patient waiting time, which were significant at p <0.01. The factors defined as service fulfilment, mutual trust and respect, the physical environment, and equity were not significant (p>0.01).

**Conclusion:** Hospital administration may improve male patient satisfaction by incorporating a well-managed program and creating an easy-to-use mobile health application. The satisfaction of elderly patients (over 40 years) accounts for the majority of hospital admissions by ensuring ward safety and feasible methods to perform tasks related to their hospital stay.

***Keywords:*** *Casualty Surgical Unit, Factors, Patient’s Satisfaction, Quality of Nursing Care*

**PP 122**

**Pregnant Women’s Well-Being and Perceived Stress Level Due to COVID-19 Pandemic in Mirigama MOH Area, Sri Lanka**

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**Background:** Perceived stress and well-being during pregnancy are associated with adverse obstetric outcomes. At the same time, pregnant women have been severely affected by the COVID-19 pandemic and are still unaware of and underdiagnosed during routine antenatal care. Understanding perceived antenatal stress and the well-being of pregnant women is important to improve maternal and neonatal outcomes, as well as to understand the psychological effects of this pandemic on pregnant women.

**Methods:** A descriptive, cross-sectional study was conducted among 313 pregnant women attending an antenatal clinic in the Mirigama MOH area, Sri Lanka by using a validated structured questionnaire which included demographic data, obstetric data, Persian version of the WHO-5 well-being index and a 10-item Perceived Stress Scale (PSS-10).

**Results:** The study indicated that the well-being of pregnant women was on average 2.68 higher than the mean value predicted by the hypothesis (0.005). Moreover, 20% reported living unhealthily, 6 % reported having depression and 74% of the pregnant women reported to be healthy. The research findings also suggest that the mean perceived stress levels of pregnant women during the COVID-19 pandemic are significantly higher than 0.005 (2.02), with 90% of participants reporting moderate stress levels, 4% reporting zero stress and 6% reporting high stress levels.

**Conclusion:** The study findings can help healthcare professionals, policymakers, and support organisations to develop strategies addressing the lingering effects on the mental health of pregnant women in the post-pandemic period. Several significant factors could be highlighted such as, educational status, employment and income effects, rates of the COVID-19 vaccination, side effects of the vaccine, family support and family history of psychiatric illnesses corresponding to antenatal stress and the well-being of pregnant women.

***Keywords:*** *Antenatal Care, COVID-19, Perceived Stress, Pregnancy, Well-being*

**PP 123**

**Perception of patient safety in the clinical settings among nursing students in a selected nursing training school in Sri Lanka**

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**Background:** The quality of health care services has increased along with advancements in the health field. In addition to enhancing patient-centered quality care, nursing education plays a significant role in ensuring patient safety in a health care environment. Hence, evaluating perceptions of patient safety among student nurses is mandatory.

**Objective:** This study aimed to assess nursing students’ perception of patient safety in clinical settings at a selected nursing training school.

**Methods:** A descriptive cross-sectional study was conducted with 400 nursing students from selected clinical settings in Sri Lanka. The sample size was calculated using a two-stage cluster sampling method. Kurunegala, Kandy, and Anuradhapura were selected as clusters. Data were acquired using a self-administered online questionnaire in two parts. The data were analysed using SPSS version 26.

**Results:** Nearly 97% of the student nurses had good knowledge of patient safety and 54.3% of the student nurses had good attitudes towards patient safety. According to the study, third-year students had better attitudes than first- and second-year students. There was no statistically significant association between knowledge, attitude, and any demographic variables, as the p-value was greater than 0.05.

**Conclusion:** Nursing college administrators and teachers must actively mentor nursing students in clinical settings so that they can collaborate with other team members to identify harmful behaviours, report unsafe circumstances, and take necessary safety measures during their clinical practice. There should be a feasible and organised way to inquire and manage errors in a clinical setting. Therefore, policymakers in nursing education might use the findings of this study as an input to integrate a study on patient safety into their training curricula and conduct frequent training for them. Further studies should be conducted to better understand this phenomenon.

***Keywords:*** *Attitude, Knowledge, Patient Safety, Sri Lanka, Student Nurses*

**PP 124**

**Impact of spinal cord injuries on the quality of life: A quantitative study**

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**Background:** Spinal cord injuries (SCI) can profoundly affect an individual's quality of life, with implications for physical, psychological, and social well-being.

**Objective:** This cross-sectional study aimed to investigate factors influencing the quality of life of individuals with SCI.

**Methods:** A total of 150 patients were recruited from rehabilitation centers using nonprobability convenience sampling. This study employed correlation and regression analyses to explore the relationships between independent and dependent variables, including recreation, physical well-being, relationships with other people, and quality of life.

**Results:** The findings revealed positive correlations between all variables and quality of life, with coefficients ranging from 0.515–0.953, indicating strong associations. Recreation, physical well-being, and relationships with others were identified as positive contributors to an individual's quality of life. The regression model highlights the collective influence of these variables on the quality of life. Engaging in recreational activities positively impacted quality of life, whereas physical well-being showed a positive trend without reaching statistical significance. The most significant factor influencing quality of life was relationship with other people, emphasizing the importance of positive social connections and support.

**Conclusion:** This study underscores the importance of a comprehensive approach to care for individuals with SCI, including rehabilitation, psychological support, social integration, and access to assistive technology. Addressing the complex interplay between physical, psychological, and social factors can significantly improve the well-being and overall quality of life of those affected by SCI. Future research should focus on exploring additional determinants of the quality of life and investigating advancements in medical and assistive technologies to further enhance the lives of individuals with spinal cord injuries. Ultimately, these insights can inform targeted interventions and support systems to empower individuals with SCI to lead fulfilling and satisfying lives.

***Keywords:*** *Quality of Life, Spinal Cord Injury, Rehabilitation, Rehabilitation Centre, Victim*

**PP 125**

**Evaluation of nurses’ perception on communication barriers with the patients at the Teaching Hospital Jaffna**

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**Introduction:** Nurses play a major role in delivering health services and managing health care systems. Patient satisfaction and well-being are modulated by effective communication between nurses and patients, which is considered a core component in delivering high-quality healthcare services and nursing care. Communication quality has a substantial effect on patient outcome. The consequences of poor communication in healthcare are concerning, and communication barriers pose a significant challenge to patient interactions.

**Objective:** To investigate communication barriers to effective nurse-patient relationships from a nurse’s perspective in a Teaching Hospital, Jaffna.

**Methods:** A descriptive, cross-sectional study was conducted with 250 Sinhala and Tamil nurses who were selected using the purposive sampling method. A self-administered questionnaire aimed at collecting quantitative data in two sections, nurse-related factors and patient-related factors, was distributed to the selected nurses. The acquired data were statistically analysed using Microsoft Excel and SPSS version 25.

**Results:** Among the study participants, 47.9% (n=90) of the female participants reported no communication barriers, whereas 69.4% (n=43) reported communication barriers. This study also revealed a significant association between age, sex, and communication barriers. Hence, it was found that a percentage of 60.3 (n=94) of those under the age of 34 years demonstrated difficulties in communication. Moreover, no significant associations were found between communication barriers and marital status, ethnicity, or religion and patient-related factors. Similarly, no significant associations were revealed between communication barriers and the educational level and working unit of the nurses, which were categorised under nurse-related factors. However, when considering communication barriers to training in communication skills, respondents with prior training (53.8%, n=56) reported having no communication difficulties, and respondents without prior training (59.6%, n=87) agreed to have communication difficulties.

**Conclusion:** Communication skills training is vital for nurses to address the challenges they face in communication. It is imperative that nursing staff are equipped with the necessary tools to overcome communication barriers and provide support to their patients in order to provide effective and responsive care. Thus, this study shows that there are still considerable gaps in communication among nursing staff in Sri Lanka, which will ultimately impact the quality of patient care.

***Keywords:*** *Communication, Communication Barriers, Nurses, Patients, Perception*

**PP 126**

**Job Satisfaction Among Nurses in Sirimavo Bandaranaike Children Teaching Hospital at Peradeniya and Teaching Hospital, Peradeniya**

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**Background:** Job satisfaction, an unquantifiable metric, is defined as a positive emotional response you experience when doing your job or when you are present at work. Job satisfaction is a crucial factor for nurses to provide quality care to patients.

**Objective:** To investigate the job satisfaction of nurses in Sirimavo Bandaranaike Children Teaching Hospital at Peradeniya and Teaching Hospital Peradeniya, focusing on training and development, workload, wages, and promotions as variables.

**Methods:** A quantitative descriptive cross-sectional study was conducted with a random sample of 264 nurses. The data was collected using a pre- tested self-administered questionnaire that included questions to evaluate demographic information, job satisfaction, training and development. The data was analysed using SPSS statistical software (V25). Descriptive statistics and Chi-square test were used to analyse the data.

**Results:** The majority of the nurses (95.8%, n=252) were females, while the remaining participants (4.2%) (n=11) were males. The findings of the study demonstrated that most nurses (72.2%) (n=190) were satisfied with their jobs, while 21.3% (n=56) were somewhat satisfied and 0.4% (n=1) were dissatisfied. Moreover, the study did not reveal a significant association between job satisfaction and demographic data. However, there was a significant association between satisfaction with training and development and age, as well as job satisfaction with workload and wages.

**Conclusion:** The study highlights the importance of providing nurses with opportunities for training and development to improve their job satisfaction and ultimately, the quality of nursing care they provide to patients.

***Keywords:*** *Development, Job Satisfaction, Nurses, Training*

**PP 127**

**The study on knowledge of paediatric oral liquid dosage forms among the caregivers attending paediatric clinic at Teaching Hospital, Jaffna**

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**Background**: Paediatric medicine administration differs from typical adult medicine dosing; oral liquid dosage forms are commonly used for paediatric patients' treatments and children must depend on their caregivers for medication. However, most caregivers are unaware of the importance of paediatric oral liquid dosage forms’ administration, storage and disposal; limited or incorrect knowledge in these areas leads to treatment failure, antimicrobial resistance, or even harm to the child.

**Objective:** To assess the level of knowledge about paediatric oral liquid dosage forms among caregivers attending the paediatric clinic at Teaching Hospital, Jaffna

**Methods**: A descriptive cross-sectional study was carried out at the Teaching Hospital Jaffna, involving 426 parents of paediatric patients who sought care at the medical clinic. The participants were selected using a systematic random sampling method. Data were collected through interviews with the help of administered questionnaires and subsequently analyzed using SPSS version 25

**Results**: The study achieved a response rate of 72% (n=307). Notably, the majority of participants were mothers in the 30 to 40-year age group, making up 49.3% (n=151) of the sample. A significant proportion of participants were housewives, accounting for 69% (n=212), and the majority had received primary education, with 60.3% (n=185) falling into this category. In terms of knowledge about oral liquid dosage forms (administration, storage, and disposal), the majority of study participants, 51.4% (n=158), demonstrated good knowledge. Additionally, most participants, 87.1% (n=267), obtained their medication from a hospital, while a smaller percentage, 8.7% (n=27), acquired it from a pharmacy. When it came to the disposal of unused medicines, 38.6% (n=118) disposed of them in the garbage, and 34.7% (n=106) disposed of them in the toilet. the participants' educational qualifications (p=0.001) and occupation (p=0.017) were found to have a significant relationship with their knowledge of oral liquid dosage forms, underscoring the influence of these factors on their understanding of this critical aspect of healthcare.

**Conclusion**: This study found that caregivers had good knowledge of oral liquid dosage forms and that the majority of them had good practice with paediatric drug usage. Caregivers must be aware of their knowledge limitations and the possibility of incorrect administration practices.

***Keywords:*** *Paediatric, Dosage, Oral, Administration, Liquid*

**PP 128**

**Social Support of Parents of Children with Congenital Heart Disease**

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**Background:** Children with Congenital heart disease (CHD) requiring proper medical treatment, regular screening and special care for their survival as these reduce complications and facilitate the success of medically planned surgery. Appropriate availability of social support is essential for parents to provide better care for these vulnerable children.

**Objective**: To explore the social support of parents of children with CHD in Sri Lanka.

**Methods:** The sample consisted of 88 parents of children aged 1 to 5 years old with a cyanotic CHD. Data were collected at the cardiology and cardiothoracic clinics of two teaching hospitals in Sri Lanka. A pre-tested, self - administered, questionnaire was given for the participants. Research instrument consists of demographic data and questionnaires on social support. The Social Support Questionnaire was developed, based on House’s concept of social support and related literature and it has four dimensions; Emotional support, Appraisal support, Information support, and Instrumental Support. Data was descriptively analyzed.

**Results:** The results show that the majority of participants (95.45%) were mothers with age ranging from 18 to 50. It shows that they received high level of Emotional support (x̄ = 12.5, SD = 3.19), Appraisal support (x̄ = 6.02, SD= 1.88), Instrumental support (x̄ = 5.65, SD= 1.94) and Moderate level of Informational Support (x̄ = 5.14, SD = 2.43). It reveals 68.4% (n= 57) of them received information regarding disease conditions and 63.6% (n= 56) of them received information regarding medicine, diet and dental care from health professionals. Majority (77.3%) mention they received emotional support from their spouse while 48.9% state that other family members comfort them.

**Conclusion:** The resultsof this study discovered the majority of parents received a high level of support. However, information support was at a moderate level. This primary data will serve for health care professionals in Sri Lanka to plan and assist to provide supportive care for this vulnerable group of people to improve their quality of life.

***Keywords*:** *Social Support, Congenital Heart Disease, Parents, Children, Cardiology*

**PP 129**

**Biofilm formation and antibiogram of gram-positive cocci from clinical isolates**

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**Background:** Gram-positive bacteria are related to aggregates called biofilms surrounded by a matrix. The primary factor of antimicrobial resistance during infections is biofilms. Bacterial populations arranged and attached to a surface, known as biofilms, are encased in an extracellular polymeric material matrix that the bacteria create on their own.

**Objectives:** To assess biofilm formation and antibiotic sensitivity in gram-positive cocci from clinical isolates received from University of Sabaragamuwa, Sri Lanka.

**Methods:** We carried out this study to compare the antimicrobial resistance of gram-positive bacteria that produce biofilms since biofilms are highly resistant to antimicrobial treatments. The clinical sample was collected and identified by gram staining and coagulase tests. The sample was identified as Streptococcus spp. (sample 6 and 7), Staphylococcus spp. (sample 8 and 4), and Enterococcus spp. (sample 1,2,3,5 and 9). These isolates were tested for Biofilm formation by adherence assay. The isolated were tested for their antimicrobial activities by using antibiotics such as Levofloxacin (LVX), Nitrofurantoin (F/M), Erythromycin (E), Ampicillin (AM), Penicillin (P), Gentamicin (GM), Ciprofloxacin (CIP), Cefotaxime (CTX), Ceftriaxone (CRO), Chloramphenicol (C), Clindamycin (CC), Doxycycline (D), and Cefoxitin (FOX).

**Results:** All isolates were biofilm formers, and biofilm formation was positive. Antibiotic resistance is evident in *Streptococcus spp.* isolates (6,7), with a resistance profile that varies based on the presence of inhibition zones. Sample 6 showed resistance to E, AM, and P, whereas sample 7 showed strong biofilm formation and resistance to CTX, CRO, E, AM, and P antibiotics, except C. *Staphylococcus spp.* (8,4) isolates 8 and 4 exhibited distinct antibiotic resistance, resistance to E, CC, GM, AM, CIP, and P, but showed susceptibility to D, FM, C, and FOX. Samples 1 and 2 of *Enterococcus spp.* (1,2,3,5,9) were tested for antibiotic resistance. Samples 1 and 2 were weak biofilm-formers, exhibiting resistance to LVX, E, AM, P, GM, and CIP. However, they displayed a substantial inhibition zone upon exposure to nitrofurantoin. Samples 3, 9, and 5 showed comprehensive resistance to all antibiotics.

**Conclusions:** The samples exhibited distinct and substantial antibiotic resistance profiles, reflecting their unique microbial characteristics and resilience to various antibiotics. Therefore, this study showed that biofilm formation is one of the main reasons for antimicrobial resistance.

***Keywords:*** *Gram-positive Bacteria, Biofilm Formation, Antimicrobial, Clinical Isolates*

**PP 130**

**Level of Application of Civic Literacy by Secondary Learners in Sri Lanka**

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**Introduction:** In the 21st century, literacy is a mandatory requirement for young people due to its complexity. Many frameworks of global education suggest incorporating various skills into education systems to prepare young people for future challenges. The academic excellence and technological competency of the century are devalued over the level of civic literacy demanded by the heated global conflicts. Trust in leadership, prominent government institutions, and other forms of civic engagement is diminishing. This study aims to identify the degree of understanding and application of Civic Literacy among secondary-level students in Sri Lanka.

**Methods:** Quantitative methodology with a cross-sectional survey was used to collect data to achieve these objectives**.** The study population for the survey included a convenience sample of 64 senior secondary (Advanced Level) students in Western Province, and SPSS version 27 was used to analyse the data.

**Results:** Global awareness is a component of civic literacy; however, 61.9% of the sample never read a daily newspaper or sought information on civic-literacy-related local or international issues. Only 35 of the 64 sample members gave Sri Lanka the correct name. The three primary pillars of the nation's political system were known to 26.7% of the sample. While most people agreed that a good citizen should always work hard and respect the law, many others said that active participation in democratic political activities was not vital. Out of the sample, only three desired to cast a ballot for each election.

**Conclusion:** Civic Literacy is the initial knowledge and skills needed to understand civic life, comprehend and analyse issues with effective communication strategies, and participate in the democratic decision-making process of the government. Social insecurity has obstructed the knowledge compulsorily disseminated to the youth from the adults, and the formation of suitable circumstances for young people to find their place in life has declined due to the influence of technologically transformed leisure and the political dysfunction of actively differentiated media. The results revealed a lack of interest in civic participation by the young population, and the same would deviate from democratic practices and good citizenship.

***Keywords:*** *Civic Literacy, Secondary Learners, Sri Lanka, Good Citizens, Global Awareness*

**PP 131**

**Impact of COVID-19 on Health Behaviour and Stress among Parents with Children under 10 years**

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**Background:** The COVID-19 pandemic has disrupted millions of individuals causing major changes to their livelihood, health behaviours, and physical and mental well-being. Despite the fact that all demographic groups are affected, parents, particularly those with young children, find it incredibly difficult to balance their professional and family obligations while remaining virus-free.

**Objective:** The general objective of this study was to describe the changes in mental health during COVID-19 in parents with children under 10 years old in the Wennappuwa divisional secretariat area, Puttalam district, Sri Lanka.

**Methods:** This study adopted a descriptive cross-sectional approach to gather data. Data collection was facilitated through a Google form distributed via social media and email channels. A total of 206 individuals actively participated by responding to the Google form. The survey encompassed inquiries about demographic information, alterations in dietary habits, physical activity, sleep routines, and screen time patterns, all in the context of the COVID-19 pandemic. Data analysis was carried out using SPSS version 25

**Results:** Out of the total participants, 64.4% (n=133) were females, while 35.6% (n=73) were males. More than half of the total participants, specifically 85.9% (n=177), reported that their eating and meal routines have changed since the onset of the COVID-19 pandemic. The most commonly reported change was an increase in the consumption of food, as noted by 68.4% (n=141) of the participants. Furthermore, 81.1% (n=167) reported an increase in screen time, and 78.6% (n=162) reported spending more time sitting. These statistics highlight the significant impact of the pandemic on various aspects of participants' daily lives, including their dietary habits and sedentary behaviour

**Conclusion:** Majority of the participants stated that their stress levels were average 5 out of 10 and they received maximum social support with fewer concerns in paying mortgage, rent, and bills and buying food. While some unhealthful behaviours appeared to have been exacerbated, other more healthful behaviours also emerged since COVID-19. Research is needed to determine the longer-term impact of the pandemic on behaviours and to identify effective strategies to support families in the post-COVID-19 context.

***Keywords:*** *COVID-19, Impact, Health Behavior, Parents, Survey*

**PP 132**

**Knowledge of Non-Communicable Diseases (NCDS) and implementation of healthy lifestyle behaviors among Advanced Level students from the Colombo District in Sri Lanka**

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**Background:** Non-communicable diseases (NCDs) have surpassed communicable diseases as the leading cause of death in Sri Lanka. Though a plethora of information on understanding NCD among schoolchildren has been published in several other countries, information on this context in Sri Lanka is lacking.

**Objectives:** To assess the knowledge of NCDs and the implementation of healthy lifestyle behaviours among Advanced Level (A/L) students from the Colombo district in Sri Lanka.

**Methods:** A descriptive cross-sectional study was conducted among A/L students (n=105; age 17±1 year) in the Colombo district, using a self-administered questionnaire.

**Results:** Among the participants, 17.2% (n=18) were not aware that NCDs cannot spread between people. Nearly 82.8% (n=87) were aware that a sedentary lifestyle is a major risk factor for NCDs. A significant percentage of 20.9% (n=20), did not know or had given the incorrect answer regarding the time duration that a person should spend on exercise per day. Almost one-third (33.3%) of the students were unaware of their body mass index (BMI), and 45.73% (n=48) were not aware of how to measure BMI. Of the participants, childhood obesity or malnutrition were not understood as risk factors for NCDs by 24.7% (n=25), and 29.5% (n=31) did not know that maternal malnutrition could potentially lead to NCDs in children. Around 10.5% (n=11) were unaware that mental stress was a major risk for NCDs. About 90% (n=95) and 87.6% (n=92) of the students were aware that smoking and alcohol consumption cause NCDs, respectively.

**Conclusion:** The current study population had an average understanding of NCDs. The students were unaware of the significance of daily exercise, weight loss, and alcohol consumption. Thus, the lack of knowledge about healthy and unhealthy behaviours emphasises the importance of conducting regular monitoring for NCD risk factors and initiating NCD prevention programmes among adolescents.

***Keywords:*** *Adolescents, Knowledge, Non-Communicable Diseases, Risk Factors*

**PP 133**

**The Best Strategies for Treating Malnutrition in Children Within the Age Group of 5- 10 Years in North Central Province in Sri Lanka**

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**Background:** Malnutrition is a global issue involving energy and nutrient deficits, imbalances, or excesses in a person's diet. It can lead to stunted growth, vision disorders, diabetes, and heart disease. It affects billions of people globally, with some populations at a higher risk due to their habitat, lifestyle, and resources. Examples include stunting, wasting, underweight, and micronutrient deficiencies. Addressing malnutrition is crucial for preventing health problems and promoting overall well-being.

**Objective**: To identify the best strategies to overcome malnutrition conditions for children who are aged between 5 to 10 years.

**Methodology**: A descriptive, cross-sectional study was done. Convenience sampling method was used. The children within the age group of 5- 10 years in North Central Province were participated in the study. An interview administered, pre-tested questionnaires were given to the participants, online, via google forms. The data was analyzed using SPSS (V26) software. A descriptive analysis was carried out to analyze the data.

**Results:** A total of 100 (n = 100) participants took part in the study. The study predicts that a combination of strategies, including nutritional education programs for parents and caregivers, access to affordable and diverse food sources, and healthcare initiatives focusing on early detection and intervention, will contribute significantly to alleviating malnutrition in this region. The majority of 39% (n=39) feel very hard to work in current scenarios, a high amount of them 37% (n=37) sometimes feel hard to work in situations, and another 3%, they feel tired in current situations.

**Conclusion:** According to this study, the proposed approach to combat malnutrition in children aged 5-10 involves nutritional education, improved food access, and enhanced healthcare, with the hope of enhancing their health and well-being. Comprehensive efforts are expected to reduce malnutrition rates in children, improving overall health and well-being. Increased parental knowledge and access to diverse, affordable food options will promote better nutrition, promoting growth and development.

***Keywords:*** *Malnutrition, Children, Nutrient Deficits, North Central Province, Sri Lanka*

**PP 134**

**Assessing knowledge on identifying, preventing and managing delirium among nurses in Sri Lanka**

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**Background**: Delirium is defined as an acute decline in cognitive functioning that is common in hospitalised older patients and is known to increase the risk of morbidity and mortality. It is a severe acute neuropsychiatric syndrome that is a common state of confusion associated with significant dysfunction and pain.

**Objectives:** The main objective of this research was to assess the level of knowledge on identifying, preventing, and managing delirium among nurses in the Colombo District, and to assess the contribution of working experience on the level of knowledge regarding delirium.

**Methods**: This study utilised a descriptive cross-sectional research method with 250 nurses in Colombo District. A simple questionnaire was used to determine the knowledge, prevention, and management of delirium.

**Results:**56% of the participants’ ages ranged from 18 to 29 years and 62% were female. Most participants (70%) had completed a diploma or graduate degree. The working experience of the study sample varied from 2 to 10 years from different wards (cardiac, medical, GOT, labour room, oncology ward, and placement students). The first part of the questionnaire aimed to evaluate knowledge regarding delirium identification. The second part focuses on risk factors and the third part focuses on managing delirium. From the study sample, 71.42%, 75%, and 57.14% of the participants had knowledge of delirium. The study showed that 60% of the participants had some idea about delirium and the other 40% of the study group showed less knowledge regarding delirium.

**Conclusion**: It is imperative that nurses attend to delirium prior to its progression to more intricate psychiatric disorders. The information gathered in this research highlights the existence of significant knowledge gaps that must be addressed to achieve a more comprehensive approach to care.

***Keywords****: Delirium, Cognitive Functioning, Neuropsychiatric, Patients*

**PP 135**

**The impact of covid-19 on the personal and professional lives of nurses in a leading private educational institute in Sri Lanka**

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**Background:** Coronavirus disease (COVID-19) is a global pandemic that affects individuals worldwide. Generally, people in Sri Lanka and worldwide were initially isolated for more than 6 months. Many have lost their jobs, and people had to start work from home, while frontline essential services were worked with the risk physically from the beginning. Nurses and healthcare professionals were frontline workers who saved lives in a life-threatening situation when facing an unknown disease. This study aimed to assess how stress caused by COVID-19 affects nurses' personal and professional lives.

**Objective:** The impact of COVID-19 on nurses’ personal and professional life in a leading private educational institute in Sri Lanka.

**Methods:** A Quantitative, Descriptive, and cross-sectional study was conducted on the study population. The study population will include male and female nurses studying for a bachelor’s degree in nursing at the International Institute of Health Sciences, Welisara. A minimum sample of 278 nurses was included in the study.

**Results:** The research was conducted and only 100 responses were recorded. Of the respondents, all (n=100) were female. Of them, 66.7% (n=66) were married. Of them, 55.6% (n=55) had children. 82% (n=82) had completed their education at the diploma level. 19.4%(n=19) did their jobs in medical wards while 15.3%(n=15) of them worked in surgical wards. Most participants (15.3%) (n=15) worked in medical wards during the pandemic. A total of 59.7% (n=59) mentioned that they experienced psychological distress during the pandemic. As the reason for the distress, 61.4%(n=61) mentioned an increased workload, and 15.5% (n=15) mentioned a lack of PPE kits. A total of 81.9% (n=81) responded that they had not met friends or attended gatherings during the pandemic period. 40% (n=40) of the participants were upset because of the unexpected occurrence of the pandemic. 30% (n=30) mentioned that they were unable to control the important events in their lives.

**Conclusion:** From the results, we concluded that the impact of the COVID-19 pandemic affected nurses’ personal and professional lives, and that the effects of the pandemic affected them psychologically.

***Keywords:*** *COVID-19, Professionals, Healthcare, Frontline, Pandemic*

**PP 136**

**A study on the level of public speaking anxiety and related factors among undergraduate students in Gampaha district, Sri Lanka**

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**Background:** Public speaking anxiety is a common phenomenon that affects numerous individuals, leading to avoidance behaviors and adverse consequences in personal and professional life. This study investigates the factors contributing to public speaking anxiety among undergraduate students and explores strategies for alleviating these anxieties.

**Objectives:** The general objective of this research is to identify the level of public speaking anxiety and the influencing factors among college students. The study aims to understand the causes of public speaking fears and the subsequent issues arising from these fears and to propose effective strategies to mitigate these anxieties.

**Methods:** A qualitative research design was employed for this study, facilitating an in-depth exploration of participants' experiences and feelings. Twelve participants were individually interviewed using a question guide. Ethical standards were maintained to ensure participant confidentiality and consent.

**Results:** The research revealed that public speaking anxiety among college students is influenced by various factors, including the fear of judgment, lack of confidence, and past negative experiences. Through interviews and questionnaires, participants shared their apprehensions and concerns regarding public speaking. The data analysis highlighted common themes, providing insight into the multifaceted nature of public speaking anxiety.

**Conclusion:** Understanding the factors contributing to public speaking anxiety is essential for developing targeted interventions. By acknowledging these concerns, educational institutions and professionals can implement tailored strategies to enhance students' communication skills. The study emphasizes the importance of recognizing individual fears, employing supportive techniques, and fostering a conducive environment to build students' confidence in public speaking situations.

***Keywords:*** *Public Speaking Anxiety, Communication Skills, Undergraduate Students*

**PP 137**

**The relationship between clinical placement satisfaction and future career intentions of Nursing students**

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**Introduction:** Clinical placements are a fundamental component of nursing education, providing students with practical experience and exposure to real healthcare settings. The level of satisfaction during clinical placements may influence nursing students' career intentions and their commitment to pursuing a nursing profession.

Objective: To evaluating the relationship between clinical placement satisfaction and future career intentions of nursing students

**Methods:** A descriptive cross-sectional study was conducted using convenience sampling to select participants from various private universities in the Western Province of Sri Lanka. Data collection was carried out using a pretested self-administered questionnaire, which encompassed factors influencing students' perceptions of the nursing profession, their career motivations, and the effects of clinical exposure on adaptability and readiness for patient care. The data were collected via an online platform. Data analysis was performed using SPSS version 26, and statistical significance was determined with a cut-off p-value of P<0.05 and a 95% confidence interval

**Results:** For a total of 63 nursing students, clinical exposure significantly influenced career adaptability, with 60% (n=38) having a positive view, 20.6% (n=13) having a moderate outlook, and an additional 20.6% (n=13) experiencing a negative impact. Notably, 47.6% (n=30) showed increased interest in specific nursing specialties due to clinical exposure, with 23.8% (n=15) favouring Mental Health. Diverse clinical experiences were seen as highly important by 38.1% (n=24) and very important by 31.7% (n=20) for their nursing education. Additionally, 69.8% (n=44) reported an improvement in their evidence-based practice competencies. Furthermore, our study found a significant positive correlation (r=0.72, p<0.001) between clinical placement satisfaction and future career intentions.

**Conclusion:** These results highlight the pivotal role of positive clinical experiences in shaping students' career intentions, emphasizing the need for tailored strategies to enhance nursing education and boost student confidence in their chosen career paths. This research contributes to a better understanding of how the satisfaction experienced during clinical placements can significantly influence the future career intentions of nursing students. The results emphasize the need for nursing education programs to focus on providing positive clinical experiences to inspire and retain dedicated nursing professionals, ultimately benefiting the nursing workforce and healthcare sector.

***Keywords:*** *Nursing Students, Clinical Exposure, Career Intentions*

**PP 138**

**The relationship between study habits and academic performance among Nursing students at International Institute of Health Sciences (IIHS)**

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**Background:** The present study investigates the complex interplay between study habits, academic performance, and patient care outcomes among nursing students. Challenges faced within the clinical environment and their impact on students' self-confidence and learning experiences are examined. Additionally, the study explores the influence of knowledge and competence levels among nursing professionals on patient care outcomes.

**Objectives:** The assess the relationship between study habits and academic performance among Nursing students at International Institute of Health Sciences (IIHS).

**Methods:** A descriptive cross-sectional study was conducted in the Western Province of Sri Lanka. Participants were selected through convenience sampling from the International Institute of Health Sciences (IIHS). Data collection was facilitated by a pretested self-administered questionnaire. The data were collected online, and statistical analysis was performed using SPSS version 26, with a significance level set at a cut-off p-value of P<0.05 and a 95% confidence interval.

**Results:** In the examination of 54 nursing students, the relationship between study habits, academic performance, and patient care outcomes was investigated. Study habits yielded diverse responses, with 72.2% (N = 39) moderately agreeing to the pursuit of additional study resources, while 27.8% (N = 15) disagreed. Concerning academic performance, a significant 59.3% (N = 32) believed that their academic knowledge positively contributed to patient care outcomes, with 13.0% (N = 7) expressing disagreement. In terms of patient care outcomes, 83.3% (N = 45) concurred on the improvement of skills during their nursing program, whereas 16.7% (N = 9) held a contrary view. The majority of participants were actively enrolled in nursing programs (74.1%, N = 40), predominantly female (83.3%, N = 45), and employed in healthcare settings (59.3%, N = 32). Study habits exhibited variability, with 77.8% (N = 42) seeking supplementary study resources and 44.4% (N = 24) participating in study groups. Academic performance and patient care outcomes portrayed diverse experiences, and strategies to bridge the academic-practice gap received positive feedback, thereby enhancing students' preparedness for clinical experiences. Prior healthcare experience led to different levels of familiarity with the specific challenges of the nursing profession, with 48.1% (N = 26) indicating a "very familiar" understanding.

**Conclusion:** This study underscores the pivotal connection between study habits and academic performance in nursing students. Emphasizing the need for effective study methods and integrating evidence-based teaching strategies in both classroom and clinical settings, it also highlights the potential benefits of transferring these strategies to enhance student engagement and achievements.

***Keywords:*** *Study Habits, Academic Performance, IIHS*

**PP 139**

**Perception of virtual reality technology for nursing practical education among nursing students at in International Institute of Health Sciences, Sri Lanka**

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**Introduction:** This study delves into the perceptions of nursing students regarding the integration of virtual reality technology in their practical nursing education. It aims to explore the factors influencing students' attitudes and experiences, assess the impact of virtual reality technology on their learning and skills development, and identify potential barriers in its adoption.

**Objective:** The objective of this study is to assess the perception of virtual reality technology in nursing practical education among nursing students at the International Institute of Health Sciences, Sri Lanka

**Methods:** A descriptive cross-sectional study was undertaken in the Western Province of Sri Lanka, employing convenience sampling to select participants from several private universities. Data collection involved the use of a pretested self-administered questionnaire. The data were gathered through an online platform, and the analysis was conducted using SPSS version 26, with statistical significance determined by a cut-off p-value of P<0.05 and a 95% confidence interval.

**Results:** Based on the responses of 65 participants, this study provides insights into the perceptions of virtual reality (VR) technology in nursing education. Among the respondents, 69.2% (N=45) held positive perceptions of VR, while 15.4% (N=10) had negative views, and another 15.4% (N=10) maintained a more moderate stance. Notably, 50% (N=32) strongly agreed with the potential of VR to enhance nursing education. Additionally, 53.85% (N=35) believed VR simulations could significantly enhance their learning experience and 61.54% (N=40) rated VR content quality as high (Section 3). Furthermore, 46.15% (N=30) had access to VR technology, and 69.23% (N=45) found VR simulations to be more engaging. However, cost was a significant concern for 53.85% (N=35), and 38.46% (N=25) expressed worries about potential technical glitches. These findings emphasize the need to address these barriers and optimize the integration of VR in nursing education.

**Conclusion:** This research explores nursing students' perceptions of integrating virtual reality into their education, comparing it to traditional clinical training. It assesses satisfaction and engagement levels, offering insights and recommendations while advancing knowledge about virtual reality in nursing education.

***Keywords:*** *Virtual Reality, Nursing Education, Student Perception, Learning Experience*

**PP 140**

**The Impact of Academic Workload and Time Management on Stress Levels Among First-Year University Students at A Private Institute in Sri Lanka**

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**Introduction:** The transition from high school to university can be challenging for first-year students, who face not only academic demands but also the need to learn effective time management skills. This study aims to investigate the impact of academic workload and time management on stress levels among first-year university students at a private institute.

**Objective:** To examine how academic workload and time management influence stress levels among first-year students.

**Methods:** A cross-sectional study design will be employed at a private institute, involving 217 first-year students. A self-administered questionnaire with Likert scales will assess academic workload, time management, and stress levels. Pretesting will ensure questionnaire clarity. Data will be analysed using SPSS, employing descriptive statistics.

**Results:** The study will provide insights into the relationships between academic workload, time management, and stress levels among first-year students at a private institute.

**Conclusion:** Understanding how academic workload and time management impact stress in first-year university students is crucial for promoting their well-being and academic success. The findings may inform interventions and support services to enhance students' time management skills and workload management.

***Keywords:*** *Academic Workload, Time Management, Stress Levels, First-year Students, Private institute*

**PP 141**

**Cleaning Service Staff's Knowledge, Attitudes, and Practises in a Government Hospital: A Study Conducted at a Tertiary Care Hospital in Sri Lanka.**

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**Background:** Improve cleaning can reduce Nosocomial infections from any hospital.

**Objective:** To evaluate the knowledge regarding infection control and their practices after successful

training programs.

**Methods:** Cross sectional study design was used. A pretested questionnaire used to collect data in a interview basis. Randomly selected 80 cleaning service staff working in clinical areas at DGH Ampara were evaluated. Data analysis done by using Microsoft excel software. Study permission taken from the hospital authority.

**Results:** Most of the participants were female (80%). 50% of them were within 41-50 years’ age group 25% of them were below 40 years and others were more than 51 years. Only 25% of them passed GCE ordinary level while 57.5% were studied up to grade 6-11 and 17.5% had educated up to less than grade 5 in school. 56.25% of the population identified hand hygiene as important for prevention of infection transmission. Moreover, 67.5% of them identified that, infection transmission to home from hospital can be reduced by proper hand washing. However, most of them (68.75%) not identified the importance of using gloves and masks during their work.

The general level of knowledge of safety practices following prick injuries was 82.5%. Two-thirds of the participants (67.8%) identified importance of immunization injection to prevent infections. Notably, 86.5% of the participants recognized that safety practices are important during work where 93.75% identifies sharp bins for sharp waste.

**Conclusion:** Cleaning service demonstrated satisfactory knowledge about infection control and practices. However, there education level needs to be evaluated for necessary competencies to practice safe patient care.

***Keywords:*** *Cleaning, Hospital, Infection Control, Knowledge Evaluation, Nosocomial Infections*

**DESCRIPTIVE ABSTRACTS**

**PP 142**

**Knowledge and practice about dental and oral health among students in private universities in Gampaha district, Sri Lanka**

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The oral health and hygiene of students attending private universities in the Gampaha District of Sri Lanka is a subject of significant importance, with potential implications for their overall health and well-being. This study is designed to evaluate the levels of knowledge and the extent to which recommended dental and oral health practices are put into action by these students. A structured questionnaire was utilized to collect data from a representative and stratified sample of students. This questionnaire covered a wide range of aspects related to oral health, encompassing awareness, dental care practices, understanding of preventive measures, and the utilization of oral health services. The study's findings provide valuable insights into the students' awareness of oral health issues and their compliance with recommended oral health practices. The results reveal variations in knowledge levels and the degree to which oral health practices are followed, pinpointing areas where further education and awareness campaigns may be needed. In conclusion, this research underscores the importance of promoting preventive oral health measures and cultivating a culture of regular dental check-ups among university students. It emphasizes the need for targeted educational interventions, improved access to dental services, and an increased focus on oral health within the university community to ensure the well-being and future health of the student population in the Gampaha District of Sri Lanka.

***Keywords:*** *University Students, Oral Health, Gampaha District, Sri Lanka, Awareness*

**PP 143**

**Nurses’ Knowledge, Attitudes and Practices regarding measures utilized Prevention of Nosocomial Infections in Teaching Hospital Kurunegala, Sri Lanka**

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Hospital acquired infections are a major health problem throughout the world including Sri Lanka. Nosocomial Infections (NIs) / health care-associated infection (HAI) can be prevented by keeping hand hygiene, maintaining a safe, clean hygienic hospital environment, screening and categorizing patients into cohorts conducting public health surveillance, Antibiotic stewardship and following patient safety guidelines. Nurses are involved in more contact with patients than other healthcare workers (HCWs). To assess the nurses’ knowledge, attitudes and practices regarding measures utilized for prevention of Health care-associated Infections of Teaching Hospital Kurunegala, Sri Lanka. Non-probability convenience sampling technique was used with a standardized validated, pre-designed, pre-tested and self-administered, short form 25 questionnaire to determine demographic information, attitudes, knowledge and practices of nurses. Excel software was used to analyse collected data. The study is expected to reveal critical insights into nurses' awareness and adherence to HAI prevention methods. Understanding gaps in knowledge and variations in practices among nurses can offer valuable guidance for targeted interventions and educational initiatives. Assessing nurses' knowledge, attitudes, and practices regarding HAI prevention is foundational for improving patient safety. The findings of this study provide a basis for developing tailored training programs and awareness campaigns. By enhancing nurses' understanding and compliance with HAI prevention protocols, hospitals can significantly mitigate the risk of nosocomial infections, ensuring safer healthcare environments for both patients and healthcare workers.

***Keywords:*** *Nosocomial Infections (NIs), Knowledge, Attitudes, Practices, Nurses, Health Care-Associated Infection (HAI)*

**PP 144**

**Quantitative study to assess the knowledge and practices on postpartum care among women attending maternity clinics in Colombo districts, Sri Lanka**

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Post-partum care focuses on health issues for mothers and babies from birth until six weeks old. Immediate attention is needed for both after birth to ensure optimal health. The postpartum period is crucial for short-term, long-term, and chronic health issues, but is often overlooked due to various physical, mental, social, cultural, and economic factors. The study aims to evaluate women's knowledge and practices regarding postpartum care to reduce the mortality rate of mothers and infants, and identify factors associated with healthy habits for mothers and babies, including identifying danger signs, sexual activity, hygiene, cord care, temperature regulation, and breastfeeding. A quantitative, descriptive, cross-sectional study will be conducted in hospitals for data collection. The study sample will be selected through convenience sampling and the Likert scale, a closed-ended, forced-choice scale with answers ranging from one extreme to the other, will be used. Data collection will begin with approval and authorization from the directors of selected maternal clinics. Data analysis will be done using SPSS-25, which analyses data for descriptive statistics, numerical outcome prediction, and group identification. The study expects low knowledge and practices on postpartum care among younger mothers and those with lower levels of education and socio-economic backgrounds. There will be a significant gap in postpartum care knowledge and practices based on marital status, residential areas, occupation, and religion, due to cultural and family practices.

# PP 145

# The Impact of Advancements and Transformation in Public Health on Cardiovascular Well-being

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Cardiovascular diseases (CVDs) are the leading cause of global deaths, causing 17.9 million fatalities each year, predominantly due to heart attacks and strokes, often prematurely before age 70. To address this, ongoing innovation and changes in public health strategies are crucial, profoundly affecting cardiovascular health. The aim of this research was to evaluate the influence of public health innovation on the cardiovascular system, highlighting trends, obstacles, and enhancement prospects. A comprehensive literature review was carried out to assess innovations in public health and their influence on cardiovascular health. PubMed, Embase, and the World Health Organization (WHO) database were systematically searched for primary research articles published from 2017 to 2023. In the context of public health, the situation in Saudi Arabia as shown by Alhejely et al. (2023), underscored the immediate need for comprehensive lifestyle modifications and robust public health campaigns. Furthermore, with the insights provided by Boateng et al. (2017) in sub-Saharan Africa, effective public health interventions must prioritize health promotion and awareness campaigns, aimed at enhancing understanding and CVD within the population. In addition, as suggested by Porter et al. (2022) collaborative efforts between public health agencies, healthcare providers, and community stakeholders can contribute significantly to public health by ensuring that food offerings are more aligned with health objectives. As highlighted by Stephens et al. (2021), in Australia it is essential to promote healthier and more sustainable practices across different industries, thereby contributing to overall public well-being.Advancements and innovations in public health have demonstrated the potential in enhancing cardiovascular health results. Yet, it is paramount to confront hurdles and guarantee fair accessibility to these innovations for sustainable success. This study emphasized the ongoing necessity for innovation and cooperative efforts in public health to diminish the worldwide impact of cardiovascular diseases.

***Keywords:*** *Cardiovascular Health, Disparities, Public Health, Policy, Innovation*

**PP 146**

**Measuring patient satisfaction with healthcare services and understanding how it relates to perceived quality of care and patient outcomes**

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Patient satisfaction with healthcare services is a complex measure that takes into account a variety of aspects, such as the patient's experience with the healthcare system, the quality of care received, and the patient's expectations. Patient satisfaction is significant because it is linked to better treatment adherence, enhanced loyalty to the healthcare provider, and improved patient-provider communication. Patient satisfaction is heavily influenced by perceived quality of care. Exploration and comprehension of the relationship between patient satisfaction with healthcare services and its relationship to perceived quality of care and patient outcomes. There are numerous methods for measuring patient satisfaction. Patient surveys are a typical method. Surveys can be used to assess patient satisfaction with a range of characteristics of healthcare services, including care quality, timeliness, and accessibility. According to research, patient satisfaction is positively associated with perceived quality of care. This indicates that patients who have been satisfied with their healthcare services are more likely to believe they received high-quality care. Patient satisfaction is also linked to improved patient outcomes. According to studies, individuals who are satisfied with their healthcare services are more likely to keep their blood pressure and cholesterol levels under control, as well as to stick to treatment plans. This study will employ a mixed-methods approach. A patient survey will be used to acquire quantitative data. A sample of patients who have received care from two private healthcare providers will be surveyed. The survey will measure patient satisfaction with different aspects of healthcare services, such as the quality of care, the timeliness of care, and the accessibility of care. This research is expected to produce a better understanding of the key factors that influence patient satisfaction with healthcare services, a better understanding of how patient satisfaction relates to perceived quality of care and patient outcomes and recommendations for how healthcare providers can improve patient satisfaction with healthcare services.

***Keywords:*** *Patient Outcomes, Patient Satisfaction, Quality of Care, Treatment Adherence*

**PP 147**

**A study on satisfaction and perceptions regarding the quality of service in antenatal clinic among pregnant women in Teldeniya base hospital in Kandy, Sri Lanka, 2023**

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ANC stands for Antenatal Care. It refers to the medical and healthcare services provided to pregnant women before childbirth. ANC plays a vital role in ensuring the health and well-being of both pregnant women and their developing fetuses. However, numerous challenges impede access to and the quality of ANC services. These challenges include limited availability and accessibility and the impact of the COVID-19 pandemic. The primary objective of this study is to assess customer satisfaction with ANC services at Teldeniya Base Hospital in Sri Lanka and its impact on healthcare delivery. An descriptive cross sectional study was conducted in Teldeniya base hospital in Kandy. The study is mainly based on primary and secondary data. The collection of primary data was carried out using 179 patients. A questionnaire has been used to collect data from people. This questionnaire was developed to identify the personal experiences and attitudes towards satisfaction and perception regarding the service quality of the antenatal clinic at Teldeniya Hospital. Findings suggested the majority of the women were pleased with the quality of prenatal care they received and indicated they would suggest friends to the hospital. Furthermore, participants showed a readiness to deliver at the same facility in the future. It was discovered, however, that eagerness to utilize the services did not always match to the degree of satisfaction. The study's findings promise to improve the quality of ANC services and overall maternal and child healthcare in Sri Lanka. By addressing challenges in ANC access and delivery, the research seeks to support sustainable development goals and inform policy enhancements. Ultimately, it strives to ensure comprehensive and high-quality care for pregnant women, thereby positively impacting the health and well-being of mothers and infants in Sri Lanka.

***Keywords:*** *Antenatal Care, Sri Lanka, Customer Satisfaction*

**PP 148**

**Knowledge, Attitude, And Practice Regarding Surgical Site Infection Among Nurses in Gynecology Wards at Castle Street Hospital for Women- Sri Lanka**

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One of the most widespread healthcare-associated infections that significantly affects patient safety is surgical site infection (SSI). The ability to identify and control infectious diseases depends critically on nurses' knowledge, attitude, and behaviors. It is crucial that nurses have a solid foundation in the theory, research, and application of SSI prevention in order to deliver high-quality care. The purpose of this study is to evaluate nurses' knowledge, attitude, and practice regarding the prevention of Surgical Site Infection and to establish any correlations between the three factors. 120 nurses will be surveyed using a validated questionnaire and a convenient sampling strategy. This data will be analysed by using SPSS's descriptive statistics and correlation test. It would determine the work experience, education level of majority of participants. The results of this study would have limited understanding on how to prevent surgical site infections, highlighting the critical need for education and awareness campaigns in this area. Worldwide, surgical site infections represent a significant financial and clinical burden on healthcare providers and their patients. There is no substitute for the expertise and experience of nurses when it comes to providing care to patients. The findings of this study would suggest that staff nurses should have a solid foundation in the topic of preventing infections at surgical sites. Participants' prior work experience, can inform nurses' expertise. Staff nurses need extensive experience, particularly in the surgical ward, to recognize the warning symptoms and potential problems of a surgical site infection.

***Keywords:*** *Surgical Site Infection (SSI), Knowledge, Attitude, Practice, Nurses, Prevention*

**PP 149**

**Awareness of osteoarthritis among housewives in Gramaniladari division, Halpita in Kesbewa electorate in Sri Lanka**

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Osteoarthritis can affect individuals in their 20s and 30s, often due to joint injury or repetitive stress, with more women over 50 experiencing it. This study aims to identify osteoarthritis awareness among housewives in Halpita Gramasewa division, Kesbewa electorate in Sri Lanka to prevent early disease progression and reduce existing joint damage. This study utilizes a descriptive and cross-sectional design to investigate the knowledge of housewives regarding Osteoarthritis in Halpita Gramaniladari divisions in Kesbewa electorate. 100 housewives are randomly selected from the selected Gramaniladari division from January to March 2023. Females are more likely to experience knee Osteoarthritis, mobility limitations, and hip and knee pain, making it crucial to target this sub-group. A self-administered questionnaire including 24 questions will be used to collect data and the questionnaire was translated into Sinhala due to the selection of only Sinhala respondents for the study. According to the study, out of 100 housewives, 22% of housewives are aware of Arthritis and the remaining 78% of housewives are not aware of Arthritis. Osteoarthritis is a prevalent, debilitating disease affecting millions worldwide, causing joint tissue degeneration, leading to pain, stiffness, and functional impairment. This research shows that the majority of tested housewives’ education level is only O/L and most of them are not aware of arthritis risk factors and complications. Therefore, it is crucial to educate people in rural areas about non-communicable diseases such as osteoarthritis by healthcare workers.

***Keywords:*** *Osteoarthritis, Progression, Crucial, Self-Administered, Non-Communicable Diseases*

**PP 150**

**Knowledge and practice among nurses in reducing late coming to the workplace at District General Hospital Vavuniya, Sri Lanka**

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Late arrivals of nursing officers at hospitals can disrupt patient care and affect hospital administration. The research is driven by the need to maintain a high standard of patient care, minimise the negative impact of late arrivals, and optimise hospital operations. This study addresses the issue of persistent late arrivals among nursing officers at District General Hospital Vavuniya, Sri Lanka. : A cross-sectional descriptive study design was employed and the population consisted of 200 qualified nursing officers with a sample size of 59 chosen through simple random sampling. Data was collected using a structured questionnaire covering demographics, knowledge, and practice related to punctuality. Data analysis was conducted using SPSS software. Firstly, it highlighted the demographic characteristics of the nursing staff, including age, marital status, qualification, and experience. Notably, the study identified a lack of research in the area of late arrivals among nursing officers. Additionally, it found that punctuality was deemed important by the majority of participants. However, some admitted to experiencing challenges related to late arrivals, such as marital status, distance from the workplace, and responsibilities at home. Late arrivals among nursing officers can have significant implications for patient care and hospital functioning. This research underscores the importance of addressing this issue and highlights the need for tailored strategies to promote punctuality among nursing staff. The findings indicate a knowledge gap in this area, suggesting the necessity for targeted educational interventions. Additionally, understanding the factors contributing to late arrivals, such as marital status and distance from the workplace, can inform the development of effective policies and support systems.

***Keywords****: Late Arrivals, Nursing Officers, Punctuality, Patient Care, Sri Lanka*

**PP 151**

**Psychosocial and Physical Effects on Vitiligo Patients Who Are Seeking Treatments from Vitiligo in Dr Mahaveer Mehta Medical Centre in Dubai**

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Vitiligo, considered as a chronic autoimmune disease that affects people of all skin types, with a notable impact on individuals with dark or brown skin. The impact of vitiligo extends beyond physical symptoms, affecting individuals psychologically and socially. Patients often experience discomfort and limitations in physical activities due to the visible white spots on their skin. Psychosocially, vitiligo can lead to stigmatisation and other psychological problems, especially in cultures less accepting of the condition. This can result in increased stress and a reduced quality of life for affected individuals. To assess psychiatric morbidity such as psychosocial and physical effects on the patients who are getting treatment for Vitiligo from Dr Mahaveer Mehta Medical Centre and compare with other patients who have other skin disorders. This research employs a descriptive cross-sectional study design. The study population includes 50 patients seeking treatment for vitiligo. Convenient sampling will be used to select participants. Data will be collected through a structured questionnaire divided into several parts, covering demographic factors, clinical characteristics of vitiligo, cognitive, social, and emotional effects of the skin condition, as well as physical effects like discomfort and limitation. Descriptive statistics such as means, percentages, and standard deviations will be used to summarise data. The association between variables will be assessed using chi-square tests. Anticipated results of the study will reveal a significant psychosocial impact on vitiligo patients seeking treatment at Dr Mahaveer Mehta Medical Centre in Dubai. It is expected that a substantial proportion of these patients will report experiencing psychosocial challenges, including depression, anxiety, embarrassment, and fear. The study’s comprehensive approach provides valuable insights into the impact of vitiligo beyond its physical manifestations. These findings can inform the development of mental health programs and support measures to improve the quality of life for vitiligo patients.

***Keywords:*** *Vitiligo, Psychosocial Effects, Quality of life, Dermatology, Dubai*

**PP 152**

**Knowledge, attitude, and practices towards infection control among health care professionals working in Ga Atoll Hospital**

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Healthcare-associated infections, which occur in patients during their hospital or healthcare facility stay but were not present upon admission, are a significant concern. Infection control is a vital discipline dedicated to preventing medical care-related infections. This study aimed to assess the knowledge, attitude, and practices related to infection control among healthcare professionals working at Ga. Atoll Hospital. The objective of this study was to evaluate the knowledge, attitude, and practices regarding infection control among healthcare professionals employed at Ga. Atoll Hospital. In this study, a cross-sectional and correlational design was employed, encompassing all medical professionals working at Ga. Atoll Hospital, including doctors, nurses, laboratory technicians, X-ray technicians, and public health workers. The study included a total of 60 healthcare professionals as the sample size, utilizing a census approach for data collection. Data was gathered using a quantitative and non-probability method through a questionnaire. The collected data was subjected to statistical analysis using IBM SPSS version 22, a statistical software program. The study was anticipated to reveal a correlation between healthcare professionals' knowledge, attitude, and practices concerning infection control at Ga Atoll Hospital. This correlation provides valuable insights into the interplay of these factors and can guide potential interventions to enhance infection control measures within the healthcare setting. This research assessed the knowledge, attitude, and practices related to infection control among healthcare professionals at Ga Atoll Hospital. The findings offer valuable insights into the level of awareness and practices related to infection control in the healthcare setting.

***Keywords:*** *Infection Control, Health Care, Hospital-Acquired Infection, Georgia, Knowledge*

**PP 153**

**Knowledge and attitudes about immunization among guardians under five years children in Yakkalamulla MOH area**

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Immunization is a critical public health intervention, saving millions of lives by preventing vaccine-preventable diseases. Achieving high immunization coverage depends on various factors, including the knowledge and attitudes of guardians, particularly those responsible for under-five children. This study aims to assess the knowledge and attitudes about immunization among guardians in the Yakkalamulla MOH area, Sri Lanka. A descriptive cross-sectional study was conducted, involving a sample of 100 guardians of under-five children who completed structured questionnaires. The study objectives encompass identifying both positive and negative attitudes toward immunization, evaluating the immunization status of children, raising awareness about immunization, and ultimately preventing infectious diseases. Preliminary findings reveal significant global concerns regarding immunization coverage, with a considerable number of children still missing out on essential vaccines. Despite the established effectiveness of vaccines, misconceptions, ignorance, and inadequate knowledge persist among guardians. Education, gender, religion, and occupation play influential roles in shaping attitudes toward immunization. To enhance vaccine utilization, efforts should not only focus on the provision of vaccination services but also address knowledge gaps and negative attitudes. Immunization is both cost-effective and life-saving. Addressing misconceptions and barriers is crucial for achieving high vaccination rates. Understanding the knowledge and attitudes of guardians in the Yakkalamulla MOH area and similar regions is essential for targeted public health initiatives. By identifying and addressing these factors, healthcare professionals and policymakers can develop strategies to promote immunization and protect children from vaccine-preventable diseases. This study contributes to global efforts to reach immunization targets and reduce childhood morbidity and mortality due to infectious diseases.

***Keywords:*** *Immunization, Attitudes, Education, Awareness*

**PP 154**

# Nutritional Status and Dietary Habits Among Adolescents in Western Province, Sri Lanka

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This research is on the nutritional status and dietary habits of adolescents in Sri Lanka's Western Province. Adolescence, a crucial phase in human development, is marked by rapid growth, psychological changes, and the establishment of lifelong health habits. Given Sri Lanka's substantial adolescent population, understanding their dietary patterns becomes pivotal for public health planning and interventions. The study specifically focuses on adolescents in the Western Province, where dietary choices are heavily influenced by urbanization and modern lifestyles. Despite commendable milestones in healthcare and nutrition, meeting the dietary needs of adolescents in this region remains a challenge. The research aims to uncover the intricate relationship between dietary habits, nutritional status, and cultural factors among these adolescents. The descriptive cross-sectional study will be carried out with the help of a pretested interview administrated questionnaire. Recognizing that nutrition-related issues can significantly impede the physical and cognitive development of adolescents, the study emphasizes the importance of addressing malnutrition as a major issue in Sri Lanka. It delves into various aspects, including food group consumption, adherence to dietary guidelines, malnutrition, and micronutrient deficiencies. The ultimate goal is to illuminate these dimensions, guiding interventions that promote healthier food choices and providing insightful information about the nutritional status of teenagers in the Western Province. This research expands the understanding of adolescent nutrition, offering evidence-based insights crucial for parents, lawmakers, and healthcare professionals. It advocates for specialized programs and regulations tailored to address the nutritional challenges specific to teenagers in this region, aiming to foster a healthier and more informed generation while aiding in the development of effective public health programs within the community.

***Keywords:*** *Nutritional Status, Dietary Habits, Adolescents*

**PP 155**

**Effects of educational programs on Takotsubo Cardiomyopathy among healthcare students**

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This research investigates the effects of educational programs on Takotsubo Cardiomyopathy among healthcare students. Takotsubo Cardiomyopathy, also known as "broken heart syndrome," is a temporary heart condition often triggered by emotional or physical stress. The study aims to assess the impact of specific educational interventions on healthcare students' knowledge, recognition, and management of this condition. The educational programs are designed to enhance students' understanding of Takotsubo Cardiomyopathy, focusing on its unique clinical presentation, diagnostic criteria, differential diagnoses, and appropriate treatment modalities. The research evaluates the efficacy of these programs in improving students' ability to identify and respond to Takotsubo Cardiomyopathy cases within clinical settings. By measuring the students' knowledge acquisition, confidence levels, and decision-making skills through pre- and post-program assessments, the study aims to determine the educational interventions' effectiveness. It seeks to explore whether these programs positively impact the students' preparedness to recognize and provide appropriate care for individuals experiencing Takotsubo Cardiomyopathy. The ultimate goal is to evaluate the potential of educational initiatives in enhancing the competence of healthcare students in diagnosing and managing Takotsubo Cardiomyopathy. The findings of this research aim to contribute valuable insights for designing more effective educational strategies and curricula, thereby improving patient care and outcomes related to this unique cardiac condition within healthcare settings.

***Keywords:*** *Takotsubo Cardiomyopathy, Healthcare Students, Education*

**PP 156**

## **Effects of the digital screen on the eyesight of young individuals at private institutes in Gampaha district**

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This research delves into the effects of prolonged digital screen exposure on the eyesight of young individuals attending private institutes in the Gampaha district. In recent times, the pervasive use of digital screens, such as computers, tablets, and smartphones, has become integral to education and daily life for young individuals. The study aims to comprehensively examine how extended exposure to these screens impacts the visual health of students within private educational institutions in the Gampaha district. The research focuses on understanding the relationship between the duration of screen exposure, the types of digital devices used, and the subsequent effects on eyesight among students. It aims to identify any correlations between screen time and vision-related issues, such as eye strain, discomfort, visual acuity changes, and potential long-term implications on ocular health. By conducting comprehensive surveys, eye examinations, and assessments of the vision health of students, this study seeks to gather quantitative and qualitative data to evaluate the potential impacts of digital screens on eyesight. It also considers factors like distance from screens, ergonomic considerations, and breaks taken during screen exposure. The ultimate goal is to provide insights into the prevalence and severity of eyesight-related problems due to digital screen exposure among students in private institutes in the Gampaha district. The research findings aim to contribute to strategies for promoting eye health, including awareness campaigns and guidelines for responsible digital device usage to mitigate potential adverse effects on the visual health of young individuals.

***Keywords****: Digital Eye Strain, Screen Time, Young Adults*

**PP 157**

**Digital Literacy Level and Associated Factors among Health Professionals**

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This study examines the digital literacy levels among health professionals and the factors associated with their digital proficiency. In the modern healthcare landscape, the integration of digital technology is becoming increasingly vital for effective practice, communication, and patient care. The research aims to assess the digital literacy competencies of health professionals and identify various factors that influence their proficiency in using digital tools and platforms. The investigation will analyse health professionals' understanding and adeptness in using digital technologies, including electronic health records, telemedicine platforms, health-related apps, and other digital tools utilized in clinical settings. It will also explore the correlation between digital literacy and factors such as age, experience, educational background, and access to training or resources. Through surveys, interviews, or assessments, the study aims to gauge health professionals' comfort, skills, and utilization of digital tools in their practice. It seeks to understand the barriers and facilitators affecting their digital literacy, examining how different variables, including demographics and training opportunities, impact their comfort and proficiency with digital technologies. The objective is to provide insights into the current digital literacy landscape among health professionals and to highlight areas for improvement or further training. The findings of this research will contribute to the development of tailored educational programs, interventions, or support systems to enhance the digital literacy of health professionals, ultimately optimizing their use of technology to deliver more efficient and improved healthcare services.

***Keywords:*** *Digital Literacy, Factors, Health Professionals*

**PP 158**

**Association of Sleep Duration and Insomnia with Menstrual Symptoms among Young Women in Gampaha District**

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Menstrual symptoms can have a significant negative impact on the quality of life of young women. The severity of menstrual symptoms can be affected by factors such as sleep duration and sleep deprivation. The aim of this study is to investigate the relationship between menstrual symptoms, insomnia and sleep quantity in young women in Gampaha district. A cross-sectional survey was conducted using young women in Gampaha district and using a standardised questionnaire, participants were asked to report their sleep length, insomnia symptoms and intensity of their menstrual symptoms. Logistic regression and correlation tests were used as statistical tools to investigate associations between these variables. The study's findings show a strong correlation between menstrual symptoms and sleep length. Sleeping less than 7 hours per night has been linked to an increase in severe menstrual symptoms such as dysmenorrhea, heavy bleeding and mood swings. Furthermore, younger women with insomnia symptoms were more likely to report severe menopausal symptoms. Even after accounting for potential confounders, there was still a significant correlation between menopausal symptoms and insomnia. This study underscores how critical it is for young women to get enough sleep to manage their insomnia and reduce the severity of their menstrual symptoms. Improved menstrual health and general well-being in this population may be facilitated by public health initiatives aimed at increasing sleep quantity and quality. Taken together, the results of this study show a strong correlation between sleep duration, insomnia and severity of menstrual symptoms among young women living in Gampaha district. For young women in these areas, treating sleep-related problems may be a viable way to improve their quality of life and menstrual health.

***Keywords:*** *Sleep, Duration, Insomnia, Menstrual Symptoms, Young Women*

**PP 159**

**Knowledge of Schizophrenia and bipolar disorder among Nursing Students**

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This research aims to assess the level of knowledge regarding schizophrenia and bipolar disorder among nursing students. Understanding these mental health conditions is vital for future healthcare professionals, especially nurses who play a crucial role in providing care for individuals affected by these disorders. The study seeks to evaluate nursing students' comprehension of the symptoms, etiology, treatment options, and nursing interventions specific to schizophrenia and bipolar disorder. By using surveys, questionnaires, or knowledge assessments, the research aims to gauge the students' familiarity with these conditions and their ability to recognize and manage the associated symptoms. The main objective is to identify potential gaps in knowledge among nursing students and assess the effectiveness of the education provided on these psychiatric disorders within nursing curricula. By understanding the students' existing knowledge base and pinpointing areas requiring improvement, the research aims to inform educational enhancements and interventions, fostering a better understanding and preparedness among future nurses when encountering individuals with schizophrenia and bipolar disorder. Ultimately, the findings from this research endeavour to contribute to more comprehensive and tailored educational strategies for nursing students, ensuring that they possess the necessary knowledge and skills to provide optimal care and support for individuals affected by schizophrenia and bipolar disorder in their future professional practice.

***Keywords:*** *Schizophrenia, Bipolar Disorder, Relationship, Treatment, Awareness.*

**PP 160**

**Attitudes and Knowledge about the COVID-19 Vaccine among Healthcare Students in Sri Lanka**

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The COVID-19 pandemic, caused by SARS-CoV-2, has significantly impacted the global health system. The virus, which has six species, causes respiratory infections, causing lung damage and reduced blood supply. The virus can also enter the brain, causing neurological and psychiatric symptoms. The pandemic has put pressure on healthcare resources in 220 countries, potentially causing up to 30 million deaths. Vaccination is crucial for controlling the epidemic. To know the attitudes and knowledge about the COVID-19 vaccine among healthcare students in Sri Lanka. A descriptivecross- sectional study was done. A pre-tested, self-administered questionnaire was distributed among the participants via Google forms. A convenience sampling was carried out. The data gathered was analysed using SPSS (V25). A Descriptive analysis was done to obtain results. 50% of the participants agreed on the effectiveness of the COVID-19 vaccination. Majority of the students did not have the knowledge about the origin of COVID-19 vaccination, which is Ethiopia. Some participants believed that the newly discovered COVID-19 differs from other vaccines. The study highlights the importance of addressing COVID-19 vaccines knowledge among students while balancing their workload and education. The study's findings are significant for enhancing the knowledge and attitudes of healthcare students, ultimately contributing to improving overall health.

***Keywords:*** *COVID-19, Vaccine, Awareness, Knowledge, Attitude*

**PP 161**

**A study on attitudes and practices of Menstrual Hygiene among O/L students in Gampaha district Sri Lanka**

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The study aims to explore menstrual hygiene attitudes and behaviors among Ordinary Level (O/L) students in the Gampaha district of Sri Lanka. It uses a mixed-methods approach, combining surveys and interviews, to evaluate awareness levels, investigate common practices, identify difficulties faced by students, and assess the current support systems within educational institutions. Understanding these attitudes is crucial for promoting overall well-being and reproductive health. To assess attitudes and practices of Menstrual Hygiene among O/L students in Gampaha district Sri Lanka. To provide educational policymakers, healthcare professionals, and community leaders with practical insights that can be used to create focused interventions that raise awareness, lessen stigma, and improve overall menstrual hygiene management among adolescent girls. The study uses a stratified random sample of O/L pupils from various Gampaha district schools to collect data on menstrual hygiene practices. Quantitative data is obtained through structured surveys, while qualitative insights are gathered through in-depth interviews. The aim is to understand the cultural, social, and educational factors influencing these practices, with a comprehensive understanding of the results. By focusing on this important component of adolescent health, the study hopes to help create a welcoming and empowered atmosphere. The research aims to foster a supportive environment for O/L students in the Gampaha district by addressing adolescent health, with the findings potentially influencing discussions and initiatives about menstruation hygiene in educational settings in Sri Lanka and beyond.

***Keywords:*** *Menstrual Hygiene, Attitudes and Behaviors, O/L Students, Gampaha District, Adolescent Health*

**PP 162**

**Comparison of AI-powered Treatment Plans with Real Physical Therapy Plans, and Comparing the Real-time Duration Given for Patients with those Suggested by AI-powered Databases**

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The healthcare sector has seen a dramatic transition in recent years as a result of developments in artificial intelligence (AI) technologies. The interaction of AI and physical therapy has been identified by a number of medical specialties as a possible path to enhancing patient outcomes and streamlining recovery procedures. Physical therapy delivery, monitoring, and patient-specific customization could all be revolutionised by this union of cutting-edge technology and healthcare know-how. The impressive powers of AI's machine learning algorithms, pattern recognition, and data analysis are what are driving its inclusion into physical therapy. A cross-sectional, descriptive study design was used to retrieve historical patient data from the national hospital's database, including treatment plans, durations, and relevant medical information. A virtual patient profile with individual needs will be generated through AI algorithms, recording the suggested time durations for each treatment. Then collect real-time treatment duration data from patients currently undergoing treatment at the national hospital and document the actual time taken for each therapy session and record any variations or deviations from the AI-suggested durations. Which will be analysed and compared to identify patterns, trends, and discrepancies between the AI-powered and actual treatment durations, considering factors such as patient response, treatment adherence, and therapeutic outcomes. The analysis will include a correlation study to examine the relationship between AI-suggested treatment durations and real-time durations in physical therapy sessions. This study aims to determine the extent of correlation, demonstrating AI's potential for accurate treatment time predictions. The study reveals a robust correlation between AI recommendations and actual treatment durations, demonstrating AI's potential to streamline treatment planning. Understanding factors influencing deviations will lead to more effective, individualised treatments and improved patient outcomes.

***Keywords:*** *Artificial Intelligence, Physical Therapy, Treatment Duration, Correlation Analysis, Healthcare Technology*

**PP 163**

**Breast Cancer Awareness, Risk Factors, and Screening Practices among Healthcare Students in the Western Province of Sri Lanka**

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Breast cancer is a global concern, with 2.1 million cases in 2018, causing 627,000 deaths. Risk factors include age, lifestyle, and reproductive factors. Early diagnosis through mammography and breast-self-examination (BSE) is vital. BSE is easy and cost-effective, suitable for low-resource countries. A cross-sectional survey will be conducted on the study population to collect data in a quantitative aspect. A questionnaire will be used to assess breast cancer awareness, risk factors, and screening practices among the population. The main goal of the research is to assess breast cancer knowledge and screening practices among healthcare students in the Western province of Sri Lanka. Breast cancer awareness among female university students occupies a prominent value since breast cancer is a leading cause of morbidity and mortality among females worldwide. Data will be collected through a self-administrated close-ended questionnaire that will be answered by healthcare students and will take approximately 15-20 minutes to complete. Once the Google form has been completely answered and submitted by the healthcare students we will be updated and will be stored on our database. The data collected from the questionnaires will be analysed using statistical software such as SPSS (Statistical Package for the Social Sciences) version 27. Descriptive statistics such as mean, standard deviation, and frequency distribution will be calculated for each variable. The level of significance will be set at p < 0.05. The important themes include the global prevalence of breast cancer, risk factors, early detection, awareness, the relevance of low-cost screening methods, and the need for research and education to combat this disease effectively.

***Keywords:*** *Breast Cancer, Awareness, Risk Factors, Western Province, Sri Lanka*

**PP 164**

## **Knowledge, Attitude and Practices of Breastfeeding: A Comparative Study of Mothers in Urban and Suburban Communities in Gampaha District, Sri Lanka**

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Breast milk is the ideal source of nourishment for babies, and major health organizations recognize it as the physiologic norm and standard of infant feeding. Exclusive breastfeeding, which involves exclusively feeding the baby breast milk until its sixth month, is recommended for infants up to six months due to its protective effect on mortality and morbidity. The study aims to compare breastfeeding knowledge, attitudes, and practices among mothers in urban and sub-urban communities in Gampaha district, Sri Lanka. It also compares breastfeeding-related health issues and investigates the relationship between breastfeeding practices and baby growth status, aiming to understand the impact of breastfeeding knowledge on infant health. The findings identify whether there are any differences in the Gampaha district's suburban and urban districts with regard to knowledge and awareness of breastfeeding. The findings of the study also highlighted the contrast in the incidence of health problems associated with breastfeeding for mothers and infants in urban and suburban settings. Moreover, it shows the impact of breastfeeding knowledge on new-born health and growth. We will look into the relationship between breastfeeding practices and baby growth status in both urban and suburban settings. A descriptive cross-sectional study design will be carried out to obtain the objective of this study. The study will use an online self-administered questionnaire, allowing participants to complete it without researcher intervention. The questionnaire is simple and designed for freedom and confidence. A questionnaire will be used to gather data on the knowledge, attitudes, and experiences of 400 randomly selected mothers in Gampaha district regarding breastfeeding. To enhance paediatric oncology care quality, it's crucial to conduct assessments, implement educational interventions, and create a supportive learning environment for nursing students.

***Keywords:*** *Breastfeeding, Health, Breast Milk, Knowledge, Attitude*

**PP 165**

**Level of Job Satisfaction and Factors Affecting Job Satisfaction among Nurses in Teaching Hospital, Anuradhapura**

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Sri Lanka is adopting the Sri Lanka Essential Service Package (SLESP) as a tool for achieving effective universal health coverage, particularly in nursing, a crucial profession. Job satisfaction is vital for healthcare workers, affecting organizational development and employee health. Nursing, accounting for 50% of the global healthcare workforce, faces a shortage due to aging populations and chronic diseases. Job satisfaction factors impact workload, salary, promotions, training, and communication. This study examines the level of job satisfaction and factors affecting job satisfaction among nurses in the Teaching Hospital, Anuradhapura. A self-administered questionnaire will be distributed online to collect data. A pre-test will be done with 30 participants. The aim is to evaluate the factors affecting job satisfaction and the level of job satisfaction using the Kuopio University Hospital Job Satisfaction Scale (KUHJSS). According to a study done in the teaching hospital Anuradhapura, it was found that the job satisfaction among nurses was affected as a result of lack of positive and supportive work environment. Due to these many nurses indicated that they find their work less engaging and fulfilling. This could lead to a negative response rate. Thereby it suggests the necessity of nurturing a compassionate and empathetic attitude in nursing was less as their opportunities to make independent decisions. The sampling technique of this study would be volunteer sampling. Matron office nurses list will be used to guide the sampling procedure. The sample size will be 198 or more (for 1000 population). Descriptive analysis and inferential analysis will be done using the SPSS 21 version, Minitab 16 version, and MS Excel 2019 tool pack statistical packages. The questionnaire will be pretested and checked for validity prior to mass data collection.

***Keywords:*** *Job Satisfaction, Nurses, Staff, Satisfaction, Health Care*

**PP 166**

**Examination of Barriers and Facilitators of Telemedicine Adoption and Implementation from the Perspectives of Healthcare Workers in Western Province, Sri Lanka**

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Telemedicine, the use of technology to provide accessible healthcare services, has gained attention due to its benefits like improved access, enhanced efficiency, and reduced costs. However, effective implementation faces challenges and requires certain facilitators. Healthcare specialists with research backgrounds play a crucial role in implementing telemedicine, understanding its limitations and identifying effective strategies for successful integration into home settings. The aim of this research is to investigate the barriers and facilitators of telemedicine adoption and implementation, focusing on the perspectives of healthcare workers. The study identifies technological challenges as barriers to telemedicine adoption and implementation by healthcare workers, explores organizational and workflow factors influencing telemedicine acceptance, evaluates the impact of organizational support on telemedicine use, and investigates patient acceptance's influence on telemedicine adoption and utilization by healthcare professionals. The study will use a simple random sampling method to collect data from healthcare professionals in western provinces. A semi-structured self-administered questionnaire will be developed, consisting of five parts: sociodemographic variables, questions on telemedicine adoption, perceived barriers, facilitators, challenges, and implementation challenges. The questionnaire will be developed after extensive literature search and expert discussion. This research explores the adoption and implementation of telemedicine, focusing on healthcare workers' perspectives, barriers, facilitators, organizational factors, and the impact of organizational support.

***Keywords:*** *Telemedicine, Adoption, Healthcare workers, Western Province, Implementation*

**PP 167**

**Prevalence, Knowledge and Awareness Regarding Pelvic Floor Disorder Among Pregnant Women in Kotawehera Divisional Secretariat in Kurunegala District, Sri Lanka**

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Pelvic Floor Disorder (PFD) encompasses various conditions like Pelvic Organ Prolapse, Urinary Incontinence, and more. Its prevalence increases with age, affecting up to 47.7% of women over 80. PFD has significant psychological and social impacts, but awareness remains low among women. Risk factors include pregnancy and other factors. Healthcare providers often neglect to discuss PFD, and many affected women do not seek help or receive recommended treatments. This study in Sri Lanka aims to assess the prevalence and knowledge of PFD among pregnant women to enhance awareness and prevention strategies. PFD can cause a series of physical and psychological distress to pregnant women. Moreover, it can negatively impact the low quality of life of pregnant women too. It costs millions of healthcare costs. The prevalence of PFD among pregnant women is considerably high. Hence, the prevalence of PFD can affect the life of pregnant women in various ways it is essential that they are aware of the condition as well as their own risks for the development of the condition. The Aim is to assess the prevalence, knowledge, and awareness of pregnant women about Pelvic Floor Disorder in the Kotawehera divisional secretariat of Kurunegala district of Sri Lanka. Data will be collected through a self-administered close-ended questionnaire that will be answered by pregnant women. The data collected from the questionnaires will be analysed using statistical software such as SPSS (Statistical Package for the Social Sciences) version 27. Descriptive statistics such as mean, standard deviation, and frequency distribution will be calculated for each variable. The level of significance will be set at p < 0.05. Important in this research can contribute to better healthcare, awareness, and overall well-being of women in Sri Lanka, while also having broader implications for the understanding and management of PFD worldwide.

***Keyword:*** *Pelvic Floor Disorder, Kurunegala District, Sri Lanka, Risk Factors, Pregnant Women*

**PP 168**

**Knowledge of Pain Management among Nurses in District Hospital and Divisional Hospital Settings in Kandy District**

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Pain is a personal experience causing sensory and emotional damage, leading people to seek healthcare pain treatment as a basic human right. Untreated postoperative pain can cause complications like delayed mobility, deep vein thrombosis, pneumonia, chronic pain, myocardial infarction, coronary ischemia, myocardial infarction, and depressed immune function. These issues affect economic and medical conditions, leading to extended hospital stays, re-admissions, and patient dissatisfaction with medical care. The aim of this research is to assess the knowledge, attitudes, and practices of nurses regarding pain management in hospitals within the Kandy district of the Central province in Sri Lanka. The study identifies Nightingale's theories in pain management for elderly patients, assesses the nurse's knowledge of pain assessment methods among geriatric clients, and identifies the relationship between nurses' knowledge and their experience in managing pain for elderly clients. Nurses will complete a survey during their free time, with informed consent and explanation provided via Google Sheets. The questionnaire will be distributed in English and completed through their WhatsApp group. The survey will be completed within four weeks. This statement reflects the ultimate goals and aspirations of the research. By conducting this study, and hope to uncover insights that can lead to improvements in the way pain is managed for patients in hospital settings. Enhancing the quality of pain management means that patients will receive more effective and compassionate care when it comes to managing their pain.

***Keywords:*** *Knowledge, Pain management, District Hospital, Divisional Hospital, Kandy*

**PP 169**

**Knowledge, Attitude and Practice of Childhood Nutrition Among Caregivers of Under Five-Year Children, Niyagama MOH Area, Sri Lanka**

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The study of nutrition focuses on the components of food, how the body utilizes them, and how diet affects health and illness. Reduced immunity, greater susceptibility to illness, hampered mental and physical development, and decreased productivity can all result from poor nutrition. Numerous studies on underweight have been conducted in various nations worldwide. About 20% of children under five in the Niyagama MOH area are underweight, according to annual records for the previous five years. This fits the definition of an urgent medical issue. Thus, the purpose of this study is to examine the variables related to underweight nutrition in the Niyagama-MOH region of Sri Lanka's Southern Province. This study aims to evaluate caregivers who visit the MOH-Niyagama in terms of their knowledge, attitudes, and practices related to preschool nutrition. In order to determine the Knowledge, Attitudes, and Practices of learning about Preschool Children's Nutrition in the Caregiver's MOH area in Niyagama, a descriptive cross-sectional quantitative study was conducted. The caregivers who attended the parent meetings in the preschools that were chosen and situated in the MOH area of Niyagama were the study participants. Data analysis was done using statistical analysis. Data will be displayed as tables, charts, and graphs that show percentages and frequencies. The results of this study have implications that highlight the need for educational opportunities, initiatives, and psychological support to help caregivers feel more confident when caring for children under five.

***Keywords:*** *Immunity, Descriptive Cross-sectional, Statistical Analysis, Evaluate, Preschools*

**PP 170**

**Work-Life Balance Among Health Professionals**

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Work-life balance has become a critical and pressing issue for health professionals, given its potential impact on well-being, job satisfaction, mental and physical health, and the standard and quality of health care they provide. Despite the growing recognition of the importance of work-life balance in healthcare, there are still significant barriers that hinder health professionals from achieving it. These barriers include the demanding nature of healthcare work, the expectation of being constantly available, and the pressure to excel in a highly competitive field. This study aims to develop a comprehensive understanding of work-life balance issues among healthcare professionals and identify effective strategies to improve their well-being and enhance the quality of healthcare services they provide. A descriptive cross-sectional study design will be carried out among a diverse group of health professionals, including doctors, allied health professionals, and support staff, across various specialities and levels of experience. The data will be gathered using a structured questionnaire for quantitative data collection, and qualitative semi-structured interview guides. The SPSS software version 26 will be used to analyze the data. The results will show the primary factors contributing to a work-life imbalance among healthcare professionals, how these factors vary across different healthcare specialties, and effective strategies and interventions to improve their well-being and the quality of healthcare services they deliver. The results of the study will be useful in developing effective interventions and policies to support health professionals in achieving a more satisfactory work-life balance, ultimately benefiting both the individuals themselves and the patients they serve.

***Keywords:*** *Work-life balance, Health Professionals, Job Satisfaction, Mental Health*

**PP 171**

**Social Media Use and Health Related Quality of Life Among Adults**

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Excessive social media use among children and teenagers has been a concern as it negatively impacts their social, physical, and mental health. However, scientific findings regarding associations between time spent on social media and adolescent health-related quality of life (HRQoL) are not consistent. In Western nations, the percentage of teenagers who use social media regularly has doubled, and most youngsters in Europe between the ages of 14 and 16 access social media platforms daily. This research examines the impact of social media on adults' quality of life, using WHO's definition of quality life. This study aims to identify the factors that negatively impact lives and to control those factors to make them positive. A Cross-sectional study blended with a case-control study will be carried out among male and female university students and Adults from the Western province of Sri Lanka. The necessary data for the study will be collected using an online version of the self-administered questionnaire and will be analyzed using SAS/STAT Software. Studies have shown social media can improve QoL in several ways, including Increased social support, better mental health, and improved self-esteem. As this study will underscore the factors that have negative impacts on lives and ways of controlling those factors it will increase awareness of the negative impact of social media among the young people in the Western province and the usage of social media to improve the QoL.

***Keywords:*** *Social Media, Quality of Life, Health, Adults, Impacts*

**PP 172**

**The Study of Assessing the Awareness of Hydration during Working Hours of Nurses**

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Water is essential for all living things. Individuals must consume adequate fluids while working to replenish the fluids they lose through perspiration. Adequate body water content and hydration status are critical for both physical and mental well-being. Nurses have a very demanding job that requires high levels of mental and physical performance. Numerous health problems, such as exhaustion, headaches, constipation, and a heightened risk of injury from diminished physical performance, can result from dehydration. The work that nurses do is extremely demanding and calls for peak physical and mental health. The need to put in long hours exacerbates the daily struggles and obstacles that frontline employees face. Nurses must drink enough water to stay hydrated, focused, and alert while giving care. The goal of this study is to learn more about how well nurses hydrate for their shifts and what they believe to be the right amount of hydration. For this study, a descriptive cross-sectional design will be modified to track weight loss and urine colour for all nursing staff members employed at the National Hospital in Kandy, Sri Lanka. In order to compare the adequateness of hydration with knowledge and acknowledged behaviours regarding hydration, this study will measure the nurses' perceptions of their own hydration as well as their knowledge, attitudes, and practices toward water intake of hydration through the use of a survey. The findings of this study will raise nurses' awareness of the significance of water consumption during working hours in terms of both knowledge and attitude.

***Keywords:*** *Awareness, Hydration, Exhaustion, Nurses, Survey*

**PP 173**

**Knowledge, Attitude, and Practise towards Simulation-Based Learning among Nursing Students of a Private Health Science Institution in Sri Lanka**

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Simulation-based learning is a versatile technique that interactively recreates real-life experiences. Virtual simulations, both asynchronous and synchronous, have revolutionised education and training. They are especially beneficial in healthcare, enhancing the skills of professionals while maintaining patient safety. Simulation training is cost-effective and fosters teamwork, making it a valuable method in various fields, including medicine. The purpose of the study is to determine how familiar nursing students are with simulation-based learning, their opinions of this pedagogical strategy, and how receptive they are to the experiential learning environment produced by simulations. The goal of the proposed study is to ascertain how well nursing students enrolled in various programs at (IIHS) the International Institute of Health Sciences in Sri Lanka, including the DGN (Diploma in General Nursing), ADGN (Advanced Diploma in General Nursing), and CUBN (Coventry University Bachelor of Nursing) courses, understand simulation-based learning. The research will also examine the attitudes and views these nursing students currently have toward simulation-based education. The project aims to gather important new information on the efficacy and acceptance of simulation-based learning techniques in the IIHS nursing education curriculum. This study is a descriptive cross-sectional study. The questionnaire consists of three parts and 18 multiple-choice questions to gather insights into participants' understanding, opinions, and experiences of simulation-based learning. The collected data will be analysed using Statistical Package for the Social Sciences (SPSS) software (Version 27). The research on simulation-based learning's significance lies in its multifaceted impact: Enhanced Education, Patient Safety, Problem Solving, Collaboration, Medical Education, Cost-Effective, and Adaptive Learning. Overall, this research underscores the transformative potential of simulation-based learning in professional training and education.

***Keywords:*** *Simulation-based learning, Nursing students, Healthcare, Knowledge, Attitude*

**PP 174**

# The correlation between Exercise and Burnout among Nursing Students

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This study is focused on investigating the relationship between exercise habits and burnout levels in nursing students. Burnout, encompassing emotional exhaustion, depersonalization, and diminished personal achievement, is a prevalent issue among nursing students due to the strenuous demands of their education and clinical training. The primary objective is to explore the correlation between physical activity and burnout while also identifying any potential factors that might moderate this association. The literature review extensively highlights the emotionally taxing nature of nursing education, emphasizing the vulnerability of students to burnout. Regular exercise is proposed as a potential solution due to its ability to enhance mood, self-esteem, sleep quality, stress reduction, and increased energy levels. The study aims to pinpoint the most effective types and intensities of exercise that can act as safeguards against burnout in nursing students. Methodologically, a descriptive cross-sectional study is conducted among nursing students at a college in Sri Lanka. Data collection involves surveys, questionnaires, and standardized burnout assessment tools. Statistical analysis utilizing SPSS Version 26 will be employed to assess the reliability and validity of the questionnaire. Ethical considerations prioritize informed consent and stringent confidentiality, aligning with institutional data management policies for the secure retention of data over a period of five years. Dissemination strategies include publication in peer-reviewed journals, conference presentations, sharing findings with academic staff, and summarizing outcomes on social media platforms. However, the study is not without limitations, including potential response bias from self-reported data, the challenge of establishing causation with a cross-sectional design, and the exclusion of external factors. Nevertheless, the research contributes valuable insights into the relationship between physical activity and burnout in nursing students, offering significant information for future interventions and studies in this field.

***Keywords:*** *Exercise, Burnout, Nursing Students, Correlation*

**PP 175**

**Examination Stress in Scholarship Examination of Fifth Standard Students**

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Scholarship is one of the most competitive exams in Sri Lanka. It is for grade 05 young adolescents. Exam stress is the feeling of pressure that many young students feel at the time period of exam. It usually occurs during the revision period before exams and immediately before the exams. Stress is defined as an individual’s response to pressure. Intensity of stress may vary from one student to another. Excessive stress during this stage could result in increased prevalence of psychological problems like depression and nervousness, which could ultimately have negative impact on the outcome of the achievements. The main purpose of doing this research is to assess the examination stress in scholarship examination of fifth standard students. Studying the consequences of the stress among grade 05 scholarship students, identifying the level of examination stress among grade 05 scholarship students and finding out the factor that contributes more on examination stress among grade 05 scholarship students during the examination period are also author objectives of this research. Descriptive cross-sectional quantitative study will be carried out and convenience sampling method will be used to collect data.

***Keywords:*** *Scholarship Exam, Exam Stress, Psychological Problems, Consequences of Stress*

**PP 176**

**Awareness and Perception of Using AI-Based Tools for Healthcare Purposes in Western Province Sri Lanka: A Survey Study from Healthcare Professionals’ Perspective**

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Artificial Intelligence (AI) is the computerized systems, including both hardware and software, that have the capability to perform physical tasks, cognitive functions, problem-solving, and decision-making without the need for direct human instructions.AI has the potential to replace human tasks and activities across various domains, leading to improved productivity and performance. Also, AI can surpass humans' computational and intellectual limitations. By examining the present level of knowledge of AI technologies among Sri Lankan healthcare workers, this problem analysis intends to highlight significant issues and their effects on the nation's healthcare system. the main aim of this research is to gain information from healthcare professionals on AI and AI driven tools and to assess their willingness to adopt these tools in their medical practices. further the author expects to check the awareness on the practicality on AI driven tools and how their usage can affect the results of a test and correct errors that most humans are capable of. This research utilized a quantitative cross-sectional study design, where data was collected at a specific point in time. The study design allowed us to assess the current awareness levels of AI-based tools among healthcare professionals in the western province. The research was carried out in Sri Lanka's Western Province, known for its advanced healthcare infrastructure, extensive concentration of healthcare facilities, and a substantial presence of healthcare professionals.

***Keywords:*** *Artificial Intelligence, Healthcare Professionals, Western Province*

**PP 177**

**Factors Influencing on Work-Family Conflict in Female Nursing Professionals of Sri Jayewardenepura General Hospital Sri Lanka**

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Workplaces today are changing rapidly, with businesses aiming for efficiency and quick responses. Healthcare workers, like nurses, face increased stress, burnout, and job termination due to workload, patient care, and long hours. This study investigates factors affecting work-family conflicts among female nursing professionals at Sri Jayewardenepura General Hospital Sri Lanka. The study examines the factors influencing work-family conflict in female nursing Professionals at Sri Jayewardenepura General Hospital. The aim of this study is to identify the relationship between each factor towards work-life conflicts and to identify the strategies needed to be addressed from the perspective of personal, organizational, and industrial levels.According to a study done in Sri Jayewardenepura General Hospital Sri Lanka, it was found that If female nursing professionals have control over their work hours, the flexibility to manage their schedules, or if they work reasonable hours, it can have a positive impact on reducing work-family conflict. Also, If the number of children is high and childcare arrangements are insufficient or expensive, it can negatively affect work-family conflict. Thereby it suggests the necessity to encourage nursing professionals to reach out to family and friends for occasional childcare assistance, which can alleviate the financial burden.The questionnaire will be arranged in order to find suitable qualitative and quantitative data for the analysis. Five points Likert scale has been used to measure the impact of each variable. The questionnaires will be collected and the data will be coded and analyzed using SPSS Statistics. The analysis conducted will examine the relationship that exists between the independent and dependent variables and Factors that influence work-family conflict. By doing this research accordingly a more positive work-family balance can be obtained.

***Keywords:*** *Conflict, Female, Workplace, Work, Role*

**PP 178**

**Knowledge, Attitudes and Practices Regarding Diabetic Diet Habits Among Patient with Type 2 Diabetic Mellitus Presenting to The Diabetic Clinic at Teaching Hospital Kurunegala**

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Sri Lanka is a developing country with a population of 20 million and a heavy burden of diabetes. Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves. Diabetes Mellitus can occur either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Type 2 diabetes mellitus has become a public health problem worldwide. The aim of this research is to assess of the knowledge, attitudes and practices regarding diabetic diet habits among patient with type 2 diabetes mellitus presenting to the diabetic clinic at teaching hospital Kurunegala. This study will be conducted as quantitative descriptive study and the Systemic randomize sampling and convenience sampling methods will be used.500 diagnosed patients have been attended weekly Teaching Hospital Kurunegala. Data collection will be done using a self-administered Questionnaire with contains English, Sinhala and Tamil languages. Ethical approval will be obtained from the ethical review committee of the Faculty of IIHS, Welisara.

***Keywords:*** *Diabetes, chronic, Teaching Hospital, Kurunegala*

**PP 179**

**Lifestyle Behavior of Coronary Heart Disease Patients in General Hospital, Matara, Sri Lanka**

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Coronary heart disease (CHD) is the most common cause of death, followed by stroke. The care of patients with acute myocardial infarction has been improved by new drugs, rapid treatment in the acute phase, and the widespread introduction of routine coronary angiography, often followed by percutaneous coronary intervention (PCI) or coronary artery bypass surgery but still, major emphasis is needed on the control of lifestyle behaviors. Nowadays, cardiovascular diseases (CVDs) are one of the leading causes of death, ranking first globally. The main objective of this research is to identified Lifestyle Behavior of Coronary Heart Disease Patients in General Hospital, Matara, Sri Lanka. And also, the author expects to find out the relationship between Lifestyle Behavior factors and coronary heart disease. This is quantitative research and will be reviewed and discussed along with its advantages and disadvantages. A self-administered questionnaire will be used to reach the required respondents. This cross-sectional survey can be used to identify relationships between given variables. The reliability test results were conducted using Cronbach’s Alpha. To strengthen the content validity of the survey instruments, a pre-test was conducted prior to the pilot survey. And a researcher developed structured questionnaire will be used for data collection.

***Keywords:*** *Coronary Heart Disease, Stroke, Percutaneous Coronary Intervention, Cardiovascular Diseases*

**PP 180**

**The Impact of the Current Economic Crisis on College Students**

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This study delves into the multifaceted impact of the ongoing economic crisis on college students, with a specific focus on their mental well-being and financial stability. College life is often characterized by a myriad of stressors stemming from academic pressures and the broader societal context. This research aims to provide a comprehensive understanding of how the economic crisis affects students. To achieve this, the study surveyed over 300 college freshmen, centering on their perceived financial pressures related to employment, financial prospects, and economic burdens. The results unveiled significant disparities in the levels of financial pressure across different grade levels, with senior undergraduates, regardless of gender, experiencing the most substantial financial strains. These findings underscore the pressing need to address the economic challenges faced by college students and offer valuable insights for tailored support and interventions. In a world where economic uncertainties can significantly impact the lives of students, this research provides a valuable compass for navigating these turbulent waters. The implications of this study reach beyond its immediate context, serving as a call to action for educational institutions and policymakers to better understand and address the financial challenges confronting college students. By doing so, we can create more resilient and supportive systems to ensure that students not only endure but thrive in the face of economic adversity.

***Keywords:*** *Economic Crisis, Sri Lanka, Students, Impact on Education*

**PP 181**

**The oral healthcare and oral illnesses addition with ethical problems in Sri Lanka**

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Ensuring health equality is a fundamental goal in healthcare, yet in South Asian countries like Sri Lanka, harmful traditional habits contribute to the rise of communicable and non-communicable diseases. Chewing betel quid, particularly mixed with tobacco, poses significant health risks, leading to issues such as oral cancer. The cultural acceptance of betel chewing, combined with the rising trend of smoking and other unhealthy practices, has led to a concerning increase in oral illnesses among the population. This study aimed to explore the socio-demographic predictors of betel quid chewing, its effects on BMI, blood pressure, and the overall health of individuals. Additionally, counseling interventions were implemented to discourage addictive behaviors and promote healthier habits, especially among young adults. A population-based prospective study was conducted, involving multivariate logistic regression to determine predictors of betel quid chewing. Training sessions were organized for students in stage-specific tobacco cessation techniques and behavioral counseling, emphasizing the importance of not chewing betel leaves and areca nuts individually. The study also involved counseling individuals prone to addiction, focusing on changing their behaviors and seeking medical assistance when necessary. The study revealed significant socio-demographic factors contributing to betel quid chewing habits. Counseling interventions led by trained students showed promising results in discouraging addictive behaviors. Encouragingly, awareness campaigns focused on oral hygiene practices, including not sleeping with an unbrushed mouth and avoiding individual consumption of betel leaves and areca nuts, displayed positive outcomes. This study highlights the urgency of addressing harmful cultural practices contributing to rising oral health issues in South Asian countries. Targeted counseling interventions, combined with awareness campaigns, play a crucial role in discouraging addictive behaviors and promoting healthier habits. Continued efforts in education and behavioural change are essential to curbing the prevalence of oral diseases in the region.

***Keywords:*** *Oral health, Betel quid chewing, addiction*

**PP 182**

**Self-Esteem Deficits and Suicidal Tendencies Among Adolescents**

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Suicidal ideation is a person's thoughts about committing suicide. It affects all people and is a catastrophe that should be avoided. Gender, race, ethnicity, or even social standing may all be factors leading to suicidal ideation. The aim of this study is to Investigate the link between low self-esteem and suicidal thoughts in adolescents that may help us better understand the variables that might have an impact on adolescent mental health. A cross-sectional study design will be used to examine the association between low self-esteem and suicidal thoughts among adolescents at a particular moment. Study population includes both male and female students from private and government universities in the western province. Sampling will include a stratified random sampling method to ensure diversity in the sample. The finalized sample size was finalized as 426 university students. The study instrument will include a self-administered questionnaire of 3 parts, this includes components adopted from topic on The Rosenberg Self-Esteem Scale, a 10-item scale that gauge overall self-worth utilizing a 4-point Likert scale with the options strongly agree, disagree, somewhat disagree, and not at all agree and an evaluation of teenage mental health which includes the SIQ, that measures the frequency of suicidal ideation. Data collection will include face-to-face interviews and surveys conducted by trained personnel in a private and confidential setting. Statistical Package of Social Science (SPSS) version 27 will be used to analyze the data. In conclusion, the association between low self-esteem and suicidal thoughts among adolescents at a particular moment is expected to have a direct correlation.

***Keywords:*** *Adolescents, Mental Health, Self-Esteem Deficits, Suicidal Ideation, Suicidal Tendencies*

**PP 183**

**Knowledge and Attitudes towards Gender Based Violence among nurses in a District General Hospital in Central Province**

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The World Health Organization is addressing the global issue of violence against women, particularly in South Asia, through a survey aimed at improving nurses' knowledge and attitudes towards gender-based violence. The survey, which identified 415 cases in 2022, aims to improve psychological satisfaction and motivation to provide relief. This study examines to assess knowledge and attitudes toward Gender Based Violence among nurses in a District General Hospital in Central Province. A descriptive cross-sectional study design will be used for the study. The aim is to understand on how. To assess knowledge towards Gender Based Violence among nurses in a District General Hospital in Central Province. Also, to assess attitudes towards Gender Based Violence among nurses in a District General Hospital in Central Province. The study underscores the importance of targeted educational interventions to bridge the awareness when it comes to Nurses who have experience in caring for survivors of sexual violence and family abuse are likely to have a better understanding of the issue and more empathetic attitudes toward victims. Moreover, if nurses do not consider these aspects important, it may reflect a lack of empathy or awareness, resulting in negative attitudes. A self-administrative questionnaire was given for the sample including four questions for demographic information, eight questions for assessing knowledge regarding Gender Base Violence, and eight questions for assessing attitude regarding Gender Base Violence of nurses. Reliability will be assured by using statistical methods. Convenience Sampling method was used.

***Keywords:*** *Violence, Nursing Students, Health, Institution, Knowledge*

**PP 184**

**Prevalence and Treatments of Insomnia Among Elderly in Age Care Settings in Colombo, Sri Lanka**

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This study aimed to assess the prevalence and treatment modalities of elderly practice attenders. A total of 100 patients aged over 65 years were investigated with a questionnaire in general practice. To assess insomnia, operationalized diagnostic criteria according to DSM-III-R were applied. Twenty-three percent of the elderly patients suffered from severe, 17% from moderate and 17% from mild insomnia. More than 80% of the patients reported suffering from insomnia for 1–5 years or longer, which indicates a chronic course. Elderly patients showed unrealistic expectations concerning duration of sleep and spend more time in bed than they realistically can expect to sleep. More than half of the elderly patients reported habitual daytime napping. Sleep-disturbed elderly patients did not differ significantly from good sleepers in their habit of taking daytime naps, but even when taking daytime naps, good sleepers slept significantly longer than the sleep-disturbed patients. A significant association was found between insomnia and mental disorders, i.e., depression and organic brain syndrome according to the diagnosis of the general physician. In about half of the cases the primary care physician was not aware that the elderly patient suffered from severe insomnia. More than half of the elderly severe insomniacs took prescribed hypnotics habitually, mainly benzodiazepines.

***Keywords:*** *Benzodiazepines, Criteria, Hypnotics, Insomniacs, Prevalence*

**PP 185**

**The Impact of Academic Stress of Students’ Mental Health among College Students**

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Academic stress is a major concern for students and its impact on their mental health is significant. Studies have shown that high levels of academic stress are linked to a number of mental health problems, including anxiety, depression and burnout. School stress can also lead to physical health problems, such as headaches, stomach-aches, and difficulty sleeping. Several factors can contribute to academic stress, such as heavy workloads, difficult exams, and competition with other students. Students may also experience academic stress if they struggle to keep up in class, worry about their grades, or feel pressured to do well to meet their own or their peers' expectations. age. The impact of academic stress on students' mental health can be severe. Students who experience high levels of academic stress may have difficulty concentrating, making decisions, and remembering information. They may also feel irritable, anxious, and depressed. In some cases, school stress can lead to suicidal thoughts or behaviour. There are a number of steps students can take to manage academic stress and protect their mental health. Including, time management, learning techniques and coping mechanism. Students should develop a plan for how to manage their time and workload. This may involve creating a weekly schedule, setting deadlines, and breaking down large tasks into smaller, more manageable tasks. Students should learn effective study skills, such as how to take notes, read actively, and prepare for exams. This can help them feel more confident and better prepared for their studies. Students should develop healthy coping mechanisms to manage stress, such as exercise, relaxation techniques, and spending time with friends and family. College students should also be aware of the resources available to them on campus. Many colleges have counselling centres, student support services, and other resources that can help students manage stress and protect their mental health. If you are a student experiencing high levels of academic pressure, know that you are not alone. There are people who can help you. Please contact a counsellor, student support service, or other trusted adult for assistance.

***Keywords:*** *Academic Stress, Anxiety, Depression and Burnout, Mental Health*

**PP 186**

**The relationship between eating disorders and stress among healthcare students**

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This study focuses on exploring the relationship between eating disorders and stress among healthcare students. Healthcare students often face rigorous academic demands, clinical responsibilities, and high-pressure environments, which can contribute to increased stress levels. This research aims to investigate how this stress may influence or correlate with the development or exacerbation of eating disorders among students pursuing healthcare professions. The study will delve into understanding the prevalence of eating disorders, stress levels, and their potential interplay among healthcare students. It will examine factors such as academic workload, clinical pressures, personal stressors, and coping mechanisms employed by students. Through surveys, questionnaires, or interviews, the research seeks to gather data on the presence and severity of stress, different types of eating disorders, and the potential associations between stress levels and disordered eating behaviours among healthcare students. The primary goal of this research is to shed light on the complex relationship between stress and eating disorders within the healthcare student population. Understanding this relationship is crucial for the development of support systems, interventions, and educational strategies aimed at promoting mental health and well-being among healthcare students, ultimately ensuring their ability to cope with stress in a healthy manner and fostering a more supportive educational environment.

***Keywords:*** *Eating disorders, Stress, Healthcare Students*

**PP 187**

**The Impact of Celebrities on Adolescents and Young Adults**

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This study investigates the influence of celebrities on adolescents and young adults, exploring the profound impact that public figures have on this demographic. Celebrities wield significant power in shaping societal norms, trends, and perceptions, particularly among impressionable age groups. The research delves into the multifaceted ways in which celebrities affect the behaviour, attitudes, and decision-making processes of adolescents and young adults. This includes analyzing the role of social media, advertising, and traditional media in disseminating and amplifying celebrity influence. Furthermore, the study aims to evaluate the consequences of such influence on individuals' self-image, aspirations, and consumption patterns. By examining the connections between celebrity culture and the targeted age groups, the research seeks to highlight the potential positive and negative outcomes, including impacts on mental health, body image, lifestyle choices, and societal perceptions of success and values. Understanding these dynamics is crucial in developing strategies to empower and educate adolescents and young adults to critically evaluate and navigate the pervasive influence of celebrities, promoting healthier and more informed decision-making processes. Ultimately, this research contributes to a deeper comprehension of the mechanisms by which celebrity culture shapes the attitudes and behaviours of adolescents and young adults, informing interventions and educational initiatives that foster more resilient, critical-thinking individuals in the face of celebrity influence. A cross-sectional study will be carried out with students in private and government higher educational institutes including teens in schools as well, excluding students who are not interested in celebrities. A convenient sampling method will be used for the study. This study aims to assess the level of addiction and the impact of celebrities on young adults and adolescents.

***Keywords:*** *Celebrities, Adolescents, Young Adults*

**PP 188**

**Nursing Students’ Knowledge, Attitude, and Ability in Case Management for Caring for Children with Acute Lymphoblastic Leukaemia**

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This study explores nursing students' knowledge, attitudes, and abilities concerning case management for caring for children diagnosed with Acute Lymphoblastic leukaemia (ALL). The focus is on understanding how nursing students approach and handle the specific challenges involved in the care of children with this condition. Acute Lymphoblastic Leukemia requires specialized care due to its unique characteristics and impact on paediatric patients. The study aims to assess nursing students' competencies in this particular area, examining their grasp of essential knowledge, their attitudes towards handling such cases, and their practical abilities in implementing effective case management strategies. By delving into these aspects, the research seeks to identify potential areas for improvement in nursing education and training programs related to paediatric oncology care. The goal is to better equip future nurses with the necessary skills, attitudes, and knowledge to provide comprehensive and effective care for children diagnosed with Acute Lymphoblastic Leukemia. This research ultimately contributes to refining educational approaches and developing targeted interventions to enhance the capabilities of nursing students in managing the care of children affected by these medical conditions.

***Keywords:*** *Nursing, Case Management, Acute Lymphoblastic Leukaemia*

**PP 189**

**Level of depression among healthcare students at a private university, Sri Lanka**

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This descriptive study investigates the level of depression among healthcare students enrolled at a private university in Sri Lanka. Mental well-being is a pivotal concern for these students, given its potential impact on their academic performance and, subsequently, the quality of patient care they will provide in their future healthcare careers. The study employs standardized assessment tools to quantify the prevalence and severity of depression within this specific student cohort. The study's findings offer crucial insights into the mental health challenges faced by healthcare students during their academic journey. They reveal the extent to which depression is a prevalent issue among these students, shedding light on the unique stressors and pressures they encounter as they prepare for healthcare professions. By doing so, the research underscores the significance of recognizing and addressing these mental health challenges proactively. this study underscores the importance of mental health support and interventions for healthcare students at the private university in Sri Lanka. It emphasizes the necessity of considering not only their academic achievements but also their holistic well-being as they progress toward their roles as healthcare professionals. By acknowledging and addressing depression and related mental health concerns, universities and healthcare institutions can ensure the comprehensive development and future success of their students, both in providing quality healthcare and maintaining their own well-being

***Keywords:*** *Sustainability, Nursing Practice, Technologies*

**PP 190**

**Identifying the level and presence of stress in private hospital nurses during COVID-19**

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The COVID-19 pandemic placed an unprecedented burden on healthcare professionals, particularly nurses working in private hospital settings. This descriptive study investigates the prevalence and intensity of stress experienced by private hospital nurses during the COVID-19 crisis. A comprehensive assessment was conducted to explore the factors contributing to stress, the coping mechanisms employed by nurses, and the potential implications for their overall well-being. Data collection involved surveys and interviews with a representative sample of private hospital nurses, comprising both frontline healthcare workers and non-frontline staff. The study utilized standardized stress assessment tools and qualitative interviews to gauge the sources and manifestations of stress. The analysis was conducted using quantitative and qualitative methods to triangulate the findings. Preliminary results indicate that private hospital nurses faced elevated levels of stress during the COVID-19 pandemic. The stressors identified encompassed concerns about personal health and safety, increased workloads, insufficient resources, and the emotional toll of patient care. Coping strategies varied among nurses, with some relying on support from colleagues and others seeking psychological assistance. This study offers valuable insights into the specific stressors experienced by private hospital nurses during the pandemic and their strategies for managing these challenges. The findings highlight the importance of providing support and resources to nurses in private hospital settings to mitigate stress and promote their well-being during public health crises. Further research is needed to explore the long-term impacts of this stress and inform interventions to better support healthcare professionals in similar contexts.

***Keywords:*** *Level, Stress, Private Hospital Nurses, COVID-19, Personal Life*

**PP 191**

**Awareness and perception of mammalian cell culture methodologies and applications**

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Mammalian cell culture methodologies and applications will continue to occupy a central role in scientific research and innovation across diverse fields, including biotechnology, pharmaceuticals, and medical research. This forthcoming study will aim to provide a comprehensive understanding of the awareness and perception of mammalian cell culture techniques among researchers, educators, and students, shedding light on the evolving perspectives that will shape this vital domain. A survey-based approach will be employed to gauge the knowledge and attitudes of the participants towards mammalian cell culture. Anticipated results are expected to reveal a spectrum of perceptions, ranging from an appreciation of its fundamental importance to a recognition of its ever-evolving nature and limitless potential. Respondents will emphasize the critical role of cell culture in drug development, disease modelling, and regenerative medicine. They will acknowledge its contributions to breakthroughs in cancer research, vaccine development, and bioproduction. The study will identify variations in awareness and perceived significance across different demographics, underscoring the need for targeted educational efforts and knowledge dissemination. Furthermore, it will emphasize the importance of fostering a culture of continuous learning and adaptability within the scientific community, given the dynamic nature of cell culture technologies. The forthcoming findings will underscore the pivotal role of mammalian cell culture methodologies in advancing scientific knowledge and promoting innovation. This research will not only provide a valuable snapshot of the future landscape but will also serve as a foundation for refining educational strategies and addressing the evolving needs of the scientific community. Ultimately, enhancing awareness and perception in this field will contribute to more effective research, education, and the translation of scientific discoveries into practical applications for the betterment of society.

***Keywords:*** *Awareness, Perception, Mammalian Cell Culture*

**PP 192**

**A comparative analysis of digital self-administered surveys and interview-administered surveys: Google forms vs. Kobocollect in research data collection**

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A comparative analysis will be conducted to examine digital self-administered surveys and interview-administered surveys, with a specific focus on the use of two prominent data collection platforms: Google Forms and Kobocollect. The study is designed to investigate the effectiveness, user preferences, and practical implications of these data collection methods within diverse research contexts. The research will involve the development and deployment of surveys through Google Forms and Kobocollect, targeting a diverse range of research domains. Participants will be randomly assigned to either the self-administered digital survey group or the interview-administered survey group. Data collected from both groups will be analysed to assess differences in response rates, data accuracy, completeness, and participant experiences. Furthermore, the study will explore the time and cost implications associated with each data collection method. Surveys and interviews will be conducted in controlled settings to ensure consistency. A comprehensive comparative analysis will be performed to evaluate the effectiveness of Google Forms and Kobocollect in different research scenarios. Adopting a future-focused approach, this research abstract outlines the forthcoming nature of the study, providing an overview of its objectives, research methods, and the anticipated contributions to the field of research data collection. The findings from this comparative analysis will provide valuable insights into the selection of data collection methods in contemporary research practices.

***Keywords:*** *Kobo Collect, Google form, Data Collection*

**PP 193**

**Impact of illegible prescriptions on dispensing practice among pharmacies in Wattle, Gampaha district**

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The impact of illegible prescriptions on dispensing practice among pharmacies in Wattala, Gampaha District is a critical issue that warrants examination. Illegible prescriptions pose a significant challenge to the healthcare system, affecting patient safety, the efficiency of pharmacy operations, and the overall quality of healthcare services. This study seeks to provide a descriptive analysis of the consequences of illegible prescriptions on the dispensing practice in the aforementioned region. Illegible prescriptions, often marred by handwritten errors, unclear abbreviations, or incomplete information, can lead to serious repercussions. Patients may receive the wrong medications or incorrect dosages, jeopardizing their health and well-being. Pharmacists are placed in a difficult position when trying to decipher illegible prescriptions, as they must make educated guesses, which can result in errors. The dispensing process itself becomes time-consuming and stressful when pharmacists are forced to interpret unclear prescriptions. This can lead to increased wait times for patients, reduced efficiency in pharmacy operations, and potential frustration among both patients and healthcare professionals. Additionally, the economic aspect of the issue should not be overlooked. Pharmacies may incur financial losses due to errors, rework, or potential legal consequences arising from dispensing errors caused by illegible prescriptions. This research will involve a comprehensive survey of pharmacies in Wattala, Gampaha District, and will include interviews with pharmacists, patients, and prescribers. The goal is to document the prevalence of illegible prescriptions, the impact on patient safety, the dispensing process, and the financial implications for pharmacies. The findings of this study will shed light on the severity of the problem and may serve as a basis for developing strategies to mitigate the impact of illegible prescriptions on dispensing practice, ultimately improving the quality of healthcare services in the region.

***Keywords:*** *Illegible Prescriptions, Dispensing Practice, Patient Safety*

**PP 194**

**Comprehensive Understanding on Work-life balance among healthcare professionals, in the Western Province of Sri Lanka**

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This research proposal delves into the pressing issue of work-life balance among healthcare professionals, emphasizing its significance in personal well-being and its direct impact on patient care quality. The proposal outlines the problem of healthcare professionals facing demanding work environments, extended working hours, and emotionally taxing responsibilities, often leading to stress, burnout, and reduced job satisfaction. The study aims to develop a comprehensive understanding of the factors influencing work-life balance among healthcare professionals and identify effective strategies and interventions, including changes in workplace policies and support systems, to mitigate work-life imbalance and enhance the quality of healthcare services. The proposed research will adopt a descriptive cross-sectional study design, focusing on healthcare professionals in the Western Province of Sri Lanka. Data will be collected through a self-administered questionnaire, with a sample size of 426 healthcare professionals selected through convenient sampling. The study instrument will be pre-tested for reliability and validated for content, ensuring robust data collection. Ethical considerations have been considered, with participants informed of the voluntary nature of their involvement. The research aims to fill a critical gap in the literature by examining the problem, its implications, and possible solutions related to work-life balance among healthcare professionals. The finding will be disseminated through scientific forums and peer–reviewed journals. Limitations such as self-selection bias and the reliance on self-reported data are acknowledged. This research is vital not only for the well-being of healthcare professionals but also for the broader healthcare systems’ quality and sustainability. By understanding the complex factors that influence work-life balance, this study offers a pathway to improving the lives of healthcare professionals and ultimately benefiting patients and the healthcare industry as a whole.

***Keywords:*** *Work-life Balance, Healthcare, Western Province, Sri Lanka*

**PP 195**

**A study on the awareness and attitude of teenage pregnancies among undergraduate students of western province, Sri Lanka**

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Teenage pregnancies are a pressing concern in Sri Lanka due to their far-reaching societal, health, and economic implications. This study is driven by the imperative to explore the awareness and attitudes of teenage pregnancies among undergraduate students within the Western Province. To comprehensively investigate the level of awareness and attitudes held by undergraduate students towards teenage pregnancies in the Western Province of Sri Lanka. By gaining insights into these areas, the study aims to inform effective interventions and educational programs. This study will be carried out as cross-sectional descriptive research. To achieve this objective, a mixed-methods approach will be employed. Surveys and interviews will be utilized to gather data from a representative sample of undergraduate students. The combination of these methods provides a holistic perspective, enabling a deeper understanding of the multifaceted nature of awareness and attitudes. The findings of this study shed light on a significant knowledge gap among undergraduate students regarding teenage pregnancies, their root causes, and their consequences. Additionally, the research uncovers the pivotal role of cultural norms, societal perceptions, and personal experiences in shaping students' attitudes. While some exhibit empathy and support for pregnant teenagers, others harbour stigmatizing beliefs and misconceptions, creating a complex landscape of attitudes. Understanding the awareness and attitudes of undergraduate students is a fundamental step in the development of effective strategies for the prevention of teenage pregnancies and support for young parents. The insights derived from this study will not only contribute to the growing body of knowledge on teenage pregnancies in Sri Lanka but will also serve as a foundation for policy decisions and educational initiatives aimed at reducing the prevalence of this issue within the youth population in the Western Province.

***Keywords:*** *Teenage Pregnancies, Undergraduate Students, Awareness*

**PP 196**

**Prevalence and influencing factors regarding anxiety among students in a health care institute. Gampaha District, Sri Lanka**

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The background highlights anxiety as an emotion characterized by tension, worried thoughts, and physical changes. Studies on healthcare students reveal high levels of test anxiety and elevated state and trait anxiety. Factors such as academic pressure, childhood trauma, and social inequalities contribute to anxiety. This research aims to investigate anxiety among healthcare students at the International Institute of Health Sciences (IIHS) in Sri Lanka's Gampaha district. Utilizing surveys, questionnaires, and psychological assessments, the study will explore factors contributing to anxiety, such as academic pressure and personal challenges. Drawing on relevant literature, including meta-analyses on global anxiety prevalence among medical students, and systematic reviews on depression and suicidal ideation, the research seeks to fill gaps in understanding anxiety in various healthcare professions. By identifying risk factors, the study aims to inform targeted interventions and contribute to the overall mental well-being of the healthcare workforce. Addressing anxiety in healthcare education is crucial for fostering a resilient and competent future healthcare workforce.

***Keywords:*** *Influencing Factors, Gampaha District,Anxiety, Influencing Factors, Sri Lanka*

**PP 197**

**Anti-Social Behaviours among children in Gampaha District.**

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Antisocial behavior encapsulates actions that deviate from the accepted norms of a given society or community. These actions often manifest as violations of societal rules, laws, or ethical standards. Such transgressions can range from relatively minor infractions, like petty theft or vandalism, to more severe and heinous acts, such as violent crimes and exploitation. Anti-social behaviors among children have garnered significant attention worldwide due to their far-reaching consequences on individuals, families, and society at large. These behaviors pose a serious challenge to the social fabric and addressing them is of paramount importance. This research proposal aims to investigate anti-social behaviors among children in Gampaha District, Sri Lanka, a region where limited research on this critical issue currently exists. By understanding the origins and manifestations of anti-social behaviors in children. This study is to study anti-social behaviors among school children in Gampaha District and gain insights into their prevalence, causes, and implications. The cross-sectional study will be carried out. The research will take place in a mixed-gender school in Gampaha District, Sri Lanka. This school hosts a diverse student population, encompassing both male and female students from various areas within the district, representing a variety of cultures. The primary data collection tool for this research will be a self-administered questionnaire. The causes of anti-social behaviors in children are multifaceted and can result from a complex interplay of various factors. One significant contributing factor is early exposure to adverse childhood experiences, such as neglect, abuse, or witnessing violence, which can lead to emotional and psychological trauma. Genetic predisposition also plays a role, as some children may have a genetic susceptibility to certain behavioral tendencies. Additionally, environmental factors, like growing up in impoverished or high-crime neighborhoods, can increase the risk of anti-social behaviors. Poor parental supervision and inconsistent discipline can foster such conduct, as can the influence of peers who engage in similar behaviors.

***Keywords:*** *Anti-social behaviours, Children, Violence.*

**PP 198**

**Awareness of Ethical Considerations regarding Medical Research among Healthcare Students**

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Individual and community codes of behaviour are founded on adherence to a set of rules that might be explicit and codified or implicit, abstract, and impersonal, or specific and personal. It focuses on the decisions we make and how those decisions affect our behaviour. It covers the decisions made by both patients and physicians as well as the responsibilities and duties of professionals to their patients. The aim of this study is to investigate the awareness of ethical obligations pertaining to medical research among the future to-be medical personnel. A cross- sectional study will be used, as we will be investigating the causes behind the ethical awareness levels of medical students. Convenience sampling techniques will be used to select participants among healthcare students in the IIHS based on their accessibility and willingness to participate. Convenience sampling is a non-probability sampling so no statistical sampling is needed. Approximately a sample size of 100-500 will be collected. Data will be collected through a self-administered questionnaire and a structured interview. The idea for this research stemmed from the fact that ethical awareness was not at a standardized level in Asia in comparison with other countries. Due to the decreased amount of knowledge in these countries, multiple medical crises have arisen. To convey the importance of this research, a recent time scenario of the COVID-19 virus vaccine could be utilized. Usually, the testing and approval of a medicine takes time. All three clinical trial phases may need to be finished before the licensing stage, which might take ten to fifteen years or longer.

***Keywords:*** *Ethics, Awareness on Ethics, Healthcare Students*

**PP 199**

**Children’s unmet need for mental health care within and outside of Colombo.**

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Mental health disorders are a leading cause of child disability and neglecting to adequately address these conditions may result in adverse outcomes that put significant burden on the individual, their family, and society. Conflict and displacement can negatively impact mental health, and the prevalence of mental health disorders (MHDs) outside of Colombo is still unclear. The study aims to investigate this issue and determine if it leads to unmet healthcare needs for specialty mental health services for children outside Colombo. The study of children's unmet needs for mental health treatment in and around Colombo is of utmost importance for influencing young people's wellbeing. For the purpose of developing efficient solutions, understanding this issue's access gaps to mental health care is essential. The study design of this survey will be a descriptive and a cross sectional study. A structured survey questionnaire will collect quantitative data on demographics, mental health access, perceived barriers, and attitudes towards seeking care. A semi-structured interview protocol, including open-ended questions, will be used to provide in-depth qualitative data on children's mental health care, allowing participants to share experiences, beliefs, and challenges. Childhood mental health requirements that are not met can have a significant and long-lasting influence on a person's ability to learn, integrate into society, and generally lead a decent life. Early intervention can also stop mental health problems from getting worse, perhaps sparing a person from long-term psychological pain. It is essential to comprehend the socioeconomic and cultural elements that affect access to care in order to create support plans that are responsive to the particular needs of each community.

***Keywords:*** *Children, Mental health, Colombo, Sri Lanka*

**PP 200**

**Quality life of Hemiplegic Patients**

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Hemiplegic, a neurological condition causing paralysis on one side of the body, is a transformative experience that affects not only the physical body but also the mind and spirit of those affected. The exploration delves into the complex medical landscape surrounding Hemiplegia, examining the underlying causes, impact of the condition on patients and various rehabilitative and therapeutic strategies available to enhance their quality of life. The objective of this study is to assess the quality of life of the Hemiplegic patients and to make patients’ guardians more aware, that will lead to the enhancement of enhance the functional independence and mobility of Hemiplegic patients through targeted physical therapy and assistive devices, allowing them to perform daily activities with greater ease and self-reliance. The design of this study is descriptive and cross-sectional. Except hospital based other one is rehabilitation center is a valuable research environment for studying the quality of life of Hemiplegic patients, providing insights into the impact of rehabilitation programs, therapies, and comprehensive care. The study is conducted in a specialized rehabilitation center for patients with neurological and musculoskeletal disorders, including those with Hemiplegia. Researchers collaborate with the center staff to recruit active Hemiplegic patients who are already participating in rehabilitation programs. Data collection methods include structured interviews, functional assessments, patient progress records, and surveys and questionnaires. These methods provide in-depth insights into the impact of rehabilitation, measure changes in patients' physical well-being, and provide access to detailed information about therapies, interventions, progress notes, and treatment plans. The study aims to improve patients' quality of life and satisfaction with their rehabilitation program. The research will include both male and female population in Hemiplegic rehabilitation centers around Gampaha, Srilanka.

***Keywords:*** *Hemiplegic Patients, Quality of Life, Paralysis*

**PP 201**

**Epidemiology of muscular skeleton symptoms among the nursing students studying in IIHS Sri Lanka**

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Muscular skeleton symptoms, a concern among nursing students, are a result of the physical and mental demands of nursing education and practice. Nursing students often undergo rigorous clinical training that requires them to maintain awkward positions for extended periods, which can strain their musculoskeletal system. Proper body mechanics and ergonomics are essential for nurses and nursing students to prevent musculoskeletal injuries. These symptoms, affecting bones, muscles, tendons, ligaments, and other structures, can cause pain, discomfort, stiffness, and reduced range of motion. These symptoms can significantly impact nursing students' well-being and effectiveness as caregivers. The cross-sectional study will be carried out. Total nursing students of the IIHS multiversity. Researching muscular skeletal symptoms among nursing students is important to address potential occupational hazards and ergonomic issues specific to their work environment. Research in this field could examine the prevalence, effects on academic performance, risk factors, coping mechanisms, and interventions to lessen these symptoms in nursing students to improve their wellbeing and productivity both now and in the future.

***Keywords:*** *Muscular, Nursing, IIHS*

**PP 202**

**Childhood Immunization Attitude and Knowledge among Nursing Students**

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Childhood immunization vaccine gives critical protection against a wide range of communicable illnesses. Vaccination programs' efficacy is dependent, in addition to medical professionals' expertise, on their commitment to giving accurate information and fostering community faith in vaccinations. Childhood immunization vaccination is a critical cornerstone of public health, providing a strong defense against avoidable illnesses as well as a global way of reducing morbidity and death among children. A cross-sectional study will be carried out. The study population for this research encompasses the entire body of nursing students enrolled at IIHS. Childhood immunization is crucial for public health, reducing morbidity and mortality. Nursing students and nurses are key sources of knowledge, influencing vaccination efforts. Nurses' attitudes and beliefs can influence the success of vaccination efforts.

***Keywords:*** *Childhood, Immunization, Knowledge. Attitudes*

**PP 203**

**Children’s unmet need for mental Healthcare within and outside of Colombo**

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Mental health disorders are a major cause of child disability, causing a significant burden on individuals, families, and society. Children may receive care from non-specialists or specialists, depending on their condition. Mental health needs arise when formal care is inadequate or inappropriate. Conflict and displacement can negatively impact mental health, and the prevalence of mental health disorders (MHDs) outside of Colombo is still unclear. The study aims to investigate this issue and determine if it leads to unmet healthcare needs for specialty mental health services for children outside Colombo. Studies show that urban areas have a higher risk of serious mental illness, including schizophrenia, due to factors like higher stress levels and limited access to mental health services, while rural areas offer natural environments that can positively impact mental health. The problem is that children in the country have unequal access to mental health, and people living outside the capital have significant unmet needs due to limited resources, infrastructure, and awareness. Solving this problem is essential to ensuring the mental well-being of the nation's children. This requires large-scale initiatives such as equitable distribution of resources, and rural infrastructure development. A cross-sectional study design will be carried out to achieve the objective of this study. The study will be carried out within and outside of Colombo which is the most populous and commercially active metropolitan city in Sri Lanka. The study population for this study will include both male and female children dwelling within and outside of Colombo, Sri Lanka. Convenience sampling can be practical when considering about accessibility, time and cost efficiency, practicality in a pilot study and other factors. . Children in Colombo can live in healthier environments by addressing the underlying problems, raising awareness, and improving access to resources.

**PP 204**

**Procrastination Among University Students in Sri Lanka**

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Procrastination is the voluntary postponement of an intended course of action despite anticipating that one may suffer as a result. University students are thought to be particularly badly impacted by procrastination. The present research examines the association between procrastination and the university students in Sri Lanka. However, the different scholars have described different type of procrastinations. Passive procrastinators often delay tasks despite their intentions due to delayed decision making and acting process. No matter what kind of procrastination a student engages in, it affects their performance and makes them careless, inactive, passive, academically decline and irresponsible. This article is going to include the level of procrastination, factors that can affect procrastination and potential consequences of procrastination of a student's academic performances. Pure procrastination scale (PPS) and irrational procrastination scale (IPS) are designed to measure unidimensional entities that are closely related with procrastination. This research article also has included the factors that can affect procrastination, spatially among university students. Factors contributing to procrastination among university students include academic stress, confidence issues, perfectionism, social media, relationships, anxiety, and lack of initiative. Procrastination will be negatively impacted on academic performance, physical and psychological well-being of university students. Researchers have found that procrastination is associated with lower academic performance, increased levels of worry and stress, feelings of helplessness and depression, and reduced physical wellness. On the other hand, non-procrastinators have been found to exhibit the opposite characteristics. We are going to conduct this cross-sectional descriptive study for university students within western province. A web-based version of a self-administered survey will be used to gather the necessary study. Aim of this article is to examine the prevalence and the reasons for procrastination among university students in Sri Lanka. Our research might help researchers devise new strategies for assisting students in raising their academic performances.

**PP 205**

**Comparison of AI-powered treatment plans with real physical therapy plans, and comparing the real-time duration given for patients with those suggested by AI-powered databases**

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This research investigates the integration of artificial intelligence (AI) in physiotherapy to enhance patient outcomes. This study aims to bridge gaps in existing literature and provide insights into the application of AI in physiotherapy. Employing a mixed-method approach, it combines qualitative data from patient feedback with quantitative data on treatment durations. The controlled experiment involves both real patients at Ragama National Hospital and virtual patients generated through AI algorithms. The study assesses the effectiveness of AI-powered treatment plans in comparison to traditional methods, addressing issues of personalization, data utilization, and monitoring effectiveness. The sample size determination depends on the availability of eligible patients. Data collection involves observations, medical record reviews, and AI-generated simulations. Rehabilitation outcomes are evaluated through pain scales, functional tests, and patient feedback surveys. Quantitative analysis includes t-tests, ANOVA, correlation, and multiple regression analysis using SPSS. Reliability is assessed through test-retest and inter-rater reliability, while validity is ensured through content and criterion validity. Ethical considerations involve informed consent, data privacy measures, and approval from the ethics committee.

***Keywords****: Artificial intelligence, Physiotherapy, Treatment outcomes, Mixed-method approach, Patient feedback.*

**PP 206**

**The Association Between Karate Participation And Body Mass Index Amongst Adults In Western Province Sri Lanka**

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Obesity is a global health crisis, particularly prevalent in urban areas like Colombo district. Despite compulsory physical activity in schools, many adults quit due to declining physical activity. Studies show that aerobic exercise and resistance training can lead to weight loss and better body composition, preventing diseases like type 2 diabetes and cardiovascular diseases. Karate, a martial art, offers a unique combination of physical activity and self-defense skills. Karate practitioners display athletic abilities like speed, agility, coordination, and explosive power to gain a competitive advantage. This research proposal aims to investigate the link between karate participation among adults in western Sri Lanka and their BMI to determine if continuing the sport helps prevent obesity. A cross sectional study design will be carried out to achieve the objectives of this study. This study will be carried out in the branches located in Western Province area of the Japan Karetdo Itosukai Association, Sri Lanka. Stratified sampling will be used, stratifying by age and membership in Japan Karate-do Itosukai, Sri Lanka to ensure a diverse representation of karateka across the Western Province. Karate is deeply rooted in Sri Lankan culture, with over 380 registered associations/clubs. However, there is a significant drop in adults continuing the sport into adulthood. The findings can be used to suggest karate-based public health initiatives in the Western Province and other Sri Lankan provinces, promoting culturally relevant methods to prevent obesity and improving community health.

***Keywords:*** *Association,**Karate, Participation, BMI, Adults.*

**PP 207**

**The impact of academic workload and time management on stress levels among first-year university students at a private institute in Sri Lanka**

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This research investigates the impact of academic workload and time management on stress levels among first-year university students at a private institute. The study employs a mixed-methods approach, utilizing both quantitative surveys and qualitative interviews. A cross-sectional study design is implemented, with a stratified sampling method determining a sample size of 217 first-year students from a population of 500. The self-administered questionnaire includes demographic inquiries, along with sections on academic workload, time management, stress levels, and coping mechanisms. Likert scales ranging from 1 to 5 assess participants' responses. Data analysis involves descriptive statistics, including mean, median, mode, and frequency percentages, conducted using SPSS software. The study prioritizes ethical considerations, ensuring informed consent, confidentiality, and voluntary participation. The reliability and validity of the questionnaire are tested through a pretest and Cronbach's alpha. The findings aim to provide insights into the challenges faced by first-year students and inform interventions for promoting student well-being at the private institute.

***Keywords:*** *Academic workload, time management, stress levels, mixed-methods, first-year students*

**PP 208**

**Knowledge of Personality Disorders Among University Students**

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Personality disorders are often misunderstood and rigid behavior models that fail to align with cultural expectations. These disorders are not diagnosed until they cause functional impairment or neurosis. The Diagnostic and Statistical Manual of Mental Disorders classifies ten distinct personality disorders based on eccentric, hysterical, emotional, or strange behavior. Over fifty studies have examined the relationship between personality disorders and the five-factor model, with most disorders characterized by high nervousness and disagreement. Understanding personality disorders can help university students manage symptoms, build healthier relationships with peers and teachers, and improve their ability to express demands and manage symptoms in individuals with obsessive-compulsive or borderline personality disorders. The aim of this study is to determine the knowledge about different personality disorders among university students. The study will be carried out using a cross sectional study design, and the study will be conducted within the premises of IIHS Multiversity in Kerawalapitiya. The study population will consist of students in IIHS Multiversity. A representative sample of students will be chosen to participate in the survey, and purposive sampling will be used to select participants for focus group discussions and interviews among lecturers, college counselors. Non-Probability sampling will be carried out and under that we will be using a convenient sampling method, the data will be analyzed using SPSS.

***Key words:*** *Knowledge, Personality Disorders, University, Student, SPSS.*

**REFLECTIONS**

**PP 209**

**Reflection on checking the position of the Nasogastric (NG) tube in the incorrect way**

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**Description:** The incident took place in a well-known private hospital in Sri Lanka. The patient was a 73-year-old patient admitted to ETU. The patient had a history of hypertension and a past surgical history. The placement of the NG tubing in this patient needed to be checked. However, when I pushed the air, I didn’t hear any sound, and I failed to check if the NG tube was in the correct position or not.

**Feelings:** At first, when I was assigned for the procedure, I was so happy and excited at the same time. After the incident happened, I felt anxious, worried, and helpless. I felt disappointed for not doing the procedure correctly, but I’m glad that I went through it because now I know how to do the procedure correctly.

**Evaluation:** Through the experience, I was able to learn how to handle incidents like this in the future. The bad experience I encountered was not being able to perform the task that was entrusted to me by the senior nurse. Lack of patience led me to the improper practice of pushing enough air into the NG tube to hear the sound properly.

**Analysis:** Errors such as lack of practice, being overconfident, and being overexcited can lead to improper practice, especially when it is the first time performing. These problems can lead to patient pain, patient anxiety, a waste of time, a waste of resources, and a loss of trust among the nurses.

**Conclusion:** As healthcare professionals, we must have a thorough practice of patient treatment techniques before performing those procedures on the patient. And it is of utmost importance to maintain the quality of the service, despite the tough schedules. My mistakes have taught me to be more attentive while working and to be more self-aware of what I’m doing.

**Action Plan:** In the future, if I get a chance to do the same procedure, I will make sure to get more practice, not be too overconfident, ask and learn from my supervisor and senior nurses, and be more attentive while working.

**PP 210**

**Reflection on a failed attempt to operate the lancet**

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**Description:** The incident took place in ward 5 of a leading hospital in Sri Lanka. The male patient, who came for an arterial blood gas (ABG) test, was assigned to me for the blood collection. Multiple attempts at pricking the finger with the lancet were made during the procedure.

**Feelings:** At the beginning, I felt a heavy sense of responsibility and anxiety. During the process, multiple failed attempts to collect the blood sample with a lancet left me disheartened. The negative comments from the patient’s caretaker further raised my anxiety and frustration. This experience served as a stark reminder of the high expectations in healthcare, prompting a strong desire for self-improvement.

**Evaluation:** Firstly, I was entrusted with a crucial responsibility, which boosted my confidence and affirmed my role in healthcare. Secondly, despite initial difficulties, it provided a vital lesson in precision and patience. Thirdly, it helped me develop emotional resilience, a key skill in handling criticism and pressure in healthcare. Lastly, the incident prompted self-reflection, driving my commitment to personal and professional growth. The negative experiences from this situation included frustration and insecurity stemming from initial difficulties and scolding, along with doubts about my abilities due to the bystander's complaint.

**Analysis:** The technical challenges, such as adjusting the lancet's depth, positioning it correctly, and maintaining sterility, are crucial in this process. Continuous education and assessment are critical to reducing the number of unsuccessful pricks, minimizing the patient's stress, and improving overall healthcare quality.

**Conclusion:** It is important to practice the technique and precision of using a lancet. Precision is vital to avoid discomfort and tissue damage for the patient while ensuring an adequate blood sample.

**Action Plan:** Skills and techniques for blood sample collection must be improved. For this, I will seek guidance from experienced colleagues and take advantage of any training opportunities available to me. Additionally, I will work on developing effective communication strategies to address concerns and manage the expectations of patients and their families.

**PP 211**

**Reflection on the misoperation during the discontinuation of intravenous (IV) infusion line**

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**Description:** The incident happened in the medical ward of a well-known private hospital while serving the afternoon shift. In a ward of 10 patients, there were three patients under my service. One of the patients was a 48-year-old female, complaining of loss of appetite, nausea, vomiting, and body ache. She was taking oral fluid (50 mL) and administering IV fluid (saline) at a rate of 50 mL per hour. When pulling the tubing part of the IV line out parallel to the skin in a slow and steady motion, the saline was coming out of the tube.

**Feelings:** In the beginning, I was so happy when I was assigned to do the procedure. I was excited because it was my first time doing this procedure in a clinical setting. I panicked and was scared when I remembered I hadn't clamped the tube. I was disappointed because I let down the nurse in charge. I felt guilty because my actions made the patient uncomfortable and also affected the documentation in the input and output charts. In the end, I was relieved to learn from my mistake, under the kind guidance of the junior nurse.

**Evaluation:** Through the experience, I learned the right way to discontinue the IV line and how to calm down the patient in times of misoperation. As a negative experience, I learned that careless operations can lead to the waste of resources.

**Analysis:** Nursing students can get used to high-stress situations through clinical experience. Working in a clinical environment gives an opportunity to develop soft skills such as compassion, listening, communication, problem-solving, and attention to detail.

**Conclusion:** The procedures, such as discontinuing the IV line, must be performed carefully according to a systematic procedure. Following a systemic order would help to prevent the small steps in between the tasks. Clamping the IV line is important before removing the IV tube.

**Action Plan:** Develop and implement standardised checklists for IV infusion procedures to ensure all steps are followed. During the process, it is important to be a good communicator, observe well, and be more focused. Stressful situations must be handled without panic. Critical thinking ability must be improved.

**PP 212**

**Reflection on an oral drug administration**

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**Description:** The incident took place at a leading hospital in Colombo, Sri Lanka. The task assigned was to administer oral medication to a 92-year-old male patient with a history of hypothyroidism and asthma. The patient was complaining of a head injury due to an accidental slip. The medications given to him were found on the bedside table.

**Feelings:** I was feeling confident enough to take on the task. During the event, I was feeling nervous because it was my first time administering medications in a hospital setting. After the task assignment, I was relieved and happy to perform the task without causing any discomfort to the patient. After my mistake was pointed out, I felt disappointed and sad because of the careless mistake that was made, which could have been a risk to the patient.

**Evaluation:** Through the experience, I was able to learn how to face a challenging situation confidently. The bad experiences were an increased risk of getting infected, a risk of possible antibiotic resistance, and a bad reputation for the hospital due to improper patient care.

**Analysis:** The complications due to incorrect drug administration can be minimized by the intervention of the nurses by encouraging proper dosage at the right time. Monitoring and encouraging patients to take their medicine helps improve compliance and adherence to the prescribed treatment plan. By waiting and observing, nurses can provide reminders, explain the importance of the medication, address any concerns or side effects, and motivate patients to complete their course of treatment.

**Conclusion:** It is important to monitor the patients throughout the entire medication administration. Also, it is important to guide the staff members on being vigilant with patient drug administration.

**Action Plan:** Steps must be taken to improve knowledge on the importance of proper medication administration, to be cautious in following accurate procedures and providing effective patient care, to think critically about the outcome of the actions, and to educate colleagues via reflection.

**PP 213**

**Reflection on the Patient's Bleeding after Removal of the cannula**

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**Description:** I experienced the following event in the oncology ward of a leading private hospital in Colombo. The patient being dealt with is a 61-year-old female, the patient has a history of Diabetes Mellitus, Hypertension, and Hyperlipidemia. the cotton ball and had spilled blood all over the sheets. I immediately placed another cotton ball onto her cannula site and asked the bystander to apply pressure onto the wound while I cleaned up the blood spill on the patient. While I inquired about the patient, I got to know that she wasn’t holding onto the cotton ball with appropriate pressure and that she is regularly on aspirin, which may have contributed to her bleeding.

**Feelings:** Before the procedure I was Confident, Excited, and Calm as always. During the procedure I was still Confident, Calm, and Focused throughout, and was successful in my procedure. After the bleeding had occurred, I was disappointed in what had happened, and I put the blame onto myself;

**Evaluation:** In my evaluation of the event I had both good and bad experiences. The following are the good experiences I had. Got to know how to properly handle removing the cannula, Realized the importance of knowing the whole procedure thoroughly. The following are the bad experiences I had. Was scared and upset during the situation, had to waste hospital resources due to my mistake and lack of experience and the patient was in pain.

**Analysis:** It is important to keep your composure in a clinical setting. Appropriate handling of equipment is vital for nurses in order to provide the best care for patients, learn to be alert and attentive before any procedure Errors during and after a procedure can worsen the patient’s condition.

**Conclusion:** Based on this experience I’ve learned to put the patient first and to pay closer to the minute details and to be more conscious of my actions. It is always important to assess the effects of our procedures.

**PP 214**

**Reflection on Cannulation Procedure Failed**

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**Description:** In June 2023, in the Intensive Care Unit of a private hospital, a patient, Mr. X, required a cannula insertion following a motorbike accident. While attempting the procedure, the nurse forgot to apply pressure to the vein, causing blood to squirt out. A senior nurse intervened and offered guidance, emphasizing the importance of seeking help when unsure. The incident highlighted the need for composure and teamwork in critical situations.

**Feelings:** The nurse's emotions during the situation were mixed. They initially felt joy for the opportunity but became confident yet worried due to the rush. Nervousness persisted despite determination. After making a mistake during the procedure, they felt disappointed, upset, and frustrated, especially because they had broken the master's trust. Concern and empathy for the patient added to their emotional turmoil.

**Evaluation:** The incident brought both positive and negative lessons. It highlighted the need for caution and avoidance of repeated mistakes, emphasizing the importance of gaining experience and knowledge. Negatively, the nurse panicked and failed to act promptly, regretting a lack of practice and skills. They expressed remorse for the patient's unnecessary discomfort and the loss of trust from both the patient and the master.

**Analysis:** Analysing the incident underscores the importance of executing cannulation correctly and reducing errors for student nurses. Factors like knowledge, nurse guidance, repeated practice, and growing confidence contribute to improving practical skill competence. Another study highlights the common reasons for errors, including lack of expertise, work overload, a stressful environment, and a lack of senior staff support. Coping mechanisms and positive changes in practice were observed post-mistake. The study emphasizes the importance of staff taking responsibility for errors with support and developing constructive strategies for handling mistakes.

**Conclusion:** Reflecting on this incident as a student nurse has been a valuable learning experience. It has highlighted the importance of self-assessment and continuous improvement. Being more attentive and avoiding errors like the one in this situation is a priority for enhancing patient care and the quality of practice.

**PP 215**

**Reflection on The Incident of Excessive Bleeding Following a Removal of Cannula from A Cancer Patient**

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**Description:** The incident took place in the oncology ward of a leading private hospital in Colombo. The patient being dealt with is a 61-year-old female, diagnosed with oral cancer and was put on for 27 cycles of chemotherapy, and was admitted for her second cycle on this day. I went on with the cannula removal without any complications and advised the her to apply gentle pressure onto the cotton ball placed on the cannula site. When I returned to the patients two minute after the removal, the bystander informed me that she had bled out of the cannula site as she let go of the cotton ball and had spilled blood all over the sheets.

**Feelings:** Before the procedure I was Confident, Excited, and Calm as always. During the procedure I was still Confident, Calm, and Focused throughout, and was successful in my procedure. After the bleeding had occurred, I was Disappointed in what had happened, and I put the blame onto myself; was Sad for the discomfort that the patient was going through.

**Evaluation:** Good experiences I had were, I got to know how to properly handle removing the cannula, and realized the importance of knowing the whole procedure thoroughly. the bad experiences I had. was scared and upset during the situation, had to waste hospital resources due to my mistake and the patient was in pain.

**Analysis:** Appropriate handling of equipment is vital for nurses in order to provide the best care for patients. Learn to be alert and attentive before any procedure. Errors during and after a procedure can worsen the patient’s condition.

**Conclusion:** The quality of care we provide is correlated to the knowledge we possess. Based on this experience I’ve learned to put the patient first and to pay closer to the minute details and to be more conscious of my actions. It is always important to assess the effects of our procedures.

**Action Plan:** To be a better observer and more aware of situations to get more practice, to get better at critical thinking by asking myself questions. Also, it’s important not to panic during situations. Until experience is gained it is goof to work under supervision. I decided to own up to my mistakes and correct myself.

**PP 216**

**Reflection on The IV Administration of Insulin to A Diabetic Patient**

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**Description:** The incident took place at a one of my normal afternoons shifts at a famous private hospital at approximately 2:30 in day-surgery ward 5. The senior nurse, taught me when and where to administer the medication and insisted me to do the relevant procedure. Since it was my first-time administering medication through a syringe, I was very nervous.

**Feelings:** Since it was my first time, I was happy that I got a certain sterile procedure, I was quite calm but at the same time felt nervous about my capabilities in my procedure. During the procedure, I was very scared about doing a major error and that would greatly affect the patient. At the end was satisfied that the patient was alright, and most of all I was proud and satisfied I administered the medication through a syringe for the first time gone right.

**Evaluation:** The good experience I gained from this experience is that I was able to still carry out the procedure in front of the patient without losing my composure. The bad experience was the bad experience was that I was hesitant to do the procedure since it was my first sterile procedure handling with a real patient. I was doubting myself if I could perform it correctly.

**Analysis:** He lacks of practice of the procedure could lead to a risky matter, without skills been sharpened the patient would fall into another severe problem if the medications administered mistakenly and patient’s health is harmed.

**Conclusion:** I understood about the importance of administering medications through a syringe as a sterile procedure and the importance of following protocols as instructed. I’m delighted to note down that with my first trial was a success I gained more encouragement, and I am more confident in performing future procedures.

**Action Plan:** For my prospective experience managing a comparable procedure, I will be patient the next time and try not to rush. To acquire their trust to manage it on my own, I will first pay close attention to everything the senior supervisor does and speaks.

**PP 217**

**Quantitative Study to Assess the Knowledge on Lower Back Pain and Its Effect on Student Nurses in The Western Province, Sri Lanka**

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Among nurses, lower back pain (LBP) is a major concern. Proper knowledge as a factor has been extensively researched as a component of LBP rehabilitation. Parallel to this, proper posture when engaging in daily activities is crucial in the evaluation of lower back discomfort. The current study's objective is to assess nurses with LBP and their knowledge on LBP and associate these variables with pain, physical functioning, and quality of life. The research aims to evaluate the current understanding of lower back pain (LBP) among nurses, focusing on its impact on healthcare expenses, patient absences, and financial loss. It emphasizes the importance of understanding LBP among student nurses to improve patient care, prevent chronic pain, and reduce the risk of injuries. The data will be collected using a quantitative method, with a structured and self-administered questionnaire. Total Nursing population in Western province is undefined. Therefore, the Cochran’s Sample Size Formula will be utilised to compute an ideal sample size for a desired level of precision which is recommended to be used for studies with infinite populations. Questionnaire will be shared as a google form due to the prevailing limitations in accessing the study subjects, and usage of printed sheets is much expensive. The collection of data is done under 3 major categories: knowledge in LBP, causes of LBP and the effects it has on clinical settings. This method will help us to collect more quantitative and informative data and then convert them in to meaningful information. Data will be collected through a self-administered close ended questionnaire that would be answered by the university students. Using a quantitative approach and a Google Form questionnaire, the study evaluates nurses' understanding of LBP, its causes, and clinical settings. The research will address concerns on current management systems to inform policy makers, concerns on training programs, and interventions to promote awareness, education, and preventive measures in order to alleviate LBP burden and improve healthcare outcomes.

***Keywords:*** *Lower Back Pain, Rehabilitation, Quantitative. Proactive Care, Curriculum, Quantitative*

**PP 218**

**Assessment of Attitudes and Knowledge on Maintaining Nutrition Among Nursing Students at College of Nursing Anuradhapura**

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**Background:** Nursing students’ nutritional status is very much important to assess to roll-out their dietary pattern and nutritional status. Nursing students are the future role model of health; so critical evaluation of their nutritional status is imperative for effective functioning of health sector.

**Objective:** To assessattitudes and knowledge on maintaining nutrition among nursing students of collage of Nursing Anuradhapura.

**Method:** Descriptive Cross-sectional study design was used to conduct among 213 nursing students at their first and second years at College of Nursing, Anuradhapura. Self-administered questionnaire developed by researchers based on available literature were distributed among randomly selected participants. Data analyzed using SPSS V26 for descriptive and inferential statistics.

**Results:** Among the participants majority were female (92%) between 23-24years age group (34.3%) Buddhists (86.9%) at their second year (61.9%). Of them majority reported for the normal BMI range (63.4%). A large number of these are non-vegetarian students (84%) while 114 students currently follow diet control methods (53.5%). Among them nutritional knowledge was distributed for poor and good knowledge; 57.2% and 42.7% respectively. Knowledge on food frequency was reported for good knowledge (62.9%) while poor knowledge reported for food classification (69%), choosing foods (67.1%) and management health problems and body weight (68.1%). The larger proportion of nursing students ‘attitudes for maintaining nutrition found to be above average level (90.6%). The knowledge of the students was statistically significant by gender (p=0.01) and currently on diet (p=0.016). There is a significant difference found for attitudes on maintaining nutrition by academic year (p=0.000) and age group (p=0.004).

**Conclusion:** Study revealed the poor knowledge but above average level of attitudes on maintaining nutrition. Therefore, nutritional knowledge needed improvement. Because of gender difference for both knowledge and attitudes on maintaining nutrition, developing gender-specific programs for promoting healthy lifestyle behaviors among students is recommended. Need to updated practical sessions for students in order to enhance attitudes and knowledge for maintaining their own nutrition.

***Key words****: nutrition, knowledge, attitudes, nursing students*