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ABSTRACT BOOK

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Message from the Dean - IIHS



A warm welcome to everybody!

This event is truly historic as it is the first ever Seminar and Forum in Sri Lanka specifically targeted for the Nursing and Allied Health professions.

In the modern world, Nursing and Allied Health professionals are recognized as separate but indispensable and valuable members of the healthcare team. This recognition has resulted in the Health Science Professions now having their own Governing Councils, Professional Associations and Lobbyists, Academic and Credentialing Systems, Regulatory bodies and even Universities and Schools.

All this is because of more scholarship at all levels. The highest level of all scholarship is Research. Without research we have no new knowledge. Without new knowledge the human race will become a stagnant existence.

Today, we are opening the pathway to this new territory. In exploring new territory, as if blind, we must have some idea of the terrain we might encounter, know the rules and regulations of the road thus far travelled, be ready for disappointment and encounter different people humanely. In professional language, we should have an objective, develop a null hypothesis, find a target population, collect and analyze data without bias in a randomized double blind fashion (methodology), always treating the target population with respect and trust by giving them adequate correct information free of coercion, freedom to cooperate or refuse and taking full responsibility for any unforeseen mishaps. Primum non nocere – first do no harm. Results (positive or negative) should be for the greater public good.

Research is a very rigorous endeavor requiring good academic discipline and ethics. It cannot be approached dispassionately.

IIHS also sincerely thank our foreign affiliates for not only lending us prestige with their presence but also for highlighting research as an indispensable venture in education with their participation..

I am honored to be associated with this maiden effort and wish the endeavor and the attendees all success.

Sincerely

Dr. Nihal De Silva,
MD, MPH, ACOG,
Dean IIHS.

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Eminent Panelists

Professor Rose Mc Eldowney

RN, BA, MEd, PhD



Head of School – Health, Charles Darwin University, Australia

Areas of Expertise and Research Interests:

Professor Rose McEldowney has extensive practical and management experience from Victoria University of Wellington (VUW) in New Zealand, where she managed and taught tertiary nursing, midwifery and health programs in partnership with practice.

Prof McEldowney originally trained as a nurse and has broad practical experience across mental health, primary health, palliative, surgical and postnatal nursing.

Professor McEldowney has broad interests across health care and said she enjoyed applying academia to the evolving and dynamic roles of nursing, midwifery and allied health.

She has also spent many years setting up primary health care, degrees in nursing and midwifery and postgraduate courses in partnership with Indigenous peoples.

Rose's research interests include:

inquiry (life story, oral history, autobiography), Hermeneutics, Phenomenology, Critical and feminist inquiry, Participatory inquiry, Evaluation research, Clinical inquiry, Indigenous research methods, Mixed methods, Educational pedagogies and practices, Primary health, Mental health, Cultural safety and health workforce development.

Professional Memberships and Awards:

- Awarded: Best Postgraduate Supervisor in the Faculty of humanities and Social Sciences, Victoria University of Wellington Postgraduate Students Association, 2001
- Awarded: Effie Redwood Endowment Award for Nursing Research, Masonic Institute, 1997
- Awarded: Senior Scholar Award, Victoria University of Wellington, 1988

Sue Randal

RGN, RHV, NP, BSc (Hons), PGCE Higher

Education, MSc



Senior Lecturer, Co-course Director for Foundation Degree in Health, Pathway Lead for Long-term Conditions

Department of Nursing and Health Studies, Faculty of Health and Life Sciences, Coventry University, UK

Areas of Expertise and Research Interests:

Sue has a background in adult nursing and health visiting. In 2007, Sue began her career in higher education where she teaches on long-term conditions (chronic disease). Her expertise is utilized at all levels: Foundation Degree, Undergraduate Nursing, both pre-registration and post registration and at Master's level. Sue is published in peer reviewed journals and has co-edited a book on long-term conditions.

Sue has a growing applied research portfolio which includes community nursing and workforce transformation around the long-term conditions agenda. She has recently submitted her PhD: 'An exploration of embedding the community matron role in three settings: *making the invisible visible*'. Sue utilizes qualitative and mixed methods designs.

Professional memberships and awards:

- Member of the Royal College of Nursing
- Awarded 2nd prize for oral presentation at National University of Singapore / National University Hospital International Conference 17-19, 2011 for a paper titled: 'Managing Individuals with Co-morbid Long-term Conditions, using a Case Management Approach by Community Matrons in an English Inner City'.

Assoc. Prof Dr. Faridah Binti Hashim**RN, MBA, PhD**

Dean/Director - Faculty of Nursing and Allied Health Sciences - Open University of Malaysia

Areas of Expertise and Research Interests:

Dr. Faridah Binti Hashim has extensive practical and management expertise in nursing. She has obtained the PhD. in Nursing (Critical care) from the Edith Cowan University, Perth, Australia in 2007. Dr. Faridah originally trained as a registered nurse and has been into nursing education from 1988. She has been upgraded from Nurse Tutor to Dean, Faculty of Nursing & Allied Health Sciences, Open University of Malaysia.

Dr. Faridah's research areas include:

Nursing education, E-learning for Nurses, Nurses – Patients relationship in ICU, Professionalism in Nursing, Neonatology & Medication

Professional Memberships and Awards:

- Life Member of Malaysian Nurses Association (MNA) and Nursing Foundation.
- Honorary Visiting Lectureship from University of Teesside, UK, 2011 - 2012.
- Assessor and Panelist for MQA, 2010 – 2013.
- Member of Nursing Board, Malaysia, 2010 - 2013
- Ahli Jawatankuasa Kurikulum, Lembaga Jururawat Malaysia, 2010 - 2011
- Awarded: Excellent Service Award, Universiti Teknologi MARA, 2010 & 2007
- Ahli Lembaga Kurikulum , Lembaga Jururawat Malaysia, 2008 - 2009
- Committee Member, Special Interest Group for MNA, 2008
- Member for Malaysian Women Graduates, 2008

- Assessor MQA, 2008 - 2011
- Chairperson, Nursing Council for IPTA, 2007 - 2011
- Member of Nursing Council for IPTA, 2005 - 2006
- Assessor LAN, 2005 – 2007

Dr. Nihal De Sliva**MD (Japan), MPH (USA), ACOG**

Former Associate Prof. - Stanford University - USA

Dean- International Institute of Health Sciences

Areas of Expertise and Research Interests:

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

Dr. De Sliva's Research areas include:

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

Teaching Experience:

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

International Professional Experience:

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

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

Professional Memberships and Awards:

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

Dr. Virginia Dickson-Swift**B Pub Hlth Hons DM Myers Medal, PhD (La Trobe)**

Senior Lecturer and Head of Department, Health and Environment at the La Trobe University, Rural Health School located in Bendigo, Victoria, Australia.

Areas of Expertise and Research Interests:

Virginia is a Senior Lecturer in the La Trobe Rural Health School based at the Bendigo campus. She is the undergraduate course coordinator for the Bachelor of Health Sciences at Bendigo. Doctor Virginia's teaching areas include Social Determinants of Health, Principle of Public Health Practice, Research Methods and Qualitative Research Methods. She teaches across a broad range of undergraduate and post-graduate courses in the School.

Dr. Virginia's research interests include:

She has many publications and participated in many conference presentations related to her areas of expertise include:

- Challenges to public health and her strengths lie in qualitative methodologies.
- Rural and Regional Health, Community Participation
- Case studies in Workplace Health Promotion in the Loddon Mallee Region (funded by the Department of Health 2009)

Professional Memberships and Awards:

- Public Health Association of Australia (PHAA), Health Promotion Australia, Australian Association for Qualitative Research.

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

Deputy Chairman -International Institute of Health Sciences

Areas of Expertise and Research Interests:

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

Dr.Kithsiri's research interests include:*Health Systems, Processes & Quality***Training Expertise:**

Apart from his qualifications in medicine and health administration, he also possesses a Certificate 4 in Training and Assessment and is an Australian Certified Master Trainer.

He was recently selected by the US Government to undergo a leadership program in the area of alternatives to Higher Education

Professional Awards:

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

List of Abstracts

1. Evaluation of Nursing Care Time between Dengue Fever and Normal Viral Fever Patients

A.G. Abeysiriwardene

Dengue is a highly epidemiologically spreading disease condition in the rainy season with a great morbidity and mortality rate. During this period a large number of patients are admitted to the hospital with fever. On admission, it is difficult to differentiate between a dengue and viral fever patient. In a pediatric setting a large number of children are admitted with fever and medical wards are filled with patients. Nurses have to do more nursing care and their workload is increased.

This study was aim to **Evaluation of nursing care time between Dengue fever (Df) and normal viral fever (Vf) patients**. The Background for the study is that a majority of Nurses feel they have to allocate more time for dengue fever patients than viral fever patients during nursing care.

In this study, the main objective is to asses the time allocation between dengue fever patients and viral fever patients during nursing care. Specific objectives are to give maximum nursing care for dengue fever patients and to calculate mean nursing care time for selected nursing procedure with dengue fever patients and viral fever patients

This study design was retrospective and descriptive. The population and setting were children admitted to a medical ward Lady Ridgeway Hospital (LRH) Sri Lanka with fever. Data was collected using medical records from January to March 2006. Sample size was 200. Subject was identified by diagnosis cord. According to the nursing procedure manuals standard time allocation for nursing procedures were calculated.

This study observed number of nursing procedures and their times with patients. Considered nursing activities were monitoring observation chart, monitoring oral fluid intake and urine output, temperature checking, tepid sponging, Intra venous cannulations, injections and fluids, blood investigations, blood transfusions.

This retrospective descriptive study data were statistically analysed with EPIINPO 06 statistical analysis software. According to the results Mean Nursing Care time number of selected procedures exhibits as following, Monitoring Chart Df124.96 Vf13.2, Monitoring oral fluid intake and urine output Df20.02 Vf4.8, Temperature checking Df60 Vf52.8, Tepid sponging Df18 Vf28.8, Intra venous cannulations,

injections and fluids Df4.5 Vf1.26, Blood investigations Df122.8 Vf10.72, Blood transfusions Df2.4 Vf0, Monitoring urine output Df20.02 Vf4.8, Intra venous injections Df18.6 vf1.2

This study concludes that the total mean nursing care time for dengue fever patient was significantly higher than total mean nursing care time for viral fever patients. $P < 0.001$. The study recommends that as nurses have this heavy workload and they have to do more overtime duties during dengue epidemics. Finally this study suggests more nursing care time and hence staff is needed for the medical setting during dengue epidemics.

2. Assessment of Knee Joint Pain in Elderly People in Village Community

S. S. P. R. Alawattegama

Knee pain is a common musculoskeletal complaint that affects older adults and is responsible for disability and reduced quality of life. The purposes of this study were (1) to identify mutual relationship of below knee level activities in individuals with knee pain. (2) To determine attitude towards the methods of treatment in knee pain. (3) To determine that whether present support from the family is adequate for people with knee pain. (4) To take steps to make changes through education in daily activities.

This descriptive cross sectional study of rural community of Alwattegama was done in December 2012. 51 people (both female and male) with knee pain over the age of forty years participated in the study. Exclusion criteria were people who have experienced sports-related injuries or joint trauma, neurologic disorders that affect lower extremity functions, tumours of the knee, growth abnormality, rheumatoid arthritis, and bleeding disorder.

Data was collected using interviewer administered questionnaire in Sinhalese based on below knee level daily activities such as: using squatting pan, scraping coconut sitting on below knee level bench, cutting vegetables sitting on knee, and use of hearth on the floor.

The study revealed that 88% of the respondents used squatting pans which represent the highest below knee level activity, 72% of the respondents engaged in scraping coconut using bench below the half of the knee level, 60% of the respondents chopped vegetable sitting on the floor, 35% of the respondents cooked using hearth on the floor. Furthermore, 21.5% of the participants from the sample, engaged in one below knee level activity, 17.6% of the participants engaged in 2 below knee level activities, 27.4% participants engaged in 3 below knee level activities while 33.3% of the participants engaged in 4 below knee level activities. All the volunteers who participated in the study did at least one above mentioned below knee level seated activity. 1/3 of the participant were engaged in four mentioned below knee level activities.

Study revealed that, rural community of Sri Lanka affected with knee pain as a result of long period of below knee level activities in their daily lives.

Author suggests extended study be done using co-relational research design method to see how far people can control the knee pain with minimal stress on the knees, since most of the people are not confident about methods of treatment.

3. Examination of coping mechanisms of Stress in Theatre Nurses, in Teaching Hospital, Karapitiya.

Galbokka Hewage C. Nalindi De Silva

Background: Literature reveals that nurses are exposed to stress constantly due to heavy work load and the lack of awareness in relation to stress and coping mechanisms of stress. Furthermore, successful management of stress accounts for a positive relationship between nurses and their practice. In Sri Lankan context, theatre nurses are more prone to become stress in their duty hours due to heavy work load and commitments.

Aim: This research explored the knowledge, attitudes and coping mechanisms toward stress of theatre nurses in Teaching Hospital of Karapitiya, Sri Lanka.

Methodology: A quantitative descriptive cross sectional design was used to gather data from a convenience sample of 100 theatre nurses working in Teaching Hospital of Karapitiya, Sri Lanka. Self administered questionnaire was used to gather information regarding demographic data, attitudes towards stress, knowledge on stress, the causes stress, coping mechanisms used by the nurses.

Findings: Majority (90%) of nurses believed that coping mechanisms of stress is important in managing stress and most of the nurses agreed that they are not having enough support from their workplace to cope stress. In addition, nurses stated that they are exposed to stress more in workplace when compared to home and other places. Surprisingly, majority of nurses are not using any coping mechanism in managing stress.

Conclusion: The majority of nurses had a positive attitude towards coping mechanisms of stress. Nurses need to be informed and educated regarding the stress, its consequences and coping mechanisms.

4. Reasons for poor drug compliance among psychiatric patients in National Institute of Mental Health, Sri Lanka.

H.I. Chandrani

Objective, The purpose of research was to find the significant reasons for poor drug compliance for psychiatric patients in National Institute of Mental Health, Sri Lanka. **Material and Method,** the sample size was 50 psychiatric patients from intermediate wards and rehabilitation units in National Institute of Mental Health. Data collected using structured face to face questionnaire and analyze collected data with descriptive statistical methods. The report included demographic data (age, sex, marital status) psychiatric clinical data and psychiatric diagnosis. Reasons for non drugs compliance was assessed using a check list. **Results:** Reasons of poor drugs compliance were related to poor family support, lack of insight, side effects, complicated drug regimen as most significant reasons. Most common reason for poor drugs compliance was poor family support (38). 26% patients reported lack of insight and 16% patient had poor drugs compliance because of the side effect. Schizophrenia was most common diagnosis and most of them have not continued prescribed drug regimen properly (n=34: 68%). Discharge plan should include adequate information about the disease, treatment and side effect.

5. Assessment of Job Satisfaction of Nurses in Private Hospitals in Sri Lanka

Jeeni Devadas

The purpose of this study was to investigate the factors affecting job satisfaction at private hospitals. In this study the population targeted employees of Sri Lanka hospitals plc. The area which was covered included birthing center, CCU and NICU. The data was collected and administered by means of a structured questionnaire based on the factors which effects the job satisfaction.

The study showed that organizational factors such as personal, environmental, administrative and professional significantly influenced employee job satisfaction in private sector hospitals in Sri Lanka. Just more than half of the respondents were generally satisfied. However, individual factors such as age and gender did not significantly influence employee job satisfaction.

The research provided a better understanding regarding the factors affecting job satisfaction in Lanka hospitals. Thus, it emphasizes that there is still a need to conduct additional research to fill in the gaps that has not been solved in the current study. In chapter five, some recommendations were provided for future use to any researcher in this health sector.

This study aim

- To determine the level of organizational commitment amongst staff nurses
- To identify the factors those effect the nurse's job satisfaction in private health sector
- To determine the level of motivation and work orientation

The understanding of nurse job satisfaction and its contributing variables are important for any health care organization to exist and prosper in light of this, concern there is an orderly way of data collecting methods have been used. If nurses claim to be satisfied with their jobs what do they mean? It is more than a simple pleasure displeasure response and seeing it as a more complex process enhances my sophistication and quality of research. Job satisfaction is defined as the degree to which employees enjoy their jobs. Nurse Job satisfaction is a multidimensional phenomenon that is influenced by many variables.

Methodology

- Qualitative approach
- The data collection was done by collecting the interview questioners.
- Multifactor leadership questionnaire- short form 6s.binghamton, ny: center for leadership studies
- 5-point likert-type scale for importance & satisfaction
- Sample: 30 / 300 employers (response rate = 100%)
- 4 dimensions examined: administrative, personal, professional and environmental factors effecting the job satisfaction

Conclusion

One of the major finding of this study was determinants/variables may have a different effect rate on job satisfaction; even the organizations have similar characteristics. Or conversely, if similar organizations have the same level of employee job satisfaction, the effect rate of determinants on job satisfaction can change. Thus, satisfaction values for health facilities”, “physical facilities and “relationship with supervisors” are evaluated in a different effect rate by employees of this organization.

On the other hand, research results show that there is a significant difference between the satisfaction levels of employees, only four research variables but, satisfaction level for “health facilities”, “physical facilities” and “relations with supervisor” is significantly higher for employees moreover, research results show that employees are satisfied with the organization. So, we suggest that to improve on the slandered of living.

6. Knowledge and Attitude Regarding Tuberculosis treatment among clinic patients at National Hospital for Respiratory Diseases, Welisara in February 2013

G. S. P. Fernando

Globally, Tuberculosis (TB) infects over one third of the world's population as well as it causes 8 million new cases of disease, and over 2 million deaths every year. Tuberculosis is still continuing to be a major public health problem in Sri Lanka. About 9000 new cases of tuberculosis are notified every year, of which around 60% are smear-positive pulmonary TB cases in Sri Lanka.

Tuberculosis can be cured completely through directly observed treatment, short-course (DOTS) which is also the most cost-effective way of controlling the disease. Inadequate treatment of patients, in particular the sputum smear-positive cases which can lead to the emergence of Multidrug-resistant tuberculosis in the country

Defaulting from treatment remains a challenge for most tuberculosis control programmes. It may increase the risk of drug resistance, relapse, death, and prolonged infectiousness. However, interruption in tuberculosis treatment still remains the major barrier to its control and is the most important challenge for control of TB. Inability to complete the prescribed regimen is an important cause of treatment failure, drug resistance and continuous transmission of infection.

Tuberculosis (TB) remains a major & growing public health problem throughout the world. Therefore we should assess Knowledge, attitude and compliance with tuberculosis treatment among patients for better outcome.

The purpose of this study was to examine the knowledge and attitude towards a tuberculosis disease condition among TB patients.

- 1). To identify patients' current knowledge and attitude regarding tuberculosis.
- 2). To recognize method to obtain knowledge regarding TB treatment
- 3). To identify the barriers to obtain knowledge regarding TB treatment and conduct an in – service education session for the nurses
- 4). To prevent the emergence of drug resistance
- 5). To fragment the transmission of TB

6).To reduce the social and economic toll caused by TB

This descriptive study was conducted on a convenience sample of 100 pulmonary TB patients receiving health care at chest clinic at National Hospital for Respiratory Diseases, Welisara. The interviews were conducted by two trained nurses in the hospital. Informed oral consent was obtained from each individual upon enrolment to the study. All patients were followed throughout the treatment period.

Annually, around 9000-10,000 TB patients are reported in Sri Lanka. Lack of compliance to TB treatment has contributed to the steady rise of TB incidence in Sri Lanka. A total of 100 respondents aged 18 to over 50 years participated in the study. 41% were female, 61% were married and 54.5% had ordinary level education only. About half of the respondents (52%) were labourers and majority of those who were married. Two thirds of the respondents (78%) lived in high-density areas. One third of the respondents (31.2%) had average knowledge of TB treatment. Majority of the respondents (71.4%) had positive attitude towards TB. Most of the respondents' (72%) reported complying with TB treatment regimens. There was a positive relationship between compliance and attitude, indicating that as the level of attitude increases, compliance level also increases. The results further showed that there was a significant positive correlation between knowledge and attitude. However, there was no relationship between knowledge and compliance indicating that knowledge did not have an influence on compliance.

The trend of an increased prevalence of TB is leading to increased incidence of infection which needs to be controlled in Sri Lanka and the world over. There is a great need to understand the problem of non-compliance with TB treatment. Compliance with TB treatment is one of the great determinants of TB control.

7. Assessment of Causes for Dropout in Nursing Students from Private Sector Institutes in Sri Lanka

H. M. Himali Samanlatha Heenkenda

It is a fact that there is a high dropout rate of nursing students in the private sector. This research is designed to assess the reasons for the students to leave their course before completion, where some dropouts follow their future careers with nonmedical related areas. This research is aimed at the benefit of the nursing professionals by enhancing suitable patient care.

This study focuses on mainly administrative issues, professional interferences, personal reasons of student nurses and training issues related to dropout. The research was adopted by quantitative methods supported by qualitative data. The quantitative data gathering consists of a structured questionnaire directed to students. 40 questionnaires were served to the identified persons and there was a 70% response, where, respondents were female nursing students.

It was found that there was a high dropout rate from 2002-2010 from the Nursing School 'A' which was a major concern to the institute. The findings of the study showed that there were issues related to personal, professional and training which contributed to dropout of students, and they were satisfied with the administrative provisions.

8. Description of Adverse Donor Reactions During and Immediately after whole Blood Donation among Voluntary Blood Donors in Colombo North Teaching Hospital

R. M. C. S. Hemachandra

Background:

Adverse donor reactions are a major cause of distress and the main reason for not opting to become repeat donors. Study of adverse donor reactions is important to identify the types of reactions and contributory factors, and may help minimise or prevent adverse reactions in order to maintain a successful blood transfusion service with retention of blood donors.

Aims and objectives:

The study was to assess the types and frequency of adverse donor effects and to identify predisposing factors in order to minimise or prevent unwanted adverse donor reactions.

Study design and methods:

A descriptive cross sectional single centre study was conducted on 1000 randomly selected whole blood donors, who participated at mobile blood donation campaigns conducted by Teaching Hospital, Ragama. All adverse events occurring during or immediately after donation were noted using an interviewer administered questionnaire.

Results:

Out of 1000 blood donors, 264 (26.4%) were first timers while 736 (73.6%) were repeat donors, 809 (81%) were male and 191 (19%) were female. First time donors had a higher frequency of reactions (11%) than repeat donors (3.5%). The rates of reactions for males and females were 4.57% (37/809) and 9.24% (18/191) respectively. Overall 5.5% of donors experienced adverse donor reactions during or within 30 minutes of blood donation. The most frequent type of reaction was fainting or vasovagal reactions at 65% of total reactions while haematomas accounted for 21.6%. Vomiting (3.3%), convulsions (3.3%), chest pain (1.7%), numbness (1.7%), bruising (1.7%) and incontinence of urine (1.7%) comprised the rest. Prolonged loss of consciousness or arterial puncture was not seen among the donors. Donors with a body weight of less than 60kg had a higher rate of adverse reactions (8.99%) than those with a body weight of more than 60kg (3.47%). Donors who had slept less than six hours had higher adverse reactions (19.51%), than those who had slept for six or more hours (4.9%). 25% of donors who were fasting for six hours or more developed adverse reactions.

Conclusion:

The frequency of adverse effects related to whole blood donation is high. The most frequent reactions were, fainting or vasovagal attacks and haematomas. Adverse events were higher in females and in first time donors. Donors with low body weight, lack of sleep and long fasting periods prior to donation, were more prone to develop adverse reactions.

9. A Qualitative Study on Life Style Risk Factors for Knee Joint Osteoarthritis in a Rural Village (Meemure) in Sri Lanka

Dilma Nadreera Sammani Jagoda

M. A. Pubudu Gayan Wanasinhe

Manchulaa Navaratnasingham

Rajakulathunga Damith Chathuranga

L.R. Surendra Prabath Bandara Liyanage

Champa Jeewani Jayakody

Knee osteoarthritis is one of the leading causes for chronic structural and functional disability. Comparisons of the incidence rates of non-communicable disease between Sri Lankan rural and urban communities show significantly high prevalence of osteoarthritis among rural communities. Varieties of factors, to which people get exposed, however, contribute to disparities in general patterns of health conditions among these two communities. Natural factors such as geographic location, endowment of natural resources and socio-cultural factors including occupational habits like agriculture, demonstrate the correlation between life style and knee osteoarthritis among rural population in terms of their functional context.

The main objective of this study is to identify life style risk factors and specific risk activities for knee joint osteoarthritis in a rural Sri Lankan village.

For the purpose of this study, a traditional remote Sri Lankan village; Meemure, was chosen which constitutes the core elements of a traditional and functional rural lifestyle in Sri Lanka. The study was designed as a qualitative research in which participatory observation method was highly emphasized to gather data. Semi structured interviews were conducted and were recorded and visual ethnography – using photographs were also obtained of the risk activities from the consented participants in the village. Qualitative data gathered using all these methods were thematically analyzed.

Results are placed by observation, photographs, and video/audio recordings of a wide range of activities including below knee activities, activities which cause impact on the knee joint or overload the knee joint, and activities which give rise to an unstable posture. The results were also categorized under three main themes as field work, household work, and self employment according to the functional context of the rural community. Specific job tasks carried out under these categorized activities are as follows. Field works such as carrying paddy on the head, irrigating water to the paddy field, scraping mamoty handle, scraping with mamoty, implanting paddy, weeding, walking on mud, reaping the paddy harvest and drying paddy. Household works such as husking and scraping coconut, culinary works, washing pots and

pans, carrying water in pots. Also activities done under self-employment including seeding corn weeds, grinding maize, digging out manioc, weaving mats and baskets, climbing trees and making jiggery.

It is evident that geographical conditions and below knee activities immensely affect the knee joint and people who engage themselves in below knee activities in fields are at higher risk of getting knee joint osteoarthritis.

From the observations and results of the study, it can be concluded that below knee activities and activities done in the fields are the two major causes for knee joint osteoarthritis due to prolonged, heavy, intense field work . Also, there is need of assuming the postures which stress and cause high impact to the knee joint, for a prolonged period, to address the life style risk factors leading to knee joint osteoarthritis in this rural community.

10. Descriptive Study on Wrist and Hand Pain among Software Developers

Champa Jeewani Jayakody

Damith Chathuranga Rajakulathunga

Work-related upper limb disorders have become a major concern around the world, which is affecting many millions of workers, annually. Furthermore, it is evident that occupations demanding repetitive movements of the wrist and hand are becoming an emerging problem among young adults. This is due to sustained or constrained postures of the upper extremities and repetitive wrist motion related wrist and hand pain. Software developing is a rapidly growing profession in the modern world, where developers write scripts using computers. Because of the repetitive strains they acquire, they are at high risk of developing repetitive strain injuries.

Objective of this study is to identify the wrist and hand pain among software developers and to identify their basic knowledge about correct posture.

This research was designed as a descriptive cross sectional internet-based study conducted on software developers. Study group was selected by judgmental sampling. The link of a self-administered questionnaire was sent to 150 software developers by searching their email addresses through www.linkedin.com and 86 individuals responded. Information on dominant hand, number of working hours, site/region of pain, and attitude towards painful conditions were collected.

Following significant results obtained from the study show that 53% of participants have felt wrist/hand pain while working, during last year while 42% of them agreed that the pain is related to typing. Majority of the respondents are right handed and they complain of pain mainly in the right hand and wrist. Most claimed to use correct postures, such as arms close to the body (56%), elbows flexed (51%), hand in align with the forearm- without deviating the wrists to sides (58%) and without flexing or extending the wrist (66%), palms rested on the key board (53%), only sometimes and take short brakes occasionally (30%) while typing.

In conclusion, it is evident that working hours per week and number of short breaks taken have a direct correlation with wrist and hand pains. Surprisingly, individuals using correct posture while typing seem to have greater wrist and hand pain than others. This could be due to substantial proportion of them using mouse and keyboard alternately and working over 40 hours per week. Majority seem to have a good insight regarding their bad posture.

Measures can be taken in the future to improve software developers' knowledge on significance of use of correct posture while typing.

11. Description of Patients' Knowledge on Preparation for Fasting Blood Glucose Test (FBS) at a Leading Private Hospital in Sri Lanka

Sashya Keshini Kandaneeratchy

Introduction: This study on patients' knowledge of fasting blood glucose preparation was carried out in order to educate patients on the proper approach of preparing for the test. Diabetes mellitus is a highly prevalent disease globally as well as in Sri Lanka. Therefore, the fasting blood glucose test is a very common investigation carried out at nearly every laboratory worldwide. It is initially presumed that patients are aware of the basics of preparation for the test but it is evidently found that they are poorly educated on these essential facts of preparation for the test. It is vital for patient's to have a good understanding of the preparation process in order to carry out the test properly as well as prevent unwanted medical treatment due to false results.

Objectives: To assess the knowledge, attitude and practice with regard to patient preparation for fasting blood glucose test that includes description of variations of the duration of fasting that people practice, and also of the knowledge the patients already have on preparation for the test.

Methodology: A systematic sample was used in order to conduct this research on the description of patient's knowledge on preparation for the fasting blood glucose test at a leading hospital in Sri Lanka. One hundred and thirty patients participated in the research through interviewer administered questionnaires including 10 close ended questions.

Results: Out of the 130 patients who participated in the research it was evident that most patients (81-56%), were doing the fasting blood glucose test as instructed by their consulting physician which also supports the fact that most patients are unaware of certain restrictions during the fasting period. There are certain factors of the test that influences the results and from the findings it is observed that patients, do not consume water (39 patients,30%), sugar (75 patients,58%), fatty foods (97 patients,75%), or day to day medications (diabetic-103 patients,79%, other-98 patients,75%), as per the advice given by physicians or maybe from their own personal sources. There is a noticeable variability in the final count of the fasting period after the analysis was conducted. Most patients (42patients ,33%), fast for less than what they really should but apparently they fast in accordance with the advice they have received, which has a major effect on variations of the fasting blood glucose test result which would stimulate unwanted medical treatment. Some patients are not aware of the consequences of the different fasting periods for different tests which also affect the results of either test conducted.

Conclusion: Accordingly, from this study it has been discovered that patients require proper education on the preparation process for not only the fasting blood glucose but also other fasting associated blood tests. This has a major impact on the patient's life according to the results gained by the incorrect preparation for the test. The fasting blood glucose test is done worldwide and it is vital that proper information in regard to the preparation process is provided to the patient.

12. Knowledge and awareness of iron intake among pregnant mothers in Thihagoda MOH area

Hiruni Udarika Kahawala

Iron deficiency anemia during pregnancy may leads to birth of low birth weight infants. Both Iron deficiency anemia and low birth weight are significant public health problems in many developing countries. Therefore it is important to comply with iron treatment to prevent those problems.

This study was designed to study the knowledge and awareness related to iron intake among pregnant mothers attending to the antenatal clinics at Thihagoda MOH area in Matara district. Cross sectional study was conducted using a 50 pregnant mothers those who are attending the antenatal clinics. Personal information, body mass index, laboratory findings, was collected using the questionnaire. Method and quantity of iron consumption data were collected using 24 hour food recalls.

Mean Daily iron intake was 55.49mg SD =30.89.Educational level ($p=0.014$) and religion ($p=0.012$) significantly affect for the daily iron intake of pregnant mothers. The Hb value was significantly higher in those who were having high daily iron intake ($p=0.005$).Mean Hb value of the pregnant mothers was 11.72mg/dl, Standard Deviation was 0 .98 and prevalence of Low Hb was 25.81%.Majority of women knew (98%) that it is important to take iron containing foods during pregnancy. But 68% did not know iron requirement in pregnancy correctly.76% of study population knew the importance of iron.

13. Post Operative Patients' Perception of Discharge Informational Content in the Surgical Units of Sri Jayewardenepura General Hospital

G. W. Kodippili

The provision of information to patients is an important aspect of contemporary health care. The purposes of the study were to recognize post operative patients' perceptions of discharge information content in the surgical units of Sri Jayewardenepura General Hospital. A convenience sample of 85 surgical patients took part comprising 51 men and 34 women. A ten-item questionnaire based on the close-ended questions and patients completed it on the day of discharge within twenty-four hour. A questionnaire was administered in postoperative setting after instructions by the researcher.

Patients rated highly the need for all types of information. They rated most highly (61%) the need for information about the pain management. Only 43% patients were rated signs and symptoms indicating postoperative complications and when to seek medical help. Patients did not rate as highly (7%); information about clinic visit. 50% of respondents were rated insufficient information about home care.

These findings indicate that patients are desirous of a range of relevant information. And also these findings emphasize the importance of the nurse's role in assessing patients' situations appropriately and providing explicit and relevant discharge information. A nurse who has been a part of the team caring for a patient would be the most appropriate person to attend to this care as they have the background knowledge regarding the patient's admission to hospital.

14. Mothers' Knowledge Regarding Neonatal Baby Care

Nirmala Manatunga

Neonatal mortality is a major problem all over the world, but especially in developing countries. The world average neonatal mortality rate in developing countries is over eight times that prevailing in developed countries.

This study was designed to determine mothers' knowledge regarding neonatal baby care and the factors that have an impact on three good new born care practices among post natal mothers in a tertiary care hospital. It was structured to find maternal knowledge regarding breast feeding, umbilical cord care and prevention of neonatal hypothermia.

This descriptive cross sectional study was carried out in the post natal ward, at the Teaching Hospital in Kurunegala (North Western Province), Sri Lanka. The data was collected by interviewing 246 post natal mothers, aged 15 – 45 years, who were in the post natal ward, during the period of 18th April to 2nd May 2011. The mean age of the sample was 26 years. Nearly half of mothers (48.4%) completed education up to O/L. The percentage of mothers who completed education up to secondary and higher education level was 41.3%. A considerable proportion of mothers were unemployed (86%). Half of them had one child. The percentage of postnatal mothers, who had two children, is 30%. Others had more than two children.

Education level was found to be positively and significantly associated with knowledge regarding neonatal care. Additionally, occupation and age too were found to be significantly associated with knowledge level. Parity did not show a significant association with maternal knowledge regarding neonatal care as expected.

The results showed that mothers' knowledge and practices regarding breast feeding was at a satisfactory level in mothers selected to the sample population. But knowledge of mothers was not at a satisfactory level regarding umbilical cord care. More than half of them were in less than average knowledge level. It was found that mothers' knowledge of prevention of neonatal hypothermia was poor. A large proportion of them (45.52%) were in the poor knowledge group and 42.27% of them were in very poor knowledge group. The results showed clearly that mothers' knowledge of prevention of neonatal hypothermia was the most deficient knowledge field of mothers who lived in Kurunegala area. Maternal knowledge of breastfeeding was the only satisfactory knowledge field from these three areas for mother who lived in Kurunegala area.

The study recommends programmes for improving awareness of all three aspects of care, as the key to improving new born care practices. Future research on new born health should focus on identifying poor knowledge of other aspects of neonatal baby care. A research study to understand the influence of cultural aspects of mothers who live in Kurunegala area, on other aspects of neonatal care is also recommended.

The study showed in majority of mothers, adequate knowledge and practices regarding neonatal care were lacking. Especially, it is in the field of prevention of neonatal hypothermia and care for the neonatal umbilical cord. It is better to direct more attention to improve the level of associated factors and improved coverage with existing health services.

15. Employability Competencies: Evidence For Employer Satisfaction and Employer Expectations of Open University Malaysia's (OUM) Graduates

Assoc. Prof. Saedah Muda

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

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

Role of open distance learning in advancing lifelong learning:

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

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

Methodology:

Quantitative approach

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

Items adapted from the Noel-Levitz employer satisfaction survey

5-point likert-type scale for importance & satisfaction

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

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

Conclusions:

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

In order to adequately equip a workforce which meets the challenges and demands of the new age labour market, "the nexus between output of graduates and industry needs, the university and the workplace, and the higher education system and the lifelong learning system needs to be further strengthened" (ali, 2011).

16. Study on Knowledge, Attitude, and Behavior on Disposal of Sharp Items among Nurses

Jenita Opatha

This study was conducted to assess the knowledge, attitude and behaviour among theatre nurses regarding the disposal of sharp items in theatre. All nurses should have the knowledge and attitudes about universal precautions, especially in sharp disposable. This study aimed to prove the level of the knowledge, attitude, and behaviour regarding the disposal of sharp items among theatre nurses. In this study the population targeted were theatre nurses in teaching hospital Kandy. The area which was covered included the main theatre, new theatre, orthopaedic theatre, gynaecology theatre, Eye theatre, ENT theatre, Urology theatre, Paediatric theatre. One hundred and twenty of theatre nurses were participated for this research. The study showed that organizational factors such as personal, environmental, administrative and professional.

The research design was quantitative and descriptive. The sample consisted of all the registered nurses known as theatre nurses, in the operating room complex. The unit managers were excluded from the study, because the researcher utilized their assistance with the handing out and collecting of the questionnaires because not all theatre nurses were at work at the same time and to confirm the reliability of the data collection instrument. Data was collected by means of a questionnaire that was self-administered and consisted out of three sections: section A – biographical data; section B– knowledge base related to sharp disposal, section C – attitude base related to the sharp disposal. Section D-behaviour base related to the sharp disposal. The data obtained from the questionnaires was analysed by means of statistical and inferential analysis and included descriptive statistics with the assistance of a statistician.

Following the analysis of the data, recommendations for changes to be made to the existing infection control guidelines in the operating room complex was made. This was done with relevant literature and the guidelines were discussed with experts in the field. The researcher ensured that all the legal and ethical requirements, such as the participants' right to privacy, were maintained throughout the study. Thus, it emphasizes that there is still a need to conduct additional research to fill in the gaps that have not been resolved in the current study.

17. Attitude to New Advances in the Work Environment Based on Information Technology among nurses at Operation Theater in the National Hospital of Sri Lanka in 2013

K. M. S. Padmalatha

Incorporating the use of a computerized information system into everyday professional practice requires nurses to not only overcome any resistance to change, but also to become willing users and creative operators of Information Technology (IT). Managing the change process effectively, whilst implementing a new information system within the critical care environment, may facilitate the efficient development of quality patient care. Competency by nurses on new advances of work environment based on information technology (IT) is essential for Operation Theaters at the National Hospital of Sri Lanka. The project can make a big contribution to identify a clinical driven framework to priorities and achieving actual and perceiving attitude to IT among operation theater nurses in NHSL in Sri Lanka

The purposes of the study are as below:

1. To identify the extent to which nurses have access to and use information technology (IT);
2. To identify the readiness of nurses to participate in e-health initiatives such as Health Connect;
3. To identify the purposes for which nurses use IT ;
4. To identify factors that may prevent staff from attending continuous professional education;
5. To prepare a road map for access, education and training to meet the needs of nurses.
6. To identify the nature and distribution of attitudes to Information Technology among nurses
7. To reduce paper working health care system

The study was carried out prior to the implementation of an information system. A self administered questionnaire to assess the above objectives was distributed randomly among 112 nurses from 16 Operation Theaters in National Hospital of Sri Lanka where 97 nurses responded. According to the results, the nurses were highly confident in using computers, touch screen, internet and emails. Almost 80% of theater nurses used computer technology for their works and personnel use. However only 60% of the nurses had personnel email address. Furthermore 79% of nurses believed that computer will reduce paper works. Also most senior nurses were more likely to using computers, to consider learning was essential, and more likely to made life easier and improved access but 16% nurses did not respond to that using information technology reduces duplication of data entry and storage. The view that IT will benefit the care environment where the clinical working practice relies on a collaborative, multidisciplinary interaction was agreed by 20% of nurses

This study, unlike similar research elsewhere, did not find a negative relationship between work experience and staff's attitudes towards in new advances in work environment based on information technology (IT). This study confirms that a large majority of theater nurses have positive attitudes towards in new advances in work environment based on information technology (IT) in their practice areas.

18. Aggressive Behavior of Orphaned Children in Child Development Centers in the Western Province of Sri Lanka: The Perspectives of Orphanage Matrons

Puneesha Onali Pasqual

Introduction: This study was conducted on aggressive behavior of orphaned children in Child Development Centers of Western Province of Sri Lanka from perspectives of orphanage matrons. An orphan is a child below 18 years with deprivation of parental care or a place to survive. Aggression is common among these children due to many reasons. Aggression can be simply defined as hostility, dislike or hatred shown towards another person or any object as a response to oppression or frustration.

Objective: To gain an understanding of how acts of aggression exist among orphans in Child Development Centers of Sri Lanka from the perspectives of orphanage matrons and to derive possible interventions on how aggression may be tackled in the future by identifying the possible reasons.

Methods: Snowball sampling method was used to recruit orphanage matrons from Child development centers in Western province Sri Lanka, for this qualitative study. Eleven in-depth interviews were conducted using a structured interview guide. The data were analyzed using the ‘thematic framework’ approach.

Results: From the study it is brought into consideration that there are major factors that stimulate the development of aggression among most orphan children placed in orphanages situated within the western province of Sri Lanka. Aggression is projected due to the history of issues with former family of these orphan children as it is the main reason which put them in this particular situation. Also issues with friends at the orphanage make a great impact on developing the aggression as there is sustained jealousy among most of these children. This is mainly because they associate with them in their everyday life as the competitiveness amongst them plays a major role here. Another major effect on development of aggression of these children in most of orphanages is due to issues with the handling by caretakers and the administration staff. There are such incidents at which aggression is seen within these children due to the mishaps of the administration itself.

Conclusions: This study provides insight into how aggression exists among orphans in Sri Lanka and how it influences the lives of these particular orphans as well as the people around. Therefore, due to the major impact created on the lives of these fellow children and caretakers, it conveys that aggression is an important issue that must be tackled globally.

19. Relationship between Weight Gain and Birth Weight of Infant and Knowledge about Nutrition during Pregnancy among Pregnant Mothers Attending Colombo South Teaching Hospital.

Anuradha Perera

Giving a life to a healthy child is an essential contribution to the society to develop a healthy generation. Mothers who are pregnant should be healthy to meet this purpose. Nutrition during pregnancy is one of the main factors to be considered in ensuring health of the pregnant mothers. Nutritional level of a pregnant mother and her knowledge about nutrition is important to infant and her own wellbeing. Adequate weight gain is one of the best predictor of pregnancy outcome in a woman. The weight of the infant is also a good measurement to assess the intra uterine growth of the life. The objective of this study was to, describe socio- demographic variations of pregnant women in the study sample, to assess general food habits during pregnancy, what to eat and what to avoid, to assess the knowledge on nutritional value of the general foods, to identify cultural aspects associated with foods consumed during pregnancy, to assess the knowledge regarding nutritional supplements in 1st, 2nd and 3rd trimesters, to find out the association of the weight gain of pregnant mothers to level of knowledge about nutrition, to find out the association of the weight gain of pregnant mothers to the birth weight of the child.

Clinically healthy mothers (n=201) without any antepartum complications (GDM, PIH) were selected from the antenatal wards of Colombo South Teaching Hospital for the study over a period of 2 months. Pregnant mothers who were fulfilled the inclusion criteria were given a self administrated questionnaire and their weight was measured. After the delivery, birth weight of their infants was taken from the records of the labour room.

The mean age at pregnancy for the study subjects was 28.82 (± 5.26) years. The mean weight gain of mothers during the course of the pregnancy was 12.78 (± 4.09) kg. The mean birth weight of infants among the study participants was 2963.18 (± 421.41) g.

Most of the study sample (88.8%) has studied up to secondary education. Total family income of each subject was recorded and the majority of them (38.3%) were found to be including in a group of which the total family income range was Rs. 10001-20000, while 8.5% of pregnant mothers belonged to the monthly family income below Rs. 5000.

The pregnant mothers reported their knowledge on nutrition and more than 70% of them were found to have satisfactory or good knowledge on nutrition. Majority of the pregnant mothers avoid certain foods

during pregnancy. Most of them think pineapple (35.8%), prawns (11.4%), “kehelmuwa” (9.0%), and unripe papaya (7.0%) are not good to eat during pregnancy. Their myths regarding avoiding these foods included that they would lead to miscarriage (14.9%), not good for the fetus (10.0%), and can give rise to antepartum bleeding (0.5%). 18.4% of them avoid certain foods without having a specific reason.

There was a statistically significant difference between the level of knowledge on nutrition and the level of education of the pregnant mothers ($p < 0.01$). The relationship between weight gain and the birth weight of the infant was also statistically significant ($p = 0.015$).

In conclusion, this study highlights the impact of proper knowledge on nutrition during pregnancy. Subjects avoid certain foods during pregnancy, because of unnecessary fears, myths, and cultural beliefs which should be corrected at the primary care level. The importance of adequate weight gain during pregnancy to ensure a good pregnancy outcome and a healthy infant at birth was also reemphasized by the findings of this study.

20. Assessment of the Perception of Therapies available for Musculoskeletal Pain, among Populations in Jaffna Sri Lanka, 2012: A Comparative Study of Refugees and the Community

Lakeesha Perera

Manchulaa Navaratnasingham

Perception on therapies available has a significant impact on health seeking behavior of a population hence it affects the quality of future health. However due to a long term war the whole population in the Jaffna district was directed to interact more with native medical practices. It has changed their views and response to the medical care (therapies) available mainly for highly prevalent musculoskeletal pains.

The principal objectives of the study are:

- To assess the alternative treatments used by people in Jaffna district, with a view to enhance quality of their life.
- To assess the perception of the people in Jaffna district regarding alternative medicine, western medicine and physiotherapy.
- To identify the difference between the perception on alternative therapy, western medicine and physiotherapy among normal and camp population in the Jaffna district.

This study was carried out as a descriptive, cross-sectional study involving a sample of 44 randomly selected refugees from two camps and 63 from the community of Jaffna district.

The results of the study shows, health-seeking behavior of the targeted camp population is more towards western medicine (75.0%) whereas the prevalence of alternative therapy use is considerably higher among normal population in the Jaffna district (49.0%). Ayurveda is being used among 27.0% of the refugee and 50.79% of the community respondents. Respondents from refugee camps (16.0%) less commonly prefer to choose home remedy which is known to be a cost-effective therapy and the community population (52.38%) chooses home remedies predominantly.

Western medicine is the initial choice of treatment for acute musculoskeletal pains among whole of the community respondents (100%) but for chronic musculoskeletal pains, 33.0% of the respondents use alternative therapies. Camp population shows marked increment in choosing western medicine as their choice of treatment regardless of the duration of pain.

It can be concluded that the unexpected preference pattern of treatment among refugees and community may be due to the multiple health campaigns including health education that had been carried out

targeting refugee population over the years and the lack of the same received by the general public in Jaffna.

Even though the aim of the government is to provide health care service equitably, the takeover of western medicine poses a problem perhaps it is unsatisfying to most of the individuals in the community. They still believe some or all of alternative medicines are safe and an orthodox approach toward musculoskeletal pain is more efficient. On the contrary, for people in refugee camps, relative popularity of alternative therapy for musculoskeletal pain is reduced by the availability and appropriate delivery of western medicine probably due to repeated health education.

Following recommendations are derived from the study results and conclusions:

- Future research can be done to provide evidence on the effects of therapies used for musculoskeletal pain.
- Effective measures can be taken to improve health education among the community to develop a productive and equitable health care service.
- Or strategies can be implemented to develop or support alternative therapies as substantial proportion of the community is seeking alternative therapies.

21. Ankle Sprain among Teenager Footballers in Negombo, Sri Lanka

Milan Perera

Background: Nowadays, football is very popular among teenagers in the Negombo area and schools. Most players give priority to their school playing so their main playing location are school grounds other than that they play on the beach, narrow roads, and other places such as indoor locations and garden. They spend lots of time to play football. So there is a greater chance to get injuries such as ankle sprain, hamstring injuries, groin injuries and ACL injuries. In those injuries, ankle sprain is the most common injury among teenagers.

Methods: A descriptive cross sectional study was carried out and data was gathered from 256 randomly selected football players, from 6 schools in Negombo, Western province, Sri Lanka. Data was gathered by way of an “interviewed administered” questionnaire. Participations were chosen “first come first served” basis.

Results: Interviewed was conducted among 256 footballers, and 88(34%) players were affected by ankle sprain in the last six months. There were 168(66%) players who hadn't sprained their ankle in last 6 months. Among those 88 players, 73 (82.95%) players didn't do stretching properly. Among the other 168 (66%) players even though they had been exposed to contact accident from players, had not sprained their ankles. Among all injuries, (17-18) age group showed the highest injury rate (52.23%) and lowest injury rate (26.44%) was shown by (13-14) age group. Most players were injured during matches (61%). No one was injured during warm-up and practice sessions. Among all injuries, 40(45.45%) players were affected while running or attempt to running, and all those sprained their front foot. Playing in ground were recorded as the lowest injury rate (29.94%). The highest rate went to Playing in Ground, beach (51.72%) and playing in Ground, narrow road (66.66%). there was very low injury rate on those who wearing soccer boot and sports shoes; respectively 34% and 14.28% .Among wearing of soccer boots, Plastic screw nut sole were reviled the highest injury rate (85.71%) on the other hand normal flat normal sole ,studs, rubber nuts, plastic normal studs and plastic normal blade were shown low injury rate in around 30%. The results were shown that when age was becoming high, awareness on stretching decreased dramatically. It was clearly seen that those who don't have knowledge on relationships such as influences of stretching, uneven surfaces and footwear, those players were affected ankle sprain than knowledgeable players. Finally among those injured ankles(88) in period of six months time, 58% (51)players got reinjure their ankles by reviling 60% reankle injury rate from (17-18) age group.

Conclusion: it was clearly shown that, factors such as Age, Stretching, Injury, playing technique, playing location, footwear, sole of the footwear, Awareness and Knowledge had clear relationship between ankle sprains and cause to ankle sprain

22. Development of a Model to Evaluate Clinical Reasoning and Clinical Judgment Skills among Nurses in the Open Distance Learning and Clinical Judgment Skills among Nurses in the Open Distance Learning

Raijah A. Rahim

Faridah Hashim

Norlia Goolamaly

Health care services and delivery is increasingly complex and dynamic, requiring very specific thinking and workplace skills. Critical thinking in nursing is an essential component of professional accountability and quality nursing care and critical thinking is inherent in making sound clinical reasoning. When a nurse has the ability to operate on her clinical reasoning skills she will then be capable to make clinical judgment. The nursing profession demands nurses with critical thinking skills with reasoning and decision making skills in clinical practice. These skills have been emphasized in the nursing education for more than 50 years and it can be developed through exposure to actual clinical problems during undergraduate years. However, it is quite evident that these skills are lacking among nurses. At Open University Malaysia (OUM), the Bachelor of Nursing Sciences (BNS) programme is offered to qualified and trained nurses with diploma certificate. These nursing students spend 364 hours in clinical practice which include 96 hours under the supervision of the preceptors. Hence, OUM is dependent on the ability and experience of the preceptors to cultivate and nurture clinical reasoning and clinical judgment skills during which students do their clinical placement at the respective hospitals. To become efficient and professional nurses, they have to acquire skills to reason and make judgment in actual clinical environment. Performance of nurses is dependent upon continual learning and training which have to be evaluated during clinical practice. To produce nursing graduates who are well trained and equipped with these skills, it is therefore crucial to develop a model to evaluate nursing students' clinical reasoning and clinical judgment skills. This paper describes the initial stages conducted to explore the indicators to be incorporated in the evaluation model at the Faculty of Nursing and Health Sciences OUM.

23. Examination of Factors that reduce participation in continuing nursing education among nurses in Teaching Hospital of Karapitiya, Sri Lanka.

M. A. P. Samanjeeva

Background: Continuing Nursing Education (CNE) has become a trend in modern nursing since it enables nurses to update the knowledge, skills and attitudes regarding their scope of practice. In most contexts, CNE has become compulsory and mandatory for nurses since CNE overcomes the new challenges in health care field. In Sri Lanka, where nursing is in the process of professionalization, nurses still seem to show limited participation in CNE.

Purpose: This study looks into factors that reduce participation in CNE among nurses in Teaching Hospital of Karapitiya, Sri Lanka.

Methodology: A quantitative descriptive cross sectional design was used to gather data from a convenience sample of 100 nurses working in Teaching Hospital of Karapitiya, Sri Lanka. Interviewer administered questionnaire was used to gather information regarding demographic data, attitudes towards CNE, barriers for CNE and needs for participation in CNE.

Results: Majority (98%) of nurses believed that CNE is a useful current trend in nursing and 75% of nurses agreed that CNE updates knowledge, skills and attitudes in nursing. Surprisingly, only 14% of nurses were currently enrolled in any type of CNE activity. Furthermore, 69% of nurses stated heavy work load as a barrier for them to participate in CNE. In addition, 81% of nurses expected education centers closer to their residential areas as one of their needs for participating in CNE. Furthermore, 65% of nurses expected financial support as a need for CNE.

Conclusion: The majority of nurses had a positive attitude towards CNE and heavy work load seemed to be the main factor that keeps nurses from not participating in CNE. Establishment of education centers within close proximities may promote CNE among nurses. In addition, nursing bodies and organizations should consider these findings in planning and organizing future CNE activities.

24. Attitude to Communication among Operation Theatre Nurses in the National Hospital of Sri Lanka

Veda Arachchige Waruni

This study of attitude to communication among operation theatre nurses in the National Hospital of Sri Lanka was planned to identify the attitudes towards communication in their practice. Identifying the attitude in recognizing importance of instances needing good communication and the key personnel involved were the main objectives of the study.

It was a descriptive cross sectional study involving 85 operation theatre nurses at the national hospital of Sri Lanka. Their attitudes were tested using a self administrated questioner including ten items selected according to literature.

The results of the study indicated that there were deficiencies in areas of identification of communication patterns in an operating theatre, only 12% of nurses were identified with all patterns, 17% of nurses were identified all given six components of effective teamwork and only 12% nurses identified all given five terms for meaning of 'quality in health care'. Therefore, it can be concluded that the attitude of operation theatre nurses at the national hospital of Sri Lanka, was not adequate enough for identifying communication patterns in an operating theatre, identifying factors depend on communication in an operating theatre and identifying components of an effective team work.

25. Communicable and Non-communicable disease patterns in Maldives

Buthoola Abdul Razzaq

Aishath Shamna

This research was carried out to find out the prevalence of the communicable and non communicable diseases in Maldives. Communicable diseases can be defined as the diseases which are spread from person to person by direct contact with an affected individual. It may be spread via airborne virus or bacteria and also via blood or bodily fluids. Non communicable diseases are also known as chronic diseases, which are not passed from person to person. They are of long duration and generally have a slow progression.

The main objective of the research was to find out the prevalence of communicable and non communicable diseases in Maldives and also to identify the risk factors which will be caused by these diseases and to recommend treatment approaches in clinical practices.

The research was done by gathering relevant data from the specified documents. The data was gathered from World Health Organization websites and Ministry of Health in Maldives.

Research shows that, prevalence of stomach cancers were found higher rate than the other cancer types. 28% of deaths were caused due to stomach cancer in the year 2011. The least number of deaths were found due to breast cancer. According to the research conducted on obese most cases are from females than males in the year 2002. Diarrhea cases were found more prevalence in 2005 that is 23199 people. The least number of cases in diarrhea was found in 2001. Syphilis was reported more in 2006. Thalassemia was the one of the commonest disease in Maldives. Therefore the highest cases were reported in 2010. That was 1787 cases. Due to the information provided to the citizens health sector was able to decrease the number of dengue cases accordingly. The highest number was reported in 2006 which is 2568 people. Research shows chikungunya is under control compare to previous years. Tuberculosis was the least number of cases found in Maldives in which the highest cases are in 2007 which is 95 cases.

In order to decrease the number of diseases it is crucial that frequent awareness programs are conducted on every island. Moreover, health education regarding on personal hygiene is recommended. To control the cases of non communicable disease it is important that individuals undergo screening tests often.

26. Diet plan for a patient with Gastro -oesophagectomy in Sri Lanka

M. G. Asiri Sandakelum

A. H. M. Ahsan

A case study was carried out to prepare a diet plan for a patient with gastro-oesophagectomy in Sri Lanka. Surgical excision of the partial oesophagus and partial stomach is called “Gastro-oesophagectomy”. Oesophageal cancer is the one of the indication for this surgery. The capacity of the stomach and the length of oesophagus have reduced after the surgery. So, the patient cannot consume foods as a healthy person, and has to avoid and add some food types, and has to follow a regimen of small frequent meals. Dumping syndrome is the main complication of this surgery.

The main objective of the research was to find out the diet plan for a post gastro-oesophagectomy patient in Sri Lanka. According to the journal of Abramson Cancer Center of the University of Pennsylvania-2012. Because, there is no recommended diet plan in Sri Lanka for this patient. This patient requires a specific diet plan to live healthy and prevent from the complication after surgery.

A explorative study conducted by, Verschuur, E.M., Steyerber, E.W., Kuipers, E.J., et al, (2006), and had found about experiences and expectations of patients after oesophageal cancer surgery. The majority of patients experienced physical problems such as 'early satiety' (97%) and 'fatigue' (84%) after oesophagectomy.

As a result of the present study, a diet plan can be introduced to patients who have undergone to a gastro-oesophagectomy, based on Sri Lankan food sources.

Introducing a proper diet plan of the patient, who has undergone to gastro-oesophagectomy surgery, he was able to eliminate the complication of the surgery as much as possible and patient is leading healthy and a normal life.

27. Health Care Delivery system in the Maldives*Asra Habeeb**Fathimath Rukhshana*

Maldives health system is growing, developing and achieving many goals. In health system of the Maldives there are 5 trials that is central level, regional level, Atoll level, sub-Atoll level, island level and out of this ministry of health is the main health regulatory body of health sector in the Maldives. However still there are many problems in the health delivery system. The main purpose of this study is to analyze and to find out problems, improvement within the health care system. To find out those problems information was gathered from health ministry of Maldives, world health organization and other health related agencies.

28. Anxiety before Endoscopic VS Open Surgeries in Sri Lanka

Gothami Niranjala Dissanayaka

Anxiety is a psychological issue where a patient's fear of surgery is so significant that they can begin to have physical symptoms such as a racing heart rhythm, nausea & abdominal pain. Preoperational anxiety is a universal reaction experienced by patients who are admitted to any hospital for surgery. Just the initial idea of having surgical procedures can bring about very high levels of anxiety in patient than situation. Preoperational anxiety can be described as an unpleasant state of tension or uneasiness that results from a patient's doubts or fears before any operation.

Having a complete understanding of the procedure, why it is indicated, and how it is performed an understanding of anesthesia may also help with concerns about surgery. According to the researcher current study factors affect peri operative anxiety including fear of pre & post operative pain, alteration of body symptoms, improvement of knowledge about surgery & anesthesia can be used to successfully reduce surgical patient's anxiety.

Objectives:

- a) To identify the factors influencing anxiety before doing surgery.
- b) To determine the differences in mood, attitudes & fear of patients between various surgery.
- c) To identify how communication & support affect to avoid anxiety before surgery.
- d) To develop my experience or back ground to successfully complete the search.
- e) Identify the symptoms of anxiety
- f) To check how anxiety is caused by a lack of knowledge about the surgery.

Anxiety level were measured in patients admitted to the urology theatre in National Hospital, Sri Lanka awaiting endoscopic & open surgery from August to September in 2012. The questionnaire was filled within 30 minutes of the patient arriving at the operating theatre in pre operative area. Each questionnaire would comprise two sections. The first section is prepared to gather demographic data from the respondents. The second section would be developed to include in the study. Only patients admitted on the same day of surgery were admitted to the study. Inclusion criteria were patients between age 18 and

70 years of age and no previous operation within 5 years. Exclusion criteria were those under 18 years of age and those over 70 years of age.

One hundred patients (59 males and 41 females) were interviewed. The demographic data of all patients are shown. Each questionnaire would comprise two sections. The first section is prepared to gather demographic data from the respondents. The second section would be developed to include in the study. The study demonstrated that most patients had high levels of anxiety at both surgeries. But study showed significant positive association pre (29%) and post operative (18%) open surgery anxiety level than pre (36%) and post operative (23%) endoscopic level. Patients awaiting open surgery under general anesthesia were significantly more anxious as compared to endoscopic (19%) surgery under general Anesthesia.(34%) patients were anxious because of less knowledge about open surgery (28%) than endoscopic surgery.(18%) .The study showed pre operative anxiety related to symptoms in high level in the last 2 hours in open surgery than endoscopic surgery. Research were identified that communication on staff and sleeping pattern were identified as restraining factors.

The findings of this study showed that the anxiety before open surgeries significantly positive association than anxiety before endoscopic surgeries. However, the researcher's opinion is the results conclusion may not be adequate to draw a valid conclusion owing to reasons such as the fact that this study was done only a limited number of patients.

29. Knowledge and Awareness of Breast Self Examination among Nurses; Western Province Sri Lanka, 2013

Preethi Vithana

Introduction:

Breast cancer is the commonest malignancy among Sri Lankan women and women worldwide. It is one of the leading causes for death. This can be prevented by early detection as it will improve outcomes of the disease. Therefore, they should have better knowledge and awareness of breast self examination as an important method of prevention.

This is a cost-effective method of early detection of breast cancer especially ideal for our country because Sri Lanka has only limited resources. Even though it more suitable for us but the issue is most of female have a lack of knowledge regarding breast self examination. For this reason nurses must have sufficient knowledge and practice of breast self examination and they are the ones who have to educate and teach clients, their family members and the community. When they receive proper guidance of that eventually it will facilitate the detection breast cancer in early stage. Therefore, the morbidity and mortality rate can be reduced.

Methods

This is a descriptive and cross-sectional study. The data was gathered from 100 convenient selected nurses in Western province, Sri Lanka. Data was collected by way of an interview administered questionnaire. Participations were chosen first come first service basis.

Results

Nurses in the western province had sufficient knowledge regarding breast self examination but a low percentage of nurses performed breast self examination monthly. Most of the nurses had a wide knowledge regarding breast self examination (90%). However, almost all the nurses was not practicing monthly self breast examination (85%). They were willing to give advice to family members and relative (60%) but less number of them only educating female client who come across to performed breast self examination (10%). There was a significant relation between breast self examination practice and work experiences.

Conclusion

Most of the nurses had sufficient knowledge regarding breast cancer and breast self examination but they were not practicing the monthly self examination. In fact, nurses can expand performance of breast self examination. Thereby, the can educate the female clients to do the effective way of breast self examination and help women to detect the breast cancer at an early stage. So they can prevent complications and acquire good health.

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With a battle of time we have successfully completed a two day event. Behind the scenes to support our researches were our Academic staff of IIHS who have done a tremendous job. We would especially like to remember our Deputy Chairman Dr. Kithsiri Edirisinghe the pillar of our success, spending hours of his valuable time guiding students to get hold of great presentations and posters. Dr. Nishan Silva, a truly guiding hand who not only had to motivate the students but also the organizers always backing us up and guiding us when we needed the support most. Ms. Nishani Kulathunga, Campus Director, being the unseen hand to guide and support us throughout the event. Ms. Mihiri Jansz Head of the Academic Department, has given us encouragement and support at all times and in the rush, giving all students the support to do a great job. Ms. Uthpala Edirisinghe putting all her effort never looking away when we ask for her support, giving all her heart to the work in hand. Mr. Amila Kulathunga, Business Development Manager, with all the work in the Marketing Department he does a great job to support all the staff and students. Ms. Stephanie Anthony Course Coordinator being a back bone to the Academic department and pushing students to participate and also supporting us while having a much work of her own.

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Last but not least the students from all over the country has been part of this research forum presenting their tireless work researching on many areas of nursing health related topics. We highly appreciate your effort and wish you all the very best in your academic and professional career.

The Research Forum Team