

# Annual Academic Sessions – 2019

Faculty of Health – Care Sciences

Eastern University, Sri Lanka

27<sup>th</sup> August 2019

## BOOK OF ABSTRACTS



Faculty of Health – Care Sciences

Eastern University, Sri Lanka

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ISBN: 978-955-1443-99-3

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## Message from the Vice Chancellor



significance/impact.

I am delighted to spell-out my message for the Annual Academic Session-2019 (AAS-2019) of the Faculty of Health-Care Sciences (FHCS) of Eastern University, Sri Lanka (EUSL). As we know, research is integral part of university education and all of us are bound to engage and promote research at different levels. As per to the Goal-2 of the Strategic Plan 2019-2023, research is promoted in two fronts; i.e. for socio-economic development of the region and nation, and for generation of new knowledge of global

The Annual Research Sessions of EUSL are mainly focused on dissemination of students' research output that is significance to make an impact to regional/national issues and community needs. The university is committed to provide research grants to extend such potential preliminary research to the next level. On the other hand, EUSL is promoting research of global significant by recognizing research publications in reputed journals indexed by Web of Science, Scopus, etc. I am glad to note there have been such publications recently emanating from FHCS, which is hallmark of its progressive research culture.

AAS-2019 of FHCS acts as a strategic forum for the students and staff of FHCS to enhance a constructive dialogue and collaboration on themes relevant to health, emanating from undergraduate and staff research projects, and to disseminate the research findings in all areas of health especially NCDs, mental health, maternal and child health, nutrition, sexual health and elderly care. The research sessions are organized in a way that provide the stakeholders a good understanding of the research findings of academic as well as the students supervised by the academics. Moreover, the AAS-2019 of FHCS would provide the opportunity to academics and the students to discuss and share experience with invited researchers and the keynote speaker.

I thank with appreciation the enthusiasm and efforts of the Dean, academics and students of FHCS in organizing the sessions in corroboration with the new Strategic Plan EUSL, and congratulate for the success being achieved on the objectives.

*Professor F C Ragel*  
*Vice Chancellor*

## Message from the Dean



*"Health for All through Peace, Compassion, Care and Research"*

Motto of the Faculty of Health-care Sciences, EUSL 2005

I am honoured to give this message for the first ever student research session, the Annual Academic Session – 2019 (AAS – 2019) organised by the Faculty of Health-care Sciences, EUSL.

Research is an important component in most undergraduate curricula throughout the world. It has been made thus to train the graduate to always seek the truth by organised thinking. In this context, it leads to the fulfilment of the eighth point in the Graduate Profile of the FHCS (*Carryout research studies in patient care / public health and disseminate the findings*) in both the MBBS and BSc (Hons) nursing programmes.

In the past the faculty has observed that many of its undergraduates conducted well organised research studies and the outcome of these studies only served the purpose of obtaining marks and grades. Therefore, the faculty decided to organise this forum with the purpose of giving the students an opportunity to present the findings of their research. The purpose also encompasses the scope of sharing these newly found facts with the community, as most of these researches are community based and may help in making decision making of the stake holders.

*"Per ardua ad scientiam"*

The motto of our university urges us to work hard towards finding the truth. Therefore, it is the prime duty of the university to conduct high quality research and also to guide its undergraduates in the same path. I am sure the AAS – 2019 will pave a culture of conducting quality research and dissemination of knowledge at the FHCS among its students and staff.

I congratulate the Chairman of AAS - 2019 and his team for successfully organising this milestone event. I wish good luck to all the presenters!

*Dr. Angela Arulpragasam Anthony*  
*Dean*

## Message from the Chairperson



As the chairperson of the Annual academic session – 2019 (AAS – 2019) of the Faculty of Health-Care Sciences (FHCS), I take this opportunity to extend my warm welcome to you all to the first AAS – 2019.

There had been no regular forum for disseminating the research activities of students of FHCS in the past. I am sure that AAS will provide a good platform for both medical, nursing students and academics for sharing their research findings related to all areas of health especially NCDs, mental health, maternal and child health, nutrition, sexual health and elderly care with research experts, keynote speaker, colleagues as well as with the stakeholders.

I thank all team members for their consistent effort to make this AAS – 2019 of FHCS an enormous success. I extend my sincere thanks to Dean, FHCS for initiating and encouraging undergraduate research session in the faculty. Also, I sincerely express my gratitude to the keynote speaker Professor Shamini Prathapan, who is also my teacher, for accepting our invitation to participate in the AAS – 2019 within her busy schedule.

I hope that AAS – 2019 of FHCS will deliberate and discuss the health related issues which would help to improve the health of our community as well as the stepping for further research.

I wish the first AAS – 2019 of FHCS, a great success.

*Dr. G. Kisokanth*

*Chairperson, AAS – 2019*

*Senior Lecturer*

*Department of Supplementary Health Sciences*

## **Message from the Secretary**



It gives me a great pleasure in writing this message to the “Book of Abstracts” of Annual Academic Session - 2019 of Faculty of Health-Care Sciences, Eastern University, Sri Lanka, which is an initiative activity of our faculty.

In fact, it is not an easy task to organize such a session which collectively brings students’ research work into dissemination and sharing of knowledge with the stakeholders. I feel it has reached to a higher level of scientific writing skills of young authors.

I have no doubt that this motivation among students and academics will continue successfully. Therefore I whole heartedly congratulate and encourage all of you to take active part in this first Annual Academic Session of the Faculty of Health-Care Sciences, Eastern University, Sri Lanka. On behalf of the organising committee, I wish you all success.

*Dr. Kandasamy Arulanandem*

*Secretary, AAS – 2019*

*Senior Lecturer*

*Department of Primary Health Care*

## Message from the President, SLMDA – UK

It is indeed, my privilege and honour, as President of the Sri Lankan Medical and Dental Association-UK (SLMDA-UK) to welcome you all to this Annual Academic Session of the Faculty of Health-Care Sciences (AAS – 2019). The SLMDA extends its Best Wishes for the success of this inaugural event.

It is the first time that the SLMDA is sponsoring an event at the Eastern University, Sri Lanka. The SLMDA has been regularly donating books to the Eastern University, Medical library for several years. The SLMDA was established in 1982 with the express purpose to support Medical and Dental Students and their respective Universities. Many of us here in the SLMDA, benefited from the excellent (and free) education given to us by the Faculties of Medicine and Dentistry in Sri Lanka. We would like to express our gratitude to our Mother Country by smoothening the path of those coming after us. We hope that the education they receive is just as good as what we experienced.

May the success of this first Academic Session firmly establish the tradition of an Annual Session devoted to the dissemination of research in the Faculty's calendar.

*Dr Thushara Rodrigo*

*President*

*SLMDA-UK*



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## Keynote Address

### Translational Medicine: The Future for Sri Lanka



Translational medicine is a rapidly growing discipline in biomedical research which aims to expedite the discovery of new diagnostic tools and treatments by using a multi-disciplinary, highly collaborative approach. Translational medicine as a concept, is a bi-directional concept, which encourages the flow of information from the laboratory to the clinic, and in the same way, from the clinic back to the laboratory. This bi-directional concept of “Bench to Bedside” factors, aim to increase the efficiency by which new therapeutic strategies are developed through basic research and are tested clinically, whereas the “Bedside-to-Bench” factors, provide feedback about the applications of new treatments and how they can be improved.

This bi directional concept falls into the ‘T’- Phases of Translational Health Research as T0 through T4. These five multi-step phases turn observations in the lab, clinic and community into interventions that improve people’s lives in the form of diagnostics, therapeutics, medical procedures, devices and even behavioural changes. For this, translation, a team with diverse skills is crucial. A group that would come together and work as a team to make a real impact in patient’s lives. This team is put together, as the fundamental characteristics of individual researchers go beyond individual specialization. For the success of the translational research, this team needs to think innovatively and collaboratively, and search for ways to break down barriers and improve patients’ lives.

Sri Lanka needs to make its way forward in research, thinking out of the box, and not reinventing the wheel, but thinking of ways that could prevent and cure Sri Lankans from diseases. As young researchers, translational research produces tremendous opportunities for innovations and systematic change, to develop

solutions specially in developing medicines better, faster and more efficiently. This provides boundless promise to future researchers to transform biomedical research and medicine. As young budding innovative thinkers, this translational research needs to be a patient focused approach, which would ensure that the patient's perspective is included in every step of the research. This would help us not only, as future researchers, would also help Sri Lanka become a healthier nation.

*Professor S. Prathapan  
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