



2019

**6TH Reserach Symposium
Department of Health Services Central Province**

“ Research into Practice ”

Monday 16th December 2019

At Auditorium of Central Provincial Council Complex, Pallekele

Department of Health Services Central Province

6th Research Symposium
"Research in to Practice"

Monday 16th December 2019
At Central Provincial Council Complex,
Sri Lanka

ABSTRACT BOOK

SIXTH RESEARCH SYMPOSIUM DEPARTMENT OF HEALTH SERVICES CENTRAL PROVINCE

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Message from the Provincial Director of Health Services



According to Wikipedia, research comprises creative and systematic work undertaken to increase the stock of knowledge, including knowledge of human, culture and society and the use of this stock of knowledge to devise new

applications. It is used to establish or confirm facts, reaffirm the results of previous work, solve new or existing problems, support theorems or develop new theories.

This forum is created for the Provincial health workers to involve themselves in the research culture. This helps the provincial team to use more evidence in their planning and implementation of any health services. This also creates an environment for all level health staff to integrate with other disciplines in the medical field and with the non-health stakeholders for these activities.

This is the 6th consecutive year, Central Provinces Health Department is conducting its research symposium and the growing interest among the staff is slowly visible along with their busy schedule of routine work

I extend my sincere gratitude to the unit heads and the staff of the planning, preventive health, and curative care unit of the Provincial health department for organizing this event and congratulate them for their dedication and commitments. I wish the 6th Research Symposium, 2019 to be the successful endeavor of the year.

A handwritten signature in black ink, appearing to be 'Arjuna Thilakarathna', written over a horizontal line.

Dr. Arjuna Thilakarathna
Provincial Director of Health Services
Central Province

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අතිරේක අරමුණු:

1. අනතුරට ලක් වූ වාහන වර්ගය හඳුනාගැනීම
2. අනතුර සිදුවීමට බල පෑ හේතු සාධක හඳුනා ගැනීම.
3. වාහන අනතුරු වලට ලක්වී හැකි ස්ථාන හඳුනා ගැනීම

ක්‍රමවේදය:

නුවරඑළිය පොලීස් රථවාහන අංශයේ 2018 වර්ෂයේ රිය අනතුරු වාර්තාගත කිරීමට ඇති ප්‍රධාන ලේඛණය පරීක්ෂා කරමින් නුවරඑළිය නගරය ආශ්‍රිත රථවාහන බල ප්‍රදේශය තුළ 2015, 2016, 2017 සහ 2018 වර්ෂ වලදී සිදුවූ අනතුරෙහි ස්වාභාවය, 2018 වර්ෂයෙහි මාස අනුව සිදුවූ අනතුරුවල සංඛ්‍යාත්මක ස්වාභාවය, අනතුරට පත් වාහනයේ ස්වාභාවය සහ ඊට අදාල වූ රියදුරාගේ ස්වාභාවය පිළිබඳ දත්තයන් රැස් කිරීම සහ දත්ත විශ්ලේෂණය සිදු කරන ලදී.

ප්‍රතිඵල:

අනතුරට ලක්වූ සියලුම වාහන සංඛ්‍යාව 2018 වසරේදී 85කි. සම්පූර්ණ අනතුරු සංඛ්‍යාව 60 කි. එයින් වැඩිම ප්‍රතිශතයක් වූ 21% ත්‍රී රෝද රථ වේ. අනතුරු 60 සලකා බැලීමේදී අපරීක්ෂාකාරී රිය ධාවනය 75% ක අගයක් ගැනීම විශේෂත්වයකි.

නිරීක්ෂන හා නිගමනය:

1. අනතුරු බහුලව පවතින ස්ථාන සඳහා වේග සීමාවන් දන්වන පුවරු සවිකිරීම.
2. රියදුරන්ගේ මනස සංවේදී වන විශාල දැන්වීම් පුවරු සවි කිරීම.
3. මාර්ගයේ වේගය පාලන කරන බාධක අදාල ස්ථානයන්හි ලංව පිහිටුවීම.
4. වංගු සහිත ස්ථාන සියල්ලත් සඳහා විශාල උත්තල දර්පන සවි කිරීම.
5. රාත්‍රී කාල වලදී නගරය ආශ්‍රිත සියලුම මාර්ග සඳහා මීදුම විනිවිද දැකිය හැකි විදුලි පහන් කනු ඉදිකර නිවැරදි අයුරින් ක්‍රියාත්මක කරවීම.
6. සිසිටීවී කැමරා පද්ධති මගින් මාර්ග නීති උල්ලන්සනය කරන්නන් හට අධිකරණ ක්‍රියා මාර්ග ගැනීම.

7. මාර්ග පද්ධතීන් නිරීක්ෂණය කිරීමේ උසස් තාක්ෂණික ක්‍රම වේදයක් අනුගමනය කිරීම.
8. අනතුරු බහුලව සිදුවන වාහන සඳහා අදාළ රියදුරන් සහ පාසැල් වල උසස් පෙල ශිෂ්‍ය ශිෂ්‍යාවන් සඳහා නිරන්තර මාර්ග අනතුරු වලක්වාගැනීම සඳහා මාර්ග නීති පිළිබඳ දැනුවත් කිරීමේ වැඩමුලු පැවැත්වීම
9. බෝ නොවන රෝග වෛද්‍ය ඒකක සෞඛ්‍ය දෙපාර්තමේන්තුව මගින් මාර්ග අනතුරු වැලැක්වීම සම්බන්ධයෙන් අන්තර්පාර්ශවීය සම්බන්ධතා ශක්තිමත් කිරීම.

FACTORS AFFECTING INCIDENT REPORTING - A QUALITATIVE STUDY

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Introduction: Incident reporting is an integral part of patient safety. Therefore, studying enablers and barriers to incident reporting is important to improve the quality of patient care. Nursing Officers, who are front line health care providers, play an important role in incident reporting in a hospital setup.

Objective: The objective of this study was to describe enablers and barriers for incident reporting by Nursing Officers in Medical, Surgical, Paediatric, Gynaecology and Obstetrics wards in the Teaching Hospital, Kandy.

Methods: This was a qualitative study, and the study instrument was a key informant interview. Key informants were selected within the Teaching Hospital, Kandy using the maximum variation sampling technique. Medical, Surgical, Paediatric, Gynaecology and Obstetrics wards in the Teaching Hospital, Kandy was the study setting. The data

was collected for a one-month duration starting from the 15th of April, 2017. Ethical clearance was obtained from the Ethics Review Committee of the Postgraduate Institute of Medicine, University of Colombo. Permission was taken from the Director of the Teaching Hospital, Kandy. Qualitative analysis of the key informant interviews was done with the technique called thematic analysis.

Results: Lengthy process of incident reporting, presence of a culture of blame, insufficient knowledge on incident reporting, presence of heavy workload and lack of feedback for the reported incidents acted as barriers for incident reporting while training on incident reporting acted as an enabler.

Conclusions: Simplification of the process, formalizing the feedback mechanism, changing the blame culture and continuation of training programmes can be recommended to improve incident reporting in these selected wards in the Teaching Hospital, Kandy.

Key Words: Incident reporting, Patient safety, Barriers, Enablers, Teaching Hospital, Kandy.

RELATIONSHIP BETWEEN THE LIKELIHOOD OF REPORTING ADVERSE EVENTS AMONG NURSING OFFICERS AND THEIR PERCEPTIONS ON IDENTIFIED BARRIERS AND ENABLERS FOR REPORTING

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Introduction: Learning from errors is important to ensure patient safety. The way of gathering errors is reporting incidents. However, literature has shown that there are many barriers and enablers for reporting incidents.

Objective: The objective of this study was to measure the relationship between the likelihood of reporting adverse events by Nursing Officers in Medical, Surgical, Paediatric, Gynaecology and Obstetrics wards in the Teaching Hospital, Kandy and their perception on selected barriers and enablers, as identified in the literature, for adverse event reporting.

Methods: This was a descriptive study, and the study instrument was a validated questionnaire with a six-point Likert scale. The data was collected for a one-month duration starting from the 15th of April, 2017. Ethical clearance was obtained from the Postgraduate Institute of Medicine, University of Colombo, and permission was taken from the Director of the Teaching Hospital, Kandy. Nursing officers working in Medical, Surgical, Pediatric, Gynecology and Obstetrics wards in the Teaching Hospital, Kandy was the study population. The whole population was taken to this study as it is below the calculated sample size of 422. Correlations between the likelihood of reporting adverse events were measured with the participants' perceptions of their training on adverse event reporting, leadership, feedback received for reported adverse events, knowledge on adverse event reporting, presence of a culture of blame and the existing process of adverse event reporting.

Results: The response rate for the questionnaire was 69% (n=277). There was a statistically significant positive moderate correlation between the participants' likelihood of incident reporting and their perception on the process of reporting an adverse event ($r = 0.591$). Their perceptions on

leadership ($r = 0.472$), perceived knowledge on incident reporting ($r = 0.462$), perception on feedback received for reported incidents ($r = 0.438$), perceived training received for incident reporting ($r = 0.378$) and the perception of the presence of culture of blame ($r = 0.164$) showed weak positive correlations with their likelihood of reporting adverse events.

Conclusions: As there were positive correlations between the participants' likelihood of incident reporting and their perception on the process of reporting an adverse event, leadership, knowledge, feedback, training and culture of blame, it can be recommended to improve these aspects to promote incident reporting in these selected wards in the Teaching Hospital, Kandy.

Key Words: Adverse event reporting, Patient Safety, Nursing Officers' perception, Teaching Hospital, Kandy

AN EXAMINATION OF KNOWLEDGE, ATTITUDES AND BELIEFS ON SEXUALLY TRANSMITTED INFECTIONS/ HIV OF SECONDARY SCHOOL TEACHERS.

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Abstract

Objective:

To examine knowledge, attitudes and beliefs on STIs/HIV among secondary school teachers.

Background:

STIs/HIV is the most important health issue especially among young people worldwide. In developing countries like Sri Lanka, the adolescent has limited knowledge about sexual and reproductive health. Conducting school-based sexual health education is very important to reduce risky behaviors and promoting the use of condoms by improving knowledge and attitudes and positively influence their sexual practice.

Method: A quantitative descriptive study was carried out in Hanguranketha educational zone in Nuwaraeliya District. A pre-tested close-ended self-administrative questionnaire was completed by voluntarily participated teachers (teach in grade 9 and above). Data were analyzed by using SPSS version 16 and presented as percentages and means and relevant inferential statistics.

Result: Total no of 186 completely responded, the response rate was 73%. The sample consisted with 138 females, 99% Buddhist, 80% above 40 years, and 74% graduated. Reasonable proportion (93%) were heard about STIs. The major source of getting information was mass Media (Newspaper 21%, Television 21% and Radio 15%). Most know HIV (84%) fewer Hepatitis B (10%) and Trichomoniasis (8%). Transmission mode, majority were unprotected sexual intercourse (mean 0.97, *SD* \mp 0.15). Positive attitudes towards not suitable to reduce social value of student infected with STIs/ HIV (25% strongly agreed and 51% agreed) should not isolated 2.3% strongly agreed and 64% agreed. The majority believed (n=183) students need better knowledge, teachers need further knowledge (n=181) and information regarding STIs/HIV should be included in the school curriculum more than present (n=176).

Conclusion: It was concluded that secondary school teachers were a lack of knowledge transmission modes, preventive methods and available treatments. It should emphasize the importance of school curriculum based on sexual health education.

Key Words: Attitudes, Beliefs, Knowledge, STIs

THE PATIENTS' PERSPECTIVE ON ASSURANCE IN OUT-PATIENT DEPARTMENT IN DISTRICT GENERAL HOSPITAL, KEGALLE

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Introduction: 'Assurance' is an important dimension of service quality as credibility, cordiality and competence of health staff influence the health outcomes. There is limited evidence in the Sri Lankan context regarding the patients' perspective of assurance infrequently utilized services such as out-patient services.

Objective: Assess the expected and perceived level of assurance by the patients in the out-patient department (OPD) in District General Hospital, Kegalle

Methods: A descriptive cross-sectional study was conducted among 384 adult patients seeking OPD care during seven consecutive days adopting a systematic sampling technique. A pretested interviewer-administered structured questionnaire was

used to assess the patients' expectations and perceptions regarding three aspects of assurance; competence (knowledge and competency of staff), credibility (trustworthiness and feeling safe while being cared) and courtesy (politeness and respecting the privacy of patients). The expected or perceived level was categorized 'low, moderate or high' if the percentage of patients 'agreed/strongly agreed' were less than 33%, 33 to 66% or more than 66% respectively.

Results: Response rate was 93.2% (n=358). The median age of the respondents was 40 (IQR=20) years. Majority (58.9%, n=211) were females. Around 48.6%, 24.3% and 13.1% of the respondents were educated up to A/Level, O/level and grade 8 respectively. Majority (74.6%, n=267) expected the OPD staff should be competent while 18.7%(n=67) were uncertain on their expectations. Only 30.7%(n=110) of the patients perceived that OPD staff were competent while 24.9%(n=89) disagreed. Interestingly, 44.4%(n=159) were uncertain on their perception.

Around 71.2%(n=255) of the patients expected credibility of services while 19.8%(n=71) were uncertain about their expectations. Only 24.6%(n=88) of patients recorded the service they received was credible while 27.7%(n=99) disagreed. Nearly 47.8%(n=171) were uncertain about their feeling. Courtesy was expected by 72.8%(n=260) of the patients while 19%(n=68) were uncertain about their expectations. However, only 24.5%(n=88) experienced ‘courtesy’ in their visit while 29.9%(n=107) disagreed. Nearly 45.5% were uncertain of their perception. The patients’ expectations of competence, credibility and cordiality were ‘high’ while the perceived levels were ‘low’.

Conclusions & recommendations: Perceived levels of competence, credibility and cordiality were lower than the patients’ expectations. Many patients were unable to decide their level of perception. The study recommends improving the technical and soft skills of staff and empowering patients regarding assurance, safety and privacy in the OPD setting.

ASSESSMENT OF EPIDEMIOLOGY OF STROKE PATIENTS ADMITTED TO TERTIARY-CARE HOSPITAL IN CENTRAL PROVINCE – SRI LANKA

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Introduction: Stroke is a leading cause of death worldwide and a principal cause of chronic disability. The burden of stroke could be minimized by providing standard treatment within the treatment time window and by implementing primary/secondary prevention measures with the main focus on modifiable risk factors.

Objective: To examine the risk factors, various clinical presentations and pre-hospital delay of stroke patients admitted to Teaching Hospital Kandy.

Methods: This is a cross-sectional study involving 400 stroke patients admitted to Teaching Hospital Kandy for over 9 months.

Systematic sampling was used. Details including Clinical presentations, risk factors, CT findings were collected through a standard questionnaire.

Results: The incidence of ischemic stroke was found to be 81% while 19% for hemorrhagic strokes. 55% of the stroke cases were male and the mean age was 66(SD±13) years. Ischemic stroke was more common among females (p=0.04)

The most common clinical presentation of stroke was the weakness of limbs (62%) and followed by speech disorders (54%) & numbness (15%). Numbness and speech disorders were more common in ischemic stroke patients (p=0.006, p=0.018 respectively).

Hypertension was associated with 75% of stroke cases and was more prevalent in hemorrhagic strokes (p=0.04). Diabetes Mellitus was detected in 38% of stroke patients and was more common among ischemic cases (p=0.00). 20% and 18% of cases had hyperlipidemia and past history of stroke respectively. Smokers

and heart disease patients were more prevalent in the ischemic group.

Only 6% of patients attended hospital within 3 hours of the onset of ischemic stroke.

Combustions: Weakness of limbs was noted to be the main presentation and Hypertension was the predominant risk factor for stroke. Awareness of stroke in the community must be evaluated especially about risk factors and knowledge on warning signs in order to avoid pre-hospital delays.

AUDIT ON ROUTINE MONITORING OF PATIENTS ON LITHIUM AT THE OUT-PATIENT CLINIC, UNIVERSITY PSYCHIATRY UNIT, TEACHING HOSPITAL PERADENIYA (THP)

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Background: Lithium is commonly used as a mood stabilizer and can lead to lithium toxicity due to its narrow therapeutic window. Hence it is crucial to adjust the dose by monitoring plasma levels. There are many side effects associated with lithium treatment including renal impairment and thyroid dysfunction.

Aims: To determine whether the routine monitoring of the patients who are prescribed lithium meet the current criteria as recommended by the National Institute for Health and Clinical Excellence (NICE) – 2006

Method: The audit criteria were developed according to NICE guidelines. Data was gathered retrospectively from clinic records

of 36 patients who were started on lithium at the Psychiatry clinic THP in the year 2017.

Results: Of the 36, Baseline monitoring of blood urea was done in 12 patients (33%), Serum Electrolytes and Serum Creatinine were done in 21 patients (58.3), EGFR and TSH tests were carried out in 1 patient (2.7%). After the start of lithium the serum lithium levels were monitored at 3 months in 11 patients (30.5%), 6 months in 6 patients (16.6%), 9 months in 4 patients (11.1%), 1 year in 5 patients (13.8%), 1 year and 3 months in 2 patients (5.5%), 1 year and 6 months in 5 patients (13.8%), 1 year and 9 months in 2 patients (5.5%), 2 years in 3 patients (8.3%), 2 years and 3 months in 1 patient. Blood urea was monitored at intervals of 6 months and 1 year by one and two patients respectively. TSH test was done by one patient after the start of lithium. At the intervals of 6 months and 1 year, 3 and 2 patients respectively had their Serum Creatinine levels measured. Serum Electrolytes were measured in 2 patients

after 6 months, 3 patients after 1 year and in 3 patients after 1 and a half years.

Conclusion: Baseline and follow up monitoring in patients prescribed with lithium does not meet the guidelines. Investigation recording format will be introduced with the aim of improving the monitoring and a re-audit will be done after one year.

KNOWLEDGE, ATTITUDE AND PRACTICE ON CONTINUING PROFESSIONAL DEVELOPMENT AMONG MEDICAL OFFICERS IN DISTRICT GENERAL HOSPITAL, MATARA

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Background: Continuing Professional Development (CPD) refers to the process of tracking and documenting the skills, knowledge and experience that a person gains both formally and informally as he/she works, beyond any initial training. It helps to manage the person's own development on an ongoing basis.

Objectives: This study was to describe the present status of knowledge, attitude and practices on CPD among Medical Officers in the District General Hospital, Matara to make recommendations to get policy decisions for further development of the National CPD programme in Sri Lanka.

Methods: A descriptive cross-sectional study was carried out in DGH Matara. The total population of 216 MOs was included and a validated, pretested self-administered questionnaire was used as a data collection tool. Data were analyzed with regards to proportions. Associations were checked using the chi-square test.

Results: Among the sample, the majority of M.Os belonged to the grade II category (61%, n=132). Nearly 55% were females. Thirty-five percent (n=76) of M.Os had a very good level of knowledge on CPD, but 13% (n=28) had a very poor level of knowledge on CPD. Only 15% (n=32) were aware of the National Centre for CPD in Medicine (NCCPDM) is situated in affiliation to the Sri Lanka Medical Association. Among them, only 25% (n=8) were aware that NCCPDM has a CPD certificate awarding status. There was a significant association between the age of the M.Os ($p=0.04$), Postgraduate qualifications of the M.Os ($p=0.036$) and level of knowledge on CPD. Significant findings on attitude were, 75% (n=162) agreed on the statement that the CPD is the most important

component of the revalidation. Out of participants 84% of participants agreed that CPD will improve medical practice. Nearly 85% agreed that CPD will keep them updated.

Conclusions : Even though the study showed that most were aware of CPD, they were not having much interest because of the unawareness of the importance and benefits of CPD. The knowledge and practice of CPD are unsatisfactory and attitudes are favorable among the Medical Officers. Ultimate benefits of the CPD programme to be highlighted and introducing the financial or any other benefit to gain their attention. Possibility of implementing an island-wide web-based CPD programme is recommended for future studies.

PREVALENCE OF DENTAL CARIES AMONG PREGNANT MOTHERS IN MEDICAL OFFICER OF HEALTH AREA, AMBALANTOTA, SRI LANKA

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Abstract:

Introduction: The negative health effects of dental caries are cumulative, tracking from childhood to adulthood and most dental caries are now occurring in adults. Oral diseases such as dental caries, gingivitis and periodontal diseases can occur during pregnancy which gives much consequence.

Methods: The study was carried out in the Medical officer of health (MOH) area, Ambalantota, Sri Lanka. 363 pregnant women in the first visit attending antenatal clinic were recruited. Written informed consent was obtained from all subjects who agreed to take part in the study. Prior to a dental examination, demographic information regarding age, education, occupation, socioeconomic

status and residence were obtained from the participants using interviewer-administered questionnaire. The findings of the dental examination were entered with the examination table separately.

Results: The mean DMFT among antenatal women were 3.8 ± 5.17 , with $3.27 (\pm 2.31)$ decayed teeth, $1.85 (\pm 1.87)$ missing teeth, and $1.4 (\pm 1.4)$ filled teeth. Results are shown in table 3 with a binary logistic analysis of DMFT for the overall sample of 363 pregnant women. The final model explained 6.3% to 8.4% of DMFT variation (dependent variable) with variation of independent variables (educational level up to Ordinary level, Sinhala over non-Sinhala, income over 30,000, knowledge on dental services free by government and ever taken treatment) and the p-value for Hosmer–Lemeshow test of goodness of fit was 0.957, which indicated an acceptable fit of the model. In the final model significant predictors were Sinhala: Non-Sinhala (adjusted OR [95% CI]: 5.67 [1.25-25.99], $p=0.026$) and “ever taken

treatment for dental diseases” (Yes vs. No: adjusted OR [95% CI]: 0.432 [0.274-0.680], $p < 0.0001$).

Conclusions: Pregnant women in the Ambalantota MOH area were found to have a significantly higher DMFT value among Sinhala women over Non- Sinhala women and similarly significantly lower DMFT value among pregnant women who sought treatment for their dental diseases against women who did not. There were no significant difference in other variables. Therefore, all pregnant mothers should encourage to seek dental advice for their dental diseases and Sinhala pregnant women should be highly motivated in keeping good oral hygiene through oral health care services for pregnant women.

ORAL HEALTH STATUS OF PREGNANT WOMEN ATTENDING DENTAL CLINICS OF TWO DIVISIONAL HOSPITALS OF NUWARAELIYA DISTRICT.

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Introduction – Pregnant mothers should concern about oral health status due to many reasons. They are more vulnerable to develop dental diseases and there is a risk of transmitting cariogenic bacteria from the oral cavity of mother to child later. Therefore, Medical Officers of Health refer them to the closest hospital dental clinic during the second trimester during which optimum care could be provided.

Objectives- To describe the oral health status and related practices among pregnant mothers who attended the dental clinics of Divisional Hospital Nildandahinna and Gonapitiya in 2018/2019.

Method – The records of Pregnant Mothers' Registry on those who attended the Divisional Hospital Nildandahinna and Gonapitiya from September 2018–August 2019 following referral by the area Medical Officer of Health were analyzed.

Results - Out of the total of 352 pregnant women, 311 (88.4%) and 41 (11.6%) presented in the 2nd and 3rd trimester respectively. Among total mothers, 215 (61.1%) had caries, 179 (50.9%) had periodontal disease and 86 (23.3%) had grossly carious teeth or septic roots. Among all, 134 (38.1%) did not have the practice of brushing teeth at night and only 226 (64.2%) used fluoridated

toothpaste. 21 mothers (6.0%) used to have betel chewing. Among all, only 59 (16.8%) had optimal oral hygiene.

Conclusions- Data suggested a sub-optimal level of oral hygiene among the majority of pregnant mothers. They should be highly motivated to attend the dental clinics during the 2nd trimester. Behavioral change and education on oral health should be strengthened during the school-age onwards.

DEVELOPMENT OF A COMMUNITY LED TOBACCO FREE CITY

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Introduction

Framework Conventions for tobacco control advocates smoke-free cities as an effective strategy for tobacco control. Few global examples in literature illustrate successful efforts in reducing second-hand smoking using rules and regulations imposed by states. In a country where the tobacco industry interferes to prevent tobacco control activities, can community empowerment lead to successful tobacco prevention? and can the concept go beyond “smoke-free” to “tobacco-free” were the main concerns needed to be answered.

Objectives

To evaluate the effectiveness of the establishment of tobacco-free city; Godamuduna

Methods

The survey was conducted in 38 shops in the area to analyze the cost lost due to tobacco. With the results of the survey, collective community actions such as discussions at community settings, informal campaigns in community gatherings and public transport, poster campaigns, protests against industrial influence, meetings and demonstrations with action groups were implemented to improve awareness. Community-led tobacco monitoring groups were implemented as suggested by the community.

Results

The initial survey on total cost lost due to tobacco to the area revealed an average sum of 55 million lost annually. With empowerment, tobacco sales of 33 shops in the area (87%) were

completely terminated by the union of merchants with their full agreement. A follow-up survey on tobacco sales revealed cigarette sales were reduced by 94%. Sellers showed changed behavior such as advising about negative effects when asked for a cigarette; counteracting arguments by marketing agents and spreading the message. Also, when considering the monitoring groups, there was a significant reduction in smoking among partners of pregnant women in the area (61%, $p=0.008$).

Conclusions

Community-led initiatives are effective in reducing the availability of cigarettes at ground level. They are important in the sustainability of the initiatives.

Keywords: tobacco-free zones, availability, community

AN EPIDEMIOLOGICAL STUDY TO FIND OUT RISK FACTORS OF MULTI DRUGS RESISTANCE TUBERCULOSIS IN NEPAL

Bichha R.P, Jha K.K, Salhotra V.S, Weerakoon A.P, Karki K.B., Bichha Navneet , Hewamanna S.S.K.

ABSTRACT

Introduction:-

Drug-resistant tuberculosis is a threat to tuberculosis control worldwide. Previous anti-tuberculosis treatment is a widely reported risk factor for multidrug-resistant tuberculosis (MDR-TB), whereas other risk factors are less well described. In Nepal National, Tuberculosis Control Programme initiated the DOTS-PLUS Pilot project from September 2005 using a standardized treatment regimen.

Objective:-

To explore the risk factors for MDR-TB in Nepal.

Methodology:-

Institution-based matched case-control study with a

Case:-

A control ratio of 1:2 was carried out in three regions of Nepal. Fifty five cases and 110 controls were selected. Current MDR- TB

patients on treatment from DOTS –Plus clinic were enrolled as cases. Controls were age, sex-matched cured TB patients and who had completed treatment either from the same center or any DOTS Centre adjacent to that DOTS Plus Centre. Data were collected by a trained research assistant using an interviewer-administered structured questionnaire. Matched analysis was done using SPSS 16 version. Confounding effects were controlled by using matching, matched analysis and regression analysis.

Results: -

In matched analysis following were the significant risk factors for MDR-TB in Nepal.

- (1) HIV Seropositivity (OR 15.9, CI 1.9 - 133.0)
- (2) Travel cost more than 50 NRs per day (OR 6.5, CI 2.4 - 9.8)
- (3) Contact history of TB (OR 3.8, CI 2.2 - 6.6)
- (4) Living in a nuclear family (OR 6.0, CI 2.6 - 13.9)
- (5) Nonadherence to DOTS (OR 18.6, CI 2.27 - 151.0)
- (6) Distance to treatment center more than 5 Km (OR 3.9, CI 1.5 - 10.)
- (7) Previous history of TB (OR 12.0, CI 5.4 -26.5)
- (8) Living in a rural area (OR 4, CI 2.1- 8.5)
- (9) Unmarried (Crude OR 3.3, CI 1.6- 6.8)
- (10) Un employment (OR 3.4, CI 1.6-7.6)
- (11) Living in a rented house (OR 3.5, CI 1.77- 3.67)
- (12) Single bed room (OR 2.8, CI 1.13- 6.9)

Using multivariate analysis except living in a rented house and single bedroom other variables were positive significant predictors for MDR –TB in Nepal. Conclusions: Many risk factors were related to the DOTS. Strengthening of DOTS program to tackle the identified risk factors can reduce the MDR –TB burden in Nepal.

Key Words: MDR TB, Case-Control Study, Risk Factor.

නේවාසික සේවා සඳහා රිකිල්ලගස්කඩ මූලික රෝහලට රෝගීන් යොමු කෙරෙන හේතු විස්තර කිරීම

නිලෙන් නිලකරන්න, සංවර්ධණ නිලධාරී, මූලික රෝහල රිකිල්ලගස්කඩ

හැඳින්වීම -

රිකිල්ලගස්කඩ මූලික රෝහල හඟුරන්කොත, මතුරට මෙන් ම වලපනේ හා තලාතුමය ප්‍රාදේශීය ලේකම් කොට්ඨාස වලින් කොටසක ජනතාව සඳහා තෘතීය සත්කාර ලබා දෙන රෝහල වේ. එම ප්‍රදේශවල ජනතාව සෘජුව ද වැඩිදුර පරීක්ෂණ කිරීමට මෙන් ම විශේෂඥ වෛද්‍ය ප්‍රතිකාර සඳහා ප්‍රාදේශීය රෝහල් හා ප්‍රාථමික වෛද්‍ය ප්‍රතිකාර ඒකක මගින් යොමු කිරීමෙන්ද එම රෝහලේ බාහිර රෝගී ප්‍රතිකාර, විශේෂඥ සායනික ප්‍රතිකාර මෙන් ම නේවාසික රෝගී ප්‍රතිකාර ද ලබා ගැනීමට ඉදිරිපත් වේ.

අරමුණ -

රිකිල්ලගස්කඩ මූලික රෝහලේ 2018 වසරේ නේවාසික සේවා ලබා ගැනීමට රෝගීන් යොමු කෙරෙන හේතු විස්තර කිරීම

ක්‍රමවේදය -

රිකිල්ලගස්කඩ මූලික රෝහලේ 2018 ජනවාරි 01 දින සිට දෙසැම්බර් 31 දක්වා electronic Morbidity and Mortality Register හි අඩංගු නේවාසික සේවා ලබා ගත් රෝගීන්ගෙන් ලබා ගත් තොරතුරු විශ්ලේෂණය කර ඇත.

ප්‍රතිඵල -

2018 වසරේ රිකිල්ලගස්කඩ මූලික රෝහලට නේවාසික සේවා සඳහා රෝගීන් 21,739 ක් යොමු වී ඇත. ඉන් 12,012 ක් (55.6%) කාන්තාවන් වන අතර 9,727 ක් (44.4%) ක් පිරිමින් වේ. නේවාසික සේවා ලබා ගත් රෝගීන්ගෙන් 2,615 ක් (12.6%) examinations, investigations, specific procedures සඳහා ද රෝගීන් 2000 ක් (9.6%) open wounds, injuries to blood vessels, superficial injuries සඳහා ද 1493 ක් (7.2%) diseases of respiratory system සඳහා ද 902 ක් (4.3%) viral diseases

සඳහා ද ඇතුළත් වී ඇත. කෙසේ වුවත් 2001 (9.6%) ක් සඳහා නිශ්චිත රෝග විනිශ්චයක් ලබා දී නැත.

සමාජිකය හා නිර්දේශ - රෝගීන් වැඩිම සංඛ්‍යාවක් නේවාසික සේවා ලබා ගෙන ඇත්තේ examinations, investigations, specific procedures සඳහාය. රෝගීන්ට සිදුවන අපහසුවත් රජයට දරන්නට සිදුවන වියදමත් සලකා එම සේවාවන් බාහිර රෝගී අංශයෙන් ලබා ගත හැකි දැයි සොයා බැලිය යුතුයි. නේවාසික සේවා ලබා ගත් සැලකිය යුතු සංඛ්‍යාවක් එම සේවා ලබා ගැනීමට හේතු වූ රෝග විනිශ්චය හෝ වෙනත් හේතු නිශ්චිතව සඳහන් කර නැති බැවින් ඒ පිළිබඳව අවධානය යොමු කළ යුතුවේ. අනතුරු වළක්වාගැනීම පිළිබඳව දැඩි අවධානයක් දැක්විය යුතුයි.

PROMOTION OF TOBACCO, ALCOHOL AND ILLICIT DRUGS IN FACEBOOK IN SRI LANKA

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Introduction

Literature shows tobacco, alcohol and illicit drugs (TAIDs) are promoted in social media to influence initiation and continuation of use. Facebook is the most popular type of social media in Sri Lanka. Article 13 of the WHO Framework Convention on Tobacco Control (FCTC) provide guidance to reduce advertising, sponsorship and promotion of tobacco in all promoting methods by banning promotion. However, in Sri Lanka, the ban only covers the formal media.

Objective

To describe the content of TAIDs related posts on Facebook and explore the techniques used to promote the initiation and use in Sinhala and English languages in Sri Lanka

Methodology

Qualitative approach was used. TAIDs related publicly shared posts from December 2018 to February 2019 were collected using the snowball sampling method. Contents were analyzed using pre-tested data extraction sheet by three independent investigators based on a deductive thematic analysis method. Promotion techniques were extensively analyzed.

Results

Total of 582 posts were collected. 501 were considered in final analysis after exclusion of duplicates. Out of them, 79% (n=396) of them were promotive [Alcohol 59% (n=234); Tobacco 19% (n=75); Cannabis 18.5% (n=73); others 3.5% (n=10)]. Considering the themes used, commonest was humor 40.2% (n=159) followed

by political 16.2% (n=64), sarcasm 15.1% (n=60), gender 13% (n=51), knowledge transferring 11.4% (n=45) and others 4.1% (n=17).

In extensive analysis, out of 426 posts, 54% (n=230) normalized the use, 48.1% (n=205) promoted the product, 41.1% (n=175) glamorized the use. Considering the tools used for promotion commonest were words 68% (n=290) and images 49% (n=209). Use of popular characters (16.7% n=71), celebrities (12.2%, n=52), cartoon characters (5.9%, n=25), festive items (5%, n=21) were also among the promotion methods. Product promotion (63%, n=268) was higher than the brand promotion (12%, n=51).

Conclusions

The majority of the TAIDs related publicly shared posts on Facebook were promotive and alcohol promotion was the commonest. Commonest themes used were humor, politics and sarcasm. The commonest strategies used to promote were

normalization of the use, promotion of products and glamorization of the use. The regulation to ban advertising through media provided by FCTC should be extended to cover social media in Sri Lanka

Keywords: tobacco, alcohol, Facebook, Sri Lanka

PREVALENCE OF SELECTED RELEVANT FACTORS TOWARDS ALCOHOL, TOBACCO AND OTHER DRUGS AMONG ADOLESCENTS IN NUWARAELIYA DISTRICT, SRI LANKA

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The use of alcohol, tobacco and other drugs become a mounting issue which affects with health and nutritional status of Sri Lankans. This study was conducted to identify some selected relevant factors towards alcohol, tobacco and other drugs among adolescents (10 – 19 years) in Nuwaraeliya district. The Study design was a population-based descriptive qualitative study. The data were collected through Focus Group Discussions. Descriptive statistics were calculated.

In the estate sector family members were the major group who are taking alcohol live with adolescents (43.3%). 38% of relatives were taking alcohol in the rural sector is higher than estate and urban sectors live with adolescents respectively (31.7% and 1.5%). Adolescents said that widely available alcoholic drinks were arrack and beer in both estate and rural sector (11.6% and 6.7%). As the knowledge of adolescents, the bar was any person who can buy alcoholic beverages easily in estate and urban (both 10%) but in the rural sector 14% available at houses.

The persons live with adolescents who were smoking at a low level than alcohol. Small boutiques are the commonest place that can buy tobacco products in each sector. According to the adolescents' statements, the beedi was the highly available type of tobacco

product (28.3%) in estate sector and the cigarette was the major tobacco product in rural and urban sectors (28% and 20%). All types of tobacco products were highly available in the estate sector (73.3%) than rural and urban (54.0% and 45%).

Only the peers who were taking other drugs live with adolescents in estate and rural sectors (3.3% and 1.7%). The most prevalence root is can buy other drugs was from the persons who are working at Colombo in each sector estate, rural and urban (3.3%, 4.0% and 3.0%). “Ensi” was the most common other drugs (6.7%) in the estate sector and in rural areas “Mawa” was more prevalence (6%).

That information was directed to alcohol, tobacco, and other drugs will be a significant public health problem in the district. It is necessary to combined activities such as empower and strengthen people to avoid using these in families, schools and community level and legal activities also take an important place.

ASSESSMENT OF READINESS OF PUBLIC HEALTH MIDWIVES IN HAMBANTOTA DISTRICT FOR THE USE OF INFORMATION TECHNOLOGY

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Background: Information and Communication Technology (ICT) makes significant contributions to public health. Advancement of using ICT in public health is becoming common around the world. ICT helps healthcare workers in the Public Health sector to increase their efficiency, improve their service quality and reduce work overload. It is important for top-level healthcare management to aware of the knowledge and skills of ICT among PHMs for planning and implementing functions.

Objectives: The objective of the study was to assess knowledge and skills and of ICT among Public Health Midwives in the Hambantota district.

Methods: A descriptive cross-sectional study was carried out in the Hambantota district. The total population of 184 PHMs in the Hambantota district was included and a validated, pretested self-administered questionnaire was used as a data collection tool.

Results: More than half (51%, n= 93) were older than 51 years. The majority (90%, n=163) of PHMs believed ICT is an important skill. Of them, 22% (n=39) reported that they were not able to acquire sufficient knowledge due to lack of available training centers, 24% (n=44) reported time constraints, and 2% (n=3) reported financial constraints. The rest of 52% of PHMs did not report any constraint for gaining ICT knowledge. However, very few PHMs were using ICT related equipment such as smartphones (17%, n=30), desktop computers (13%, n=23) and laptop computers (12%, n=22). The data storing items were used by only 30% (n=24), while the Internet was used by only 18% (n=32). Knowledge was found to be negatively correlated with age, service years and current PHM grade at the 95% significance level. Of all,

93% (n=169) reported unsatisfactory practices in using ICT related equipment and facilities such as internet, emails, internet banking. It was found that 68% (n=19) of PHMs were willing to take responsibility to move forward with the ICT environment.

Conclusions : PHMs believed that computer knowledge as an important factor for the the improvement of their career and service. Their willingness to take responsibility even with poor knowledge in ICT related equipment and facilities should be made use for their better future. Important to design future training programmes targeting competencies to provide necessary knowledge and skills for Public Health workers.

ANALYZING THE EFFECTS OF JOB SATISFACTION ON ORGANIZATIONAL COMMITMENT OF CLERICAL EMPLOYEES AT THE MINISTRY OF HEALTH, SRI LANKA

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Introduction

Employees' job performance is highly depend on their level of commitment towards the organization. Since organizational commitment is multi factorial, this study was intended to analyze the effects of job satisfaction on organizational commitment of clerical workers, at the Ministry of Health, Sri Lanka.

Objectives

General objective; To analyzing the effects of job satisfaction on organizational commitment of clerical employees at the Ministry of Health, Sri Lanka

Specific objectives;

1. To assess the level of organizational commitment of clerical employees at the ministry head office
2. To assess the level of job satisfaction of clerical employees at the ministry head office

3. To assess the impact of job satisfaction on organizational commitment

Methodology

This was a descriptive cross-sectional study done among 144 clerical employees using a self-administered, validated questionnaire as data collection tool. Factor analysis was carried out and weighted effect of each indicator on interested two variables were assessed. Simple linear regression analysis was carried out to test the hypothesis considering job satisfaction as independent variable and organizational commitment as the dependent variable.

Results

According to the findings of the statistical analysis majority of the participants (66.67%) had moderate to higher level of organizational commitment and 75% of them were satisfied with the job. Findings proved that job satisfaction has a significant positive impact on organizational commitment ($B=0.079$, $P=0.05$).

Discussion and conclusion

Results of this study revealed majority of the studied clerical employees have a higher level of organizational commitment as well as job satisfaction. Level of organizational commitment was positively influenced by their level of job satisfaction.

Recommendation

Hence it can be recommended to do things which can strengthen clerical employee's job satisfaction.

Key words: *Organizational commitment, Job satisfaction, Clerical employees, Ministry of Health, Sri Lanka.*

EFFECTIVENESS OF LIFESTYLE MODIFICATION INTERVENTION AMONG WOMEN TO REDUCE NON-COMMUNICABLE DISEASE RISK FACTORS

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Introduction

Research has clearly shown that Non-Communicable Diseases (NCD) have their roots in unhealthy lifestyles. With the extent known at present, the main question for NCD prevention is not "what should be done", but "how should it be done". The key question is, how can the existing knowledge best be applied for effective prevention in real life.

Objective

The objective of the research was to determine the effectiveness of lifestyle modification intervention in reducing NCD risk factors in females.

Methods

Forty-eight females (BMI = 24.5 to 31.4 kg/m², age = 26 to 40 years) participated in the community-based intervention. Measurements including height, weight, waist circumference, estimated body fat percentage, fat-free mass and visceral fat percentages were recorded prior to intervention. In addition, pre-intervention photographs of each subject and biological age by bioelectrical impedance analysis were recorded. During the first 2 months of the intervention, a series of short lectures were given to the group. A 30 minutes moderate-intensity exercise program was introduced and subjects were provided with a video guide to continue at home. Subjects were asked to monitor their status of

health by monthly measurement of waist circumference, serial photographs and risk engagement charts. They were asked to share experiences via a social media group. Physical measurements were recorded after three months and six months of intervention and analyzed with repeated measures ANOVA.

Results

Waist circumference was significantly reduced during the first 3 months (2.3cm, $P=0.03$). Visceral fat percentage reduced significantly during the second 3 months (2.6%, $P=0.02$). All the other physical parameters showed improvement during the measured intervals. 95%($n=46$) followed the monthly waist circumference measurement and recording serial photographs. 71%($n=34$) followed the exercises according to recommendations. Serial photographs, sharing experiences and expectation of improvement in estimated biological age motivated the subjects, improving adherence to the programme and minimizing the lost to follow-up.

Conclusions

Lifestyle modifications can be applied as a multicomponent intervention effectively to reduce NCD risk factors.

Key words: lifestyle modification, females, NCDs

NUTRITIONAL STATUS OBSERVED AMONG INFANTS OF NUWARAELIYA DISTRICT DURING THE NUTRITION MONTH

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Introduction: The Nutrition month activities are held annually in June during which all the Public Health Midwives carry out growth monitoring of all children below 5 years by measuring the height (or length) and weight. Being a district with low nutrition indicators, the information gathered is important to conduct areas.

Methodology data Collected during Nutrition Month in 2019 of from all MOH divisions were collected and analyzed manually.

Results – Growth monitoring programme conducted in June 2019 covered infants 1151 (107%) of infants at MOH Division.

Accordingly among the infants weighted, normal weight was recorded by 69.1% infants at Ragala, 62.8% at Bogawanthalawa, 64.2% at Lindula, 65.3% at Nuwaraeliya, 67.1% at Kotagala, 71.6% at Ambagamuwa, 73.4% at Maskeliya, 72.9% at Nuwaraeliya Municipality area, 73.9% at Mathurata, 75.3% at Kothmale, 77.0% at Hanguranketha, 78.0% at Walapane, 83.0% at Nawathispane MOH Division. The lowest number of overweight cases (0) reported at Kotagala, Nuwaraeliya Municipality area and Ragala MOH divisions whereas the highest number (3) recorded at MOH areas Nawathispane and Walapane.

Conclusion & Recommendations – Nutrition improvement interventions should be carried out throughout the district with a special emphasis on estate areas.

රිකිල්ලගස්කඩ සෞඛ්‍ය වෛද්‍ය නිලධාරී කොට්ඨාසයේ පසු ප්‍රසව සංකූලතා වාර්තා වීම

රංජනී කුමාරිහාමි, පවුල් සෞඛ්‍ය සේවා නිලධාරිනී, රිකිල්ලගස්කඩ සෞඛ්‍ය වෛද්‍ය නිලධාරී කොට්ඨාසය

හැදින්වීම - දරු ප්‍රසූතියේ පසු ඒළඹිය හැකි සංකූලතා හේතුවෙන් මවටත් දරුවාටත් සුළු රෝග තත්ව, ජීවිත කාලය පුරාම පවතින ගැටලු මෙන් ම මරණීය තත්වයන් ද ඇතිවිය හැකිය. ඒ අනුව පසු ප්‍රසව සමයේ පවුල් සෞඛ්‍ය සේවා නිලධාරිනී විසින් ගෘහ පිවිසීම සිදු කර මව හා දරුවා පරීක්ෂා කර උපදෙස් දෙන අතර අවශ්‍ය නම් වැඩිදුර ප්‍රතිකාර සඳහා වෛද්‍ය වරයකුට යොමු කරයි.

අරමුණ - හඟුරන්කෙත සෞඛ්‍ය වෛද්‍ය නිලධාරී කාර්යාලයේ 2018 වසරේ ප්‍රසූතිය සිදු කළ මව්වරුන්ගේ පසු ප්‍රසව සංකූලතා විස්තර කිරීම

ක්‍රමවේදය - හඟුරන්කෙත සෞඛ්‍ය වෛද්‍ය නිලධාරී කොට්ඨාසයේ 2018 වසරේ ජනවාරි 01 සිට දෙසැම්බර් 31 දක්වා ප්‍රසූතිය සිදු කළ ගර්භණී මව්වරුන්ගේ තොරතුරු පවුල් සෞඛ්‍ය සේවා නිලධාරිනී මාසික වාර්තා හා ගර්භණී සටහන්පත්වල බී කොටස් ඇසුරින් පසු ප්‍රසව සංකූලතා පිළිබඳව තොරතුරු ලබා ගන්නා ලදී. ප්‍රසූතිය කළ විගස ප්‍රදේශයෙන් බැහැර වූ මව්වරුන්ගේ තොරතුරු මෙයට ඇතුළත් නොවේ.

ප්‍රතිඵල - හඟුරන්කෙත සෞ. වෛ.නී. කොට්ඨාසයේ 2018 වසරේ භාරයේ සිටි මව්වරුන්ගෙන් 843 කි. ඉන් 166 ක් ප්‍රසූතියෙන් පසු ප්‍රදේශයෙන් බැහැරව ගොස් ඇති අතර ඉතිරි 677 දෙනා හා තාවකාලිකව පදිංචි මව්වරු 227 ක් සඳහා වශයෙන් මව්වරු 904 කු සඳහා පසු ප්‍රසව ගෘහ පිවිසීම මුල් දින 0-5 දී 585 ක් ද දින 6-10 හි 222 ක් ද 11-13 හි 23 ක් ද සිදු කර ඇත. නිරීක්ෂණය කළ මුළු සංකූලතා ගණන 95 කි. ඉන් 25 ක් (26.3%) ක් විටපිය ආසාදන හා මැහුම් ගැලවීම් ද 20 ක් (21.1%) පියයරු තද වීම හා තනපුඩු පිපිරීම ද 18 ක් (18.9%) ආසාදිත සිසේරියන් කැළල ද 10 ක් අධික රුධිර පීඩනය ද විය. ඉතිරි සංකූලතා 22 රක්තපාතය 4, ප්‍රජනක පද්ධති ආසාදන 3, පසු ප්‍රසව මානසික රෝග 3, පසු ප්‍රසව

විශාදය, ගැඹුරු ශිරා ශිරානිය 2, මුත්‍රා පද්ධති ආසාදන 1, යෝනි මාර්ග ආසාදන 1, දියවැඩියාව 1, පියයුරු සැරව ගෙඩි 1, හෘද රෝග 1, වෙනත් 3 යනුවෙනි.

නිර්දේශ - වැඩි වශයෙන් ම වාර්තා වූ විටපීය කැපුම් ආශ්‍රිත ගැටලු, පියයුරු ආශ්‍රිත ගැටලු මෙන්ම සිසේරියන් කැළල් ආසාදන ද වෙනත් සංකූලතා ද බොහෝ දුරට වළක්වා ගත හැකි බැවින් සෞඛ්‍ය කාර්ය මණ්ඩලය ද මව් වරුන් ද ඒ පිළිබඳව දැනුවත් කිරීම වැදගත් වේ.

**PREVALENCE OF AGROCHEMICAL POISONING;
WITH SPECIAL REFERENCE TO
ORGANOPHOSPHATES AND CARBAMATE
INSECTICIDE POISONING AMONG HOSPITAL
ADMISSIONS OF NUWARAELIYA DISTRICT GENERAL
HOSPITAL, SRI LANKA FROM 2014 TO 2018**

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Background

Globally about 200,000 people died from the toxic exposure of pesticides per year. In 2016, there were 12,629 such cases and 348 (2.75%) deaths were reported in Sri Lankan government hospitals.

Objective

To identify the prevalence and trends of organophosphates and carbamate poisoning among hospital admissions in Nuwaraeiya District General Hospital from 2014-2018

Methodology

A descriptive cross-sectional study was carried out in District General Hospital, Nuwaraeliya. Secondary data in EIMMR was collected using a structured data collection sheet.

Results

In 2018, 0.41% (n= 226) of total hospital admissions were diagnosed as poisoning with organophosphate and carbamate. The mean age of victims was 31.36 (SD = 15.20). Highest number was(n=166) identified in 17- 49 age. Twenty-eight (12.4%) were below 16 years. The proportion of male victims was very highly significance than females ($p = 0.000$). Out of the above admissions, 4.4% (N=10) died. Total in-patient days were 733 and the average was 3.2 per person. The trend of females admitted following intoxication of organophosphate and carbamate was reduced from 2014 to 2018 whereas the trend of the male was slightly increased.

No much fluctuation observed in the trends with respect to gender and deaths.

Conclusion and Recommendation

Although organophosphates and Carbamate insecticide poisoning is a totally preventable health hazard and mainly affects young, prevalence remains quite the same for a long period. Both medical preventive and agricultural extension services have missed this component in their agenda. Collaboration among field health and agriculture extension services is urgently required to prevent and control this situation.

Key words- Poisoning, Organophosphates, Carbamate

නුවරඑළිය නගර සීමාව තුළ තිබෙන පාසල් වල 01 ශ්‍රේණියේ දරුවන්ගේ දත්ත අබාධ

ආර්. එම්. එම්. නේරන්ජනී හා ටී. පී. ඒ. එන්. නේනනකෝන්. පාසල් දත්ත විකිත්සකවරියන් සෞඛ්‍ය වෛද්‍ය කාර්යාලය නුවරඑළිය.

හැඳින්වීම

දරුවන් තුළ සුලබව දැකිය හැකි බෝවන රෝගී තත්ත්වයන් අතර මූලික ස්ථානයට පත් වන්නේ මුඛ රෝගී තත්ත්වයන්ය. පාසල් දත්ත විකිත්සකවරියන් විසින් වාර්ෂිකව තම දත්ත සායනයට අයත් ළමුන් 200 ට අඩු පාසල්වල සියලු දරුවන් ද 200ට වැඩි පාසල්වල 1,4 හා 7 ශ්‍රේණිවල දරුවන් ද පරීක්ෂා කර බලා ඔවුන්ගේ මුඛ සෞඛ්‍ය ගැටලු හඳුනා ගැනීම, ඒ සඳහා ප්‍රතිකාර ලබා දීම, උපදේශනය ලබා දීම හා අවශ්‍යනම් වැඩිදුර ප්‍රතිකාර සඳහා රෝහල් දත්ත සායන වෙත දරුවන්ව යොමු කිරීම සිදු කරයි.

අරමුණ

2019 නුවරඑළිය නගර සීමාවේ සියලුම පාසල් වල පළමු ශ්‍රේණියේ දරුවන්ගේ මුඛ සෞඛ්‍ය ගැටළු විස්තර කිරීම.

ක්‍රමවේදය

2019 ජනවාරි 01 සිට ඔක්තෝබර් 31 දක්වා කාලය තුළදී නුවරඑළිය නගර සීමාව තුළ පිහිටි සියලුම පාසල් වල එනම් පාසල් 14කට අයත් පළමු ශ්‍රේණියේ දරුවන්ගේ දත්ත සෞඛ්‍ය පිළිබඳ තොරතුරු දත්ත විකිත්සකවරියන්ගේ රෝගී නාමලේඛනය (H 986), දෛනික සායනික වාර්තා (H 974) හා මාසික වාර්තා (H 982) ඇසුරෙන් තොරතුරු ලබා ගන්නා ලදී. දත්ත සායනය පැවති දිනවල පාසලට නොපැමිණි දරුවන් පිළිබඳව විස්තර මෙයට ඇතුළත් නොවේ.

ප්‍රතිඵලය

2019 වසරේ නුවරඑළිය නගර සීමාවේ පළමු ශ්‍රේණිය පවත්වාගෙන යන පාසල් ගණන 14 හි මුළු ළමුන් ගණන 715කි. පරීක්ෂාවට ලක්වූ මුළු ළමුන් ගණන 674 කි (94%). ඉන් 349 ක් (52%) ක් ගැහැනු ළමුන් ද 325 ක් (48%) ක් පිරිමි ළමුන් ද වෙති. ඔවුන්ගෙන් 360 (54%) කට දත්ත ව්‍යසනය තිබුණි.

එය ගැහැණු ළමුන්ට 185 ක් (57%) හා පිරිමි ළමුන්ට 175 ක් (50%) ක් වශයෙනි. දත්ත අශ්මය සහිත ළමුන් හමුවුනේ 3 කි.

නිර්දේශය

වැඩි වශයෙන් වාර්තා වී ඇත්තේ දත් දිරායාම හෙවත් දත්ත ව්‍යසනය ආශ්‍රිත ගැටලු වේ. දත්ත ව්‍යසනය වලක්වා ගැනීම සඳහා සෘජුවම දෙමාපිය මැදිහත් වීම ඉතාම වැදගත් වන අතර දත්ත ව්‍යසනය සඳහා සායනික ප්‍රතිකාර වගේම දරුවන් රැකබලා ගන්නන්, දෙමාපියන් හා දරුවන් වෙසෙන අවට පරිසරය තුළ මුඛ සෞඛ්‍ය ප්‍රවර්ධනය පිළිබඳව ක්‍රියාකාරකම් සිදු කිරීම ඉතා වැදගත් වේ.

කොටගල දෙමළ විද්‍යාලයේ සිසුසිසුවියන්ගේ මුඛ සෞඛ්‍ය පිළිබඳව විස්තර කිරීම

හේමානි නිරෝධා වන්නියක, පාසල් දත්ත විකිත්සක, කොටගල සෞඛ්‍ය වෛද්‍ය නිලධාරී කාර්යාලය

හැදින්වීම - පාසල් වෛද්‍ය පරීක්ෂනයේ එක් අංගයක් වන දත්ත විකිත්සක සේවයේදී මුළු ළමුන් ගණන 200ට අඩු පාසල්වල සියලු සිසුසිසුවියන් ද අනෙකුත් පාසල් වල 1, 4 හා 7 ශ්‍රේණිවල සිසු සිසුවියන් සියලු දෙනාද වාර්ෂිකව පරීක්ෂා කර බලා මූලික ප්‍රතිකාර ලබා දීම, සෞඛ්‍ය අධ්‍යාපනය ලබා දීම හා වැඩිදුර ප්‍රතිකාර සඳහා රෝහල් දත්ත වෛද්‍ය සායන වෙත යොමු කිරීම සිදු කරයි.

අරමුණ -

කොටගල දෙමළ විද්‍යාලයේ පළමු වසරේ දරුවන්ගේ මුඛ සෞඛ්‍ය තත්වය විස්තර කිරීම

ක්‍රමවේදය - 2019 වසරේ පාසල් කොටගල දෙමළ විද්‍යාලයේ පවත්වන ලද දත්ත විකිත්සක සේවයේ දී සිදු කල මුඛ පරීක්ෂාවලින් ලද තොරතුරු හා දෛනික රෝගී වාර්තා මගින් දත්තලබා ගෙන විශ්ලේෂණය කරන ලදී. සේවාව දෙන ලද දින වල පාසලට නොපැමිණි සිසු සිසුවියන්ගේ තොරතුරු මෙයට ඇතුළත් නොවේ.

ප්‍රතිඵල - කොටගල දෙමළ විද්‍යාලයේ 2019 වසර සඳහා පළමු ශ්‍රේණියට ලියාපදිංචි කල මුළු ළමුන් ගණන 175 ක් වන අතර දත්ත විකිත්සක සේවය සඳහා සහභාගී වූයේ ළමුන් 150 කි (86%). ඒ අතර සිසුන් 78 (52%) ක් ද සිසුවියන් 72 (48%) ක් ද විය. සායනයට සහභාගී වූ මුළු සංඛ්‍යාවෙන් 81 දෙනකුට (84%) දත්ත ව්‍යසන, දත් ගැලවීම්, දත්ත පිරවීම් යන ගැටලු වලින් එකක් හෝ තිබුණු අතර 69 දෙනකු අතර එවැනි තත්ව එකක් හෝ නොතිබුණි. එම ගැටලු තිබුණු ළමුන් අතරින් 43 දෙනකු (53%) සිසුන් වූ අතර 38 ක් (47%) සිසුවියන් වූහ.

සමාජිකය හා නිර්දේශ -

පාසල් ළමුන් අතර මුඛ සෞඛ්‍ය ගැටලු සැලකිය යුතු සංඛ්‍යාවක් තිබෙන අතර ඔවුන් පාසල් මුඛ සෞඛ්‍ය සේවා සඳහා යොමු කරවීම සඳහා අවධානය යොමු කළ යුතු වේ. තවද මුඛ සෞඛ්‍ය ගැටලු වළක්වාගත හැකි බැවින් ඒ පිළිබඳ පාසල් සිසුවියන් අතර මෙන් ම ප්‍රජාවේද දැනුම, ආකල්ප හා භාවිතය වැඩි දියුණු කිරීමට කටයුතු කිරීම වැදගත් වේ.

රිකිල්ලගස්කඩ ආදර්ශ පාසලේ වෛද්‍ය පරීක්ෂණයන් වාර්තා වූ පාසල් දරුවන්ගේ සෞඛ්‍ය ගැටලු

ඊ.ඩබ්.එම්.එල්.සී.බී. ඒකනායක¹, කේ.එච්.ඩී. මධුශංක², එල්.ඩී.වීරසූරිය³
¹ මහජන සෞඛ්‍ය පරීක්ෂක දෙහිපේ, ² මහජන සෞඛ්‍ය පරීක්ෂක මානකොල, ³
 මහජන සෞඛ්‍ය පරීක්ෂක මන්දාරම්නුවර

හැඳින්වීම - දරුවන්ගේ සෞඛ්‍ය ගැටලු හඳුනාගෙන ප්‍රතිකාර කිරීම සඳහා පාසල් වෛද්‍ය පරීක්ෂණ වැදගත් වේ. ඒ අනුව සෞඛ්‍ය වෛද්‍ය නිලධාරී කර්යාල විසින් වාර්ෂිකව ළමුන් 200 ට අඩු පාසල් වල සියලු දරුවන් ද අනෙක් පාසල් වල අවු. 1,4,7 හා 10 වසරේ ළමුන් ද වෛද්‍ය පරීක්ෂණයට යොමු කරයි. සුලු රෝග තත්වයන් සඳහා එම ස්ථානයේදීම ප්‍රතිකාර කෙරෙන අතර වැඩිදුර පරීක්ෂණ කිරීම සහ ප්‍රතිකාර කිරීම සඳහා රෝහල් වලට යොමු කෙරෙයි.

අරමුණ - රිකිල්ලගස්කඩ ආදර්ශ විදුහලේ 2019 වසරේ පාසල් වෛද්‍ය පරීක්ෂණයන් වාර්තා වූ සෞඛ්‍ය ගැටලු විස්තර කිරීම

ක්‍රමවේදය - 2019 වසරේ මතුරට සෞඛ්‍ය වෛද්‍ය නිලධාරී කොට්ඨාශයේ දෙහිපේ මහජන සෞඛ්‍ය බල ප්‍රදේශයේ රිකිල්ලගස්කඩ ආදර්ශ විදුහලේ පාසල් වෛද්‍ය පරීක්ෂණයේ තොරතුරු එව් 797 වාර්තා ඇසුරෙන් ලබා ගෙන විශ්ලේෂණය කර 1, 4, 7 හා 10 ශ්‍රේණිවල සිසු සිසුවියන්ගේ සෞඛ්‍ය ගැටලු විස්තර කර ඇත.

ප්‍රතිඵල - 2019 වසරේ රිකිල්ලගස්කඩ ආදර්ශ විදුහලේ 1,4,7 හා 10 ශ්‍රේණිවල දරුවන් පිළිවෙලින් 107, 100, 96 හා 76 වශයෙන් සිසු සිසුවියන් 379 ක් පරීක්ෂාවට ලක් කරන ලදී. ඔවුන් අතර සිසුවියන් 193 ක් (50.9%) ක් ද සිසුන් 186 ක් (49.1%) ද වූහ. පරීක්ෂා කළ ළමුන් 379 න් 93 දෙනකුට (24.5%) දත්ත ව්‍යසන නිවුනු අතර ඉන් 52 ක් සිසුවියන් ද (56%), 41 ක් සිසුන් ද (41%) වූහ. පරීක්ෂා කළ ළමුන් අතරින් 19 දෙනකුට (5%) දත්ත විකෘති ද 16 දෙනකුට (4.2%) කට අක්ෂි ආබාධ ද 9 දෙනකුට (2.3%) හෘද අසාමාන්‍යතා ද නිරීක්ෂණය කරන ලදී.

සමාජිකය හා නිර්දේශ - පාසල් දරුවන් අතර දත්ත ව්‍යසන හා අක්ෂි ආබාධ ප්‍රමුඛ සෞඛ්‍ය ගැටළු වශයෙන් හඳුනාගත හැකිය. දත්ත ආබාධ වළක්වා ගැනීම සඳහා පූර්ව ප්‍රසව අවධියේ සිටම පියවර ගත යුතු අතර අක්ෂි ගැටළු කල් ඇතිව හඳුනාගෙන වැඩිදුර පරීක්ෂණ හා ප්‍රතිකාර ක්‍රම සඳහා යොමු කිරීම වැදගත් වේ.

රිකිල්ලගස්කඩ මූලික රෝහලට 2018 වසරේ සර්ප දෂ්ඨනය සඳහා ප්‍රතිකාර සඳහා යොමු වූ රෝගීන් පිළිබඳව විස්තර කිරීම

ආර්.ඒ.වයි.කේ. රාජපක්ෂ, විශේෂ ශ්‍රේණියේ හෙද නිලධාරී, රිකිල්ලගස්කඩ මූලික රෝහල

නිලෙන්ති නිලකරන්න, සංවර්ධන නිලධාරී, රිකිල්ලගස්කඩ මූලික රෝහල
කේ.ඒ.පී.ආර්.පෙරේරා, හෙද නිලධාරී, රිකිල්ලගස්කඩ මූලික රෝහල

හැඳින්වීම -

සර්ප දෂ්ඨනය කරන ලද රෝගීන් සඳහා ප්‍රතිකාර ලබා දීමේදී ප්‍රති විශ ලබා දීම දැඩි සත්කාර පහසුකම් සහිත රෝහල්වල සිදු කෙරේ. ඒ අනුව ප්‍රදේශයේ සර්ප දෂ්ඨනය කළ රෝගීන් සෘජුවම ද වෙනත් රෝහල් විසින් ස්ථාන මාරු කිරීමෙන් ද රිකිල්ලගස්කඩ මූලික රෝහලට ඇතුළත් කර ප්‍රතිකාර ලබා දීම සිදුවේ. වැඩිදුර ප්‍රතිකාර අවශ්‍ය රෝගීන් මහනුවර ජාතික රෝහලට මාරු කර යවනු ලබයි.

අරමුණ -

සර්ප දෂ්ඨනයට ප්‍රතිකාර කිරීම සඳහා රිකිල්ලගස්කඩ මූලික රෝහලට 2018 වසරේ ඇතුළත් කළ රෝගීන් පිළිබඳව විස්තර කිරීම

ක්‍රමවේදය -

සර්ප දෂ්ඨනයට ප්‍රතිකාර කිරීම සඳහා 2018 වසරේ ජනවාරි 01 සිට දෙසැම්බර් 31 දක්වා කාලය තුළ රිකිල්ලගස්කඩ මූලික රෝහලට ඇතුළත් කළ රෝගීන් පිළිබඳ තොරතුරු Injury Surveillance Web Data Base ඇසුරෙන් ලබාගෙන විශ්ලේෂණය කරන ලදී.

ප්‍රතිඵල -

2018 වසරේ සර්ප දෂ්ඨනය සඳහා රිකිල්ලගස්කඩ මූලික රෝහලට ඇතුළත් කළ මුළු රෝගීන් සංඛ්‍යාව 83 කි. ඒ අතර පුරුෂ රෝගීන් 52 ක් ද (62.7%) කාන්තා රෝගීන් 31 ද (37.3%) විය. ඇතුළත් කළ රෝගීන් 83 ගෙන් 76 දෙනෙකු (91.6%) රිකිල්ලගස්කඩ රෝහලෙන් ප්‍රතිකාර ලබා ගොස් ඇති අතර රෝගීන් 7 දෙනෙකු පමණක් වැඩිදුර ප්‍රතිකාර සඳහා මහනුවර ජාතික රෝහලට යොමු කර ඇත. මාසික ඇතුළත් වීම් ගත් විට

වැඩිම රෝගීන් සංඛ්‍යාවක් (18 ක්) ඇතුළත් කර ඇත්තේ ඔක්තෝබර් මාසයේ ය. මීට අමතර දෙසැම්බර් මස රෝගීන් 14 ක් ද අප්‍රේල් මස රෝගීන් 14 ක් ද ඇතුළත් වී ඇත.

සමාජිකය හා නිර්දේශ -

සර්ප දෂ්ඨන සඳහා ඇතුළත් කළ රෝගීන් වැඩි සංඛ්‍යාවකට රිකිල්ලගස්කඩ රෝහලේ ප්‍රතිකාර සිදු කර ඇත. වැඩිදුර ප්‍රතිකාර සඳහා යොමු කළ රෝගීන් පිළිබඳව සොයා බලා ඒවා හැකි තරම් වලක්වා ගැනීම පිණිස රිකිල්ලගස්කඩ රෝහලේ පහසුකම් වැඩිදියුණු කළ යුතුය.

THE STUDY OF IDENTIFYING FIRST PAID ATTENTION AND YEARS OF SMOKING AMONG SCHOOL CHILDREN

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Background:

According to the Ministry of Health reports in Sri Lanka, there is 55 death daily due to smoking and 2000 death per year. Tobacco companies now used to encourage school children in smoking since primary classes to replace deaths. to protect children from various traps of tobacco companies certain awareness programmers were conducted. Though adult children participated in awareness programmes, particular health authorities and school staff had no idea about extract age groups and extract ways how they engage in smoking. Because of that to this scientific study is conducted to identify age groups and extract ways of engaging smoking in medical officer of health office in Akurana area.

Objective:

The study of identifying first paid attention and years of smoking among school children

Method:

137 students were selected randomly from 4 schools in Akurana MOH area. 64 female and 63 male students. Students were among grade 10 – 11 .3 school were Sinhala medium and one school was Muslim school. The interview was used as a research tool for 2

schools (Table 01, and Table 02) Questionnaires were used for 2 schools. (Table 03).

Results:

19.7% students used to know about smoking since year 3 or 5.43% of students know about smoking since year 6 or 7. 37.2% of students were 8 – 11 years. When analyzing data about the ways how they engage in smoking 13.8% because of father and relative's addiction, 8.7% because of friends, 67% because of television and 10.2% because of parties and function. (Table 04) However from 137 students 97.8% of students were certified that they never engage in smoking and 3.2% of male students explained proudly that they often engaged in smoking after school.

Conclusion:

According to the study awareness programme about tobacco should be conducted to students of years 6 to 11 classes. Also identified many children were attracted to tobacco due to television.

BE HEALTHY! MORE HAPPY! LESS “KCAL” A DAY

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Shishuka Sekine (Volunteer, Japan International Cooperation Agency (JICA))

Background

Non-communicable diseases such as type 2 diabetes mellitus and obesity have reached an epidemic in Sri Lanka. One of the main risk factors for NCDs is unhealthy dietary patterns. According to the STEP survey 2015, obesity prevalence in Sri Lanka is 5.8% and overweight is 34.3%. When the same indicators are considered in Matale district, they are 9.8% and 34.4% respectively. Among several causative factors for obesity, one we could identify was high-calorie intake of the people either with or without much knowledge about the energy contents of commonly consumed food items in Sri Lanka. However, to date, food-based dietary guidelines for Sri Lankans and food guides are accessible by the health staff and the community. They are more towards nutrition but not in detailed calorie values.

The aim of this process is to develop a guide book which to is used as a health education material.

Objectives

1. To increase the knowledge of health staff on food calorie values and guide how excess calorie intake contributes to obesity
2. To develop a receptive picture guide book on food calorie values and its applications
3. To make aware of the importance of displaying calorie values in common food items in Sri Lanka
4. To gain and incorporate knowledge and practices practiced in Japan through a JICA volunteer

Methodology

The main important details required was the calorie values of commonly used food items in Sri Lanka. We could gather those details from materials published by the Nutrition Division, Ministry of Health and more pictorial information from the updated version of the Biodiversity of Food and Nutrition Sri Lanka web site. And other charts essential to calculate daily energy requirement was obtained from the source of the Japan Association of Medical Practitioners, Japan Ministry of Education web sites. The general assessment of main meals and in between meals was done. Consumption of certain food types unnecessarily and insensible ways of food selections contributing to weight gain has been depicted in this guide to make the people more aware.

Future Implications

- Updating the contents in the book considering the cultural implications in all three languages
- Conduct research – using the picture guide as an intervention to determine the effectiveness in Matale district
- Introduce the experiences gained with intervention to other parts of the country
- Expansion of the same ideology to address childhood obesity.
- Using this as a guide, one would be able to impose a strategy to display calorie values in most food items in food stalls and school canteens.

WELL WOMEN CLINIC PERFORMANCE IN AMBAGAMUWA - 01 YEAR EXPERIENCE

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Background:

Well-woman clinics were incorporated into the Family Health Services with the introduction of the concept of Reproductive Health from 1996. At the end of the year 2003, 349 well women clinics were functioning in the country, mostly based at MOH offices. These clinics provide screening services for women over 35 years of age against common non-communicable diseases.

Objectives:

To assess the effectiveness of well women clinics (WWC) conducted in Ambagamuwa MOH office in 2018.

Method:

A prospective study was carried out between January. 2018 – January 2019 for female referred to WWC in Nuwaraeliya. They offered a whole WWC package and data collected using the WWC clinic records and eRHMIS. Blood pressure, blood sugar, breast, thyroid and cervical examination, Papanicolaou test (PAP) findings were analyzed. Especially 35years and 45 years females were highlighted.

Results:

A total of 1120 females were attended to WWC during this 1 year period. Females in 35-year cohort 821(73%), 45-year cohort 126(11%).All were screened for blood pressure, breast and thyroid

examination, 89(8%) had hypertension, 17(1.5%) had breast abnormalities and 29(2.6%) had thyroid abnormalities. Fasting blood sugar screened in 880 (78.5%) and 57 (6.5%) had hyperglycemia. PAP tests 1076(96%), among them inflammations 132 (12.2%), Negative for Intraepithelial Lesions or Malignancy 921 (85.5%).

Conclusion: The majority of non-communicable diseases for females covered by WWC. These findings have potential implications to improve future service provision and highlighting areas to be improved.