



**PROCEEDINGS**  
**of**  
**1<sup>ST</sup> UNDERGRADUATE RESEARCH SYMPOSIUM OF**  
**FACULTY OF MEDICINE AND ALLIED SCIENCES**  
**RAJARATA UNIVERSITY OF SRI LANKA**

**10<sup>th</sup> May, 2018**

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## Message from the Vice Chancellors



As the Vice Chancellor of Rajarata University of Sri Lanka, it gives me a great pleasure to send this message to the inaugural research symposium organized by the Faculty of Medicine and Allied Sciences.

This symposium comprises a broad spectrum of researches done by 3<sup>rd</sup> year students Faculty of Medicine and Allied Sciences. A big applaud should be given to the parties who introduced a research component to these students , familiarizing them with the concepts of a scientific research. I'm certain that this opportunity would be of great help to these young researchers in their future career and I sincerely hope that this will encourage these students to involve in more scientific studies .

I would like to take this opportunity to congratulate the organizing committee of the symposium and also to convey my best wishes to all those junior researchers of Faculty of Medicine and Allied Sciences.

Prof. K.H.R. Wijewardana,  
Vice Chancellor  
Rajarata University of Sri Lanka



**Message from the Deans**





## Message from the Head



A teaching institution for medical undergraduates does not passively exist. It is always the brave step, expertise and devotion of the pioneers of each an every component and also the commitment of the students to take up the novel challenges.

Research is an integral component of medical education. It is paying “respect to the hard won scientific gains of the experts in the field on whose path we have walked through all these years” (Hippocratic oath) and also building up the scientific evidence base for the future wellbeing of people.

It is with great pleasure that the Department of Community Medicine with all the faculty members, ground the first Student Research Symposium of FMAS. I would like to congratulate all students for their hard work, which will be presented during the symposium and thank all supervisors for their guidance.

Dr.Thilini Agampodi  
Head, Department of Communitiy Medicine  
Faculty of Medicine and Allied Sciences  
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# **Abstracts of Poster Presentations**



# ASSOCIATION BETWEEN LEARNING STRATEGIES AND RELATED FACTORS WITH EXAMINATION RESULTS AMONG PRE-CLINICAL MEDICAL UNDERGRADUATE OF RAJARATA UNIVERSITY OF SRI LANKA; A DESCRIPTIVE CROSS-SECTIONAL STUDY

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**Background:** Medical curriculum is one of the toughest among undergraduate courses. Completion of the course is measured by various examinations at different stages. Learning strategies and related factors are key to success at the examination. Therefore, it is reasonable to expect that good learning strategies and proper management of related factors can enhance medical undergraduate's performance.

**Objective:** This study aims to find the factors associated with examination results among pre-clinical medical undergraduate of Rajarata University of Sri Lanka.

**Methods:** A descriptive cross-sectional study was conducted among the 2<sup>nd</sup> year medical undergraduates of Rajarata University of Sri Lanka, soon after their 2<sup>nd</sup> MBBS examination results were released in 2016. Informed verbal consent was obtained. A self-administered questionnaire was used to collect data on learning strategies, related factors and the 2<sup>nd</sup> MBBS examination results. Chi-square (or Fisher's exact) test was used to find a significant association between learning strategies and related factors with the 2<sup>nd</sup> MBBS examination results ( $p < 0.05$ ).

**Results:** Hundred and forty-two students consented. Twelve subjects were removed from analysis due to missing data. Participants were 22 - 25 years old. 87.7% (116/130) have passed the examination and rest were referred. Revising lecture notes soon after the lecture ( $P=0.04$ ), having adequate time management skills ( $P= 0.01$ ) and English language proficiency ( $P=0.03$ ) were significantly associated with the examination results.

**Conclusion:** Addressing and enhancing factors which were found to significantly associate with examination results will help improve the performance of medical undergraduates at examinations.

*Key words:* Learning strategies, Medical-undergraduates, Time management

# PREVALENCE OF DENTAL FLUOROSIS AND PARTICIPANT'S PERSPECTIVE: A DESCRIPTIVE CROSS-SECTIONAL STUDY AMONG CHILDREN OF THAMBUTTEGAMA

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**Background:** Moderate fluoride intake via drinking water, can cause dental fluorosis. Milder and severe forms show whitish and brownish discolouration of teeth respectively. Thambuttegama is a hotspot for high fluoride concentration in drinking water.

**Objective:** This study aims at determining prevalence of dental fluorosis among children of Thambuttegama and their perspective towards the disease.

**Methods:** A descriptive cross-sectional study was performed, in August 2016, among all 12-14 year old students of the National School, Thambuttegama. Parental consent and assent were obtained. Teeth were examined under natural light and classified according to Dean's index. A self-administered questionnaire was used to collect data on knowledge and attitude towards dental fluorosis. Descriptive statistics were used to describe data.

**Results:** Participation rate was good (83%-248/300). Most were females (53%), 12 years old (44%) and from Thalawa (54%). According to the Dean's index 38% belonged to very mild to severe form of dental fluorosis. More than 75% of participants did not know the following: typical appearance of dental fluorosis, fluoride in drinking water helps to prevent tooth decay and that too much fluoride in drinking water can cause dental fluorosis. Those who knew about dental fluorosis have acquired knowledge mainly from parents (32%). Most thought "brown teeth" would be a problem (73%), it affects cleaning (67%), smiling (70%) and it needs to be treated (71%).

**Conclusion:** Prevalence of dental fluorosis is high among the school-children of Thambuttegama however; their knowledge on dental fluorosis seems to be poor. This deserves a health education to improve awareness.

*Key words:* Dental fluorosis, Dean's index, School-children

## EFFECTS OF SOCIAL MEDIA ON LEARNING BEHAVIOR OF UNDERGRADUATES AT RAJARATA UNIVERSITY OF SRI LANKA

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**Background:** Use of social media has become very common among today's youth and it is known to influence their behavior to a greater extent including learning.

**Objectives:** This study was aimed at finding the effects of Social media on learning behavior of undergraduate students at Rajarata University of Sri Lanka.

**Methodology:** This descriptive cross sectional study was conducted among year 2013/2014 undergraduates of Rajarata University of Sri Lanka. Whole population sampling method was used and data was collected using self-administered questionnaire.

**Results:** A total of 664 students participated the survey with 77.8% females. Among them 581(87.5%) were active in social media while Facebook (88.5%), Viber (80.2%), messenger (68.7%), YouTube (68.5%) were the most commonly used social media. Facebook (67.5%) is the most frequently used followed by Viber (15%). Smart phone is the commonest device used to access (94.7%). Majority had already been using social media before university entrance (73%). Majority (67%) spends less than one hour on Social media. Higher percentage of male students accepted that they have addicted to Social media (31.1% vs. 13.6%,  $p < 0.05$ ). Majority of students (92.1%) use social media for study related purposes. Most of them (80.4%) use social media based resources as a knowledge source while 55.6% use them to share educational material. Only 37.3% use them to discuss academic matters.

**Conclusion:** Social media has already been using as an important tool in undergraduate education. Males start using social media early and susceptible to addiction. Students should be guided to get maximum use of it.

*Key words:* Education, Social Media, Undergraduate

# PHYSICAL AND MICROBIAL ANALYSIS OF POTABLE WATER IN SALIYAPURA AREA AND IN ANURADHAPURA MUNICIPALITY. A PRELIMINARY STUDY.

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**Background:** Consumption of clean, non-contaminated water is necessary for humans. Contamination could occur from human and animal excreta, heavy metals and pesticides causing serious health hazards and have been reported from many countries including Sri Lanka.

**Objective:** To assess the quality of potable water available in Saliyapura area and in Anuradhapura municipality in comparison with the recommended Sri Lankan Standard (SLS) values.

**Methods:** Bottled water, pipe-borne water and samples from Basawakkulama and Nuwarawewa reservoirs were collected and analysed for two physical parameters and for microbial contaminants using standard methods.

**Results:** Electrical conductivity (EC) of all samples were below the SLS stipulation of 750  $\mu\text{S}/\text{cm}$ . The EC of bottled water samples varied from 8.87 to 266  $\mu\text{S}/\text{cm}$  whilst that of tap water samples ranged from 41.4 to 420  $\mu\text{S}/\text{cm}$ . EC for Basawakkulama and Nuwarawewa varied from 377 to 454  $\mu\text{S}/\text{cm}$ . The pH of all tap water samples and of all bottled water samples, with the exception of one (pH 7.59), were below the recommended levels. The pH of water from the two reservoirs varied from 6.42 to 7.88. But the samples from both reservoirs were found to be positive for coliform bacterial contaminants.

**Conclusion:** Coliform bacterial contamination was confirmed in samples collected from Basawakkulama and Nuwarawewa. Contamination was found to be heavy in festive season and water from these two tanks may not be suitable for human consumption without treatment.

*Key words:* Anuradhapura, Basawakkulama, Nuwarawewa



## **KNOWLEDGE OF MOTHERS WITH CHILDREN UNDER 5 YEARS ABOUT DIARRHEAL DISEASES AFFECTING THEIR CHILDREN, ATTENDING TO TEACHING HOSPITAL ANURADHAPURA**

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**Background:** Diarrhoea is the second commonest cause of death in children under 5 years and the leading cause of malnutrition in the world. Ability of mothers to recognize and manage symptoms of diarrhea is crucial.

**Objective:** The study was aimed to determine the knowledge of mothers about risk factors, prevention and effective management of diarrhea and association of educational level, occupation, parity and mother's age with the knowledge.

**Methods:** A cross sectional study was conducted among 390 mothers with children under five years at the OPD and Paediatric wards of THA. Data was collected through interviewer administered questionnaires from July 2016 to April 2017.

**Results:** Total of 390 mothers with one child 170 (43.6%) and with two or more children 220 (56.4%) were participated. Understanding of the term diarrhoea among the mothers were as; satisfactory 39 (10%), partially satisfactory 254(65.1%) and unsatisfactory 97(24.9%). Bloody diarrhea 305 (78.2%) and tarry stools 266 (68.2%) were identified as uncommon symptoms that need to seek medical advice. As causes for diarrhoea; contaminated water 355(91%), unhygienic practices 308 (79%), unhygienic foods 334(85.6%) were identified. Breast feeding practices during diarrhea were 38 (9.7%) to stop, 118 (30.3%) feed as usual, 234(60%) to increase the frequency. Only 140 (35.9%) were aware of correct ORS preparation. Advancing maternal age showed a positive relationship with management of diarrhea with ORS (Chi square= 11.53) (p = 0.001).

**Conclusion:** The overall understanding regarding diarrhoea is satisfactory. Educational campaigns to mothers specially the young and less educated could lead to more effective management.

*Key words:* Anuradhapura, Diarrhoea, Knowledge, Mothers, ORS, Sri Lanka

## A STUDY ON DEMOGRAPHIC DATA OF THE POISONED PATIENTS PRESENTING TO PROFESSORIAL UNIT TEACHING HOSPITAL ANURADHAPURA

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**Background:** Acute poisoning is one of the common causes of emergency hospital admissions, in current situation. Although data of 2012 are available, on deliberate self-poisoning with changing epidemiologic patterns in Anuradhapura, Sri Lanka, recent data are lacking on this context and underlying reasons for acute poisoning.

**Objectives:** The objectives of this research is to identify the demographic variation in age, gender, education level, occupation, type of poison among acute poisoned patients presenting to professorial unit, Teaching hospital Anuradhapura and compare such earlier studies with the current situation and find out the changes.

**Method:** The acute poisoned patients (n=84) in two medical wards in Anuradhapura Teaching Hospital were selected for this cross-sectional, self-administered questionnaire based study. Questionnaire consisted of the areas that covers the demographic variables relevant to the study. Ethical approval was obtained from Ethics review committee, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka and written consent was taken from patients. Data were analyzed via SPSS software and the results were expressed as percentages.

**Results:** Gender: male – 38.1%, female – 61.9% Civil status: married – 57.1%, unmarried – 42.9% Employment: employed – 41.7%, unemployed – 58.3% Poisoning: intentional – 96.4%, unintentional – 3.6%

**Conclusion:** From the population 96.4% of acute poisoned cases were deliberate self-harming attempts. Being a married female, at the age group 19-30 years, unemployed were identified as risk factors for self-poisoning. Although the commonly used type of poison was pesticides in earlier studies, according to results of this research mostly used type of poison was paracetamol.

*Key words* – Acute poisoning, pesticides, paracetamol

# AN EVALUATION OF BODY MASS INDEX & WAIST TO HIP RATIO OF PRECLINICAL STUDENTS OF RAJARATA UNIVERSITY OF SRI LANKA

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**Background:** Body Mass Index is an indicator to determine the health status. The calculated BMI values can be interpreted in categories. Waist to hip ratio is used to indicate the fat distribution of the body. The research was aimed to evaluate the BMI & Waist to hip ratio of preclinical medical students of University of Rajarata, Sri Lanka.

**Objectives:** To determine the changes of Body Mass Index and waist to hip ratio among pre-clinical medical students of Rajarata University of Sri Lanka in 2016.

**Method:** Data was collected by measuring height, weight, waist circumference and hip circumference of volunteered pre-clinical students of Rajarata University of Sri Lanka in 2016. Took the university pre entrance medical reports of the same sample of students and calculated the BMI of each and compared the value, before and after entrance.

**Results:** In BMI of 2013/2014 batch, 33.33% - underweight, 46.67%-normal, 12%-overweight & 8%-obese before university entrance. After 2 years 18.67%-underweight, 49.33%-normal, 21.33%-overweight & 10.67%-obese in the same sample. In 2014/2015 batch, 34.23%-underweight, 37.84%-normal, 15.32%-overweight & 12.6%-obese before university entrance. After 1 year 25.23%-underweight, 49.55%-normal, 10.81%-overweight & 11.70%-obese in the same sample. In Waist/Hip of 2013/2014 batch, 52.00%-underweight, 18.70%-normal, 6.7%-overweight & 22.7%-obese. In 2014/2015 batch, 36.90%-underweight, 16.20%-normal, 18.00%-overweight & 28.80%-obese.

**Conclusion:** Half of the study sample was in normal category. Frequencies of the overweight and obese categories have increased and frequency of underweight category has decreased. As weight gaining is significant in the study sample underweight percentage is less in after University entrance than before.

*Key words:* Body Mass Index, Obese, Overweight, Preclinical Students, Waist/Hip Ratio

# PREVALENCE OF DIABETES MELLITUS RELATED RISK FACTORS AMONG THE 2ND YEAR MEDICAL STUDENTS OF FACULTY OF MEDICINE AND ALLIED SCIENCES RAJARATA UNIVERSITY OF SRI LANKA

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**Background:** Diabetes mellitus (DM) is becoming common socio-economic problem in Sri Lanka. Recently, it has been observed that the young population is on higher risk of developing DM.

**Objectives:** The main objective of the study was to assess the prevalence of diabetes mellitus risk factors among the young educated population; taking 2<sup>nd</sup> year medical students as a representative sample. The prevalence of none modifiable risk factors is compared with modifiable risk factors.

**Method:** A cohort of Second year medical students (2013/2014 batch; Faculty of Medicine and Allied Sciences, Rajarata University) was selected for the study. The age range of participants was between 21 y-24 y. 120 students from total 176 was included in the cohort. An interviewer based questionnaire was prepared to obtain the details about age, sex, associated habits like exercising, smoking, food consumption and family history among. Body weight, height, waist and hip circumference were measured and their BMI and Waist/hip ratio was calculated. Variation of risk factors from their normal values were assessed and presented in a tabulated form.

**Results:** 33% were above the normal range of BMI and 25% of the participants were above the normal range of W: H ratio. About 30% are having diabetic relations. So 30% are at risk when considering the family history

**Conclusion:** The prevalence of modifiable and none modifiable risk factors in our study cohort stands in roughly similar ratios.

*Key words:* Diabetic mellitus, Medical students, Modifiable risk factors, Non modifiable risk factors

# THE LEVEL OF KNOWLEDGE, ATTITUDES AND PRACTICES REGARDING MYOCARDIAL INFARCTION (MI) AMONG SCHOOL TEACHERS IN THE NACHCHADUWA DIVISION OF ANURADHAPURA EDUCATIONAL ZONE OF SRI LANKA

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**Background:** Myocardial infarction (MI) is a fatal non-communicable medical condition which is highly prevalent in Sri Lanka. The recognition of risk factors, preventive measures (such as healthy lifestyle and dietary habits) and raising public awareness is important for prevention.

**Objectives:** The objectives of this study are to assess the level of awareness regarding MI and their practices to minimize or control the identified risks factors.

**Methodology:** The population is the government school teachers of Nachchaduwa division, Anuradhapura educational zone of Sri Lanka. This is a cross sectional study of the entire population (N = 210) where 83.8%(n=176) participated. Data was collected by a self-administered questionnaire.

**Results:** Out of total number of participants (176): females 67.6%(n=119) and males 32.3%(n=57). Majority have gained awareness through television 72.7% (n=128). The risk factors for myocardial infarction was correctly identified by 62.5%(n=110) including fat food consumption 93.7%(n=165), less exercise 81.8%(n=144), smoking 80.6%(n=142), excessive alcohol consumption 74.4%(n=131), stress 72.7%(n=128). Good lifestyle practices and dietary habits were followed by 81.3%(n=143). Out of total participants 13.1%(n=23) have had myocardial infarction previously out of which 56.5%(n=13) have correctly identified the risk factors and 60.8%(n=14) have modified their lives with good life style modification.

**Conclusion:** In this population considerable number of subjects have a good level of awareness regarding risk factors and follow good dietary habits. Further studies can be done in different populations to precisely identify other factors contributing for the occurrence of myocardial infarction.

*Key words:* awareness, myocardial infarction, risk

# AWARENESS AND ATTITUDES REGARDING HIV/AIDS INFECTION OF THE FINAL YEAR STUDENTS OF FACULTY OF SOCIAL SCIENCES AND HUMANITIES IN RAJARATA UNIVERSITY OF SRI LANKA

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**Background:** Acquired Immune Deficiency Syndrome (AIDS), caused by HIV, is a global health crisis. Lack of awareness of the disease and social stigmata are possible factors making populations more vulnerable. In 2016, 249 new cases have been reported in Sri Lanka, but cases are grossly under-reported.

**Objective:** To assess awareness and attitudes regarding HIV/AIDS and the factors influencing knowledge and attitudes on HIV/AIDS among final year students of the Faculty of Social Sciences and Humanities, Rajarata University of Sri Lanka (RUSL).

**Method:** This was a cross sectional study. A pre-tested self-administered questionnaire was given to 109 final year students present in lecture halls. Questionnaire assessed awareness and attitudes regarding HIV/AIDS. Data was analyzed using SPSS version 23. Chi square tests and Pearson correlation tests were used in the analysis.

**Results:** Ninety one percent of the study group was aware HIV/AIDS is a viral infection. Mean awareness score of the disease was 69%, which ranged from 21% to 96%. Regarding attitudes, only 67% accepted that an infected child should be allowed to attend regular school, and only 44% were willing to undergo HIV screening tests. A positive linear relationship ( $r=0.456$ ) existed between awareness and attitude.

**Conclusion:** Our findings suggest that most final year students of the Faculty of Social Sciences and Humanities in RUSL have an average knowledge of HIV/AIDS. Some attitudes regarding the disease need improvement. Increasing disease awareness increased the positiveness of attitudes ( $p<0.01$ ). Providing public health education in low prevalent regions from a young age is suggested.

*Key words:* Attitudes, Awareness, HIV, AIDS, Sri Lanka.

# ISOLATION AND CHARACTERIZATION OF FUNGI ASSOCIATED WITH BLACK MOULDS IN ONIONS AND EFFECT OF FOOD PREPARATION TECHNIQUES IN ELIMINATION OF FUNGI

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**Background:** Bombay onions are common flavoring agent in Sri Lanka. Development of moulds in onions appears as black powdery masses and, *Aspergilli* were found to be the causative agent according to previous studies. *Aspergilli spp* are known to cause infections in the immune-compromised hosts and also in healthy individuals. Transmission is mainly by inhalation and rarely by ingestion. In addition, *Aspergilli* produce potent mycotoxins which can lead to life threatening conditions.

**Objective:** This study was carried out to determine the type of fungi causing black mould rot in onions and to find out methods which eliminate them during food preparation.

**Methods:** Twenty five onions with black powdery spots were purchased from Anuradhapura during June 2016. Microscopy was carried out on this black mass and plated on Saborouds Dextrose Agar. Fourteen onions were tested for the effect of washing in tap water, immersing in salt solution, immersing in undiluted lime juice and boiling in water in reducing fungal contamination.

**Results:** 100.0% of onions grew *Aspergillus niger*. Complete elimination of *Aspergillus niger* was observed only in onions boiled in water.

**Conclusion:** It was found that *Aspergillus niger* is the main causative agent of black moulds in onions, and they could be completely eliminated by boiling in water. This study highlights the presence of a fungus capable of producing opportunistic infections and mycotoxicosis, in people who consume infected onions daily. Therefore measures should be taken by the responsible authorities to control the growth and transmission of fungi during storage and handling of onions.

*Key words:* *Aspergillus niger*, Black moulds, Immunocompromised, Mycotoxins

# WATER CONSUMPTION PATTERNS AND THE QUALITY OF WATER CONSUMED BY THE INHABITANTS OF THEPPANKULAMA GRAMANILADHARI DIVISION, NUWARAGAMPALATHA CENTRAL MOH AREA, SRI LANKA

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**Background:** Selecting a safe drinking water source for consumption appear to be a major concern amongst the inhabitants of the dry zone, Sri Lanka. Identifying the factual explanations for a safe water source requirement would be much essential in addressing the issues linked to water quality and water supplies of the people living in the dry zone of Sri Lanka.

**Objective:** To assess the water consumption patterns and quality of drinking water among the inhabitants of Theppankulama Gramaniladhari division, Nuwaragampalatha Central MOH Area.

**Method:** A cross sectional study was carried out in the selected area amongst the consented families(n=400). Water consumption pattern information was collected using interviewer administered questionnaires and samples of drinking and cooking water sources were analyzed using ICP-MS (Inductively Coupled Plasma Mass Spectrometry) analysis.

**Results:** Majority(41.0%) of inhabitants were using reverse osmosis water (ROW) for drinking followed by bottled mineral water(24.0%) and tap water(15.0%). Majority(86.0%) uses tap line for cooking purposes whilst only 10.0% uses ROW. Monthly expenditures for purchasing drinking water were < Rs.500 and Rs.500 - Rs.1000 among 44.0% and 41.0% respectively. Majority of the participants are using the same sources for past five years(46.5%). Testing of water for heavy metals revealed they are far below the toxic levels and their levels are compatible with SLS standards for drinking water except 3 water samples(Dingles, well water-4, ROW-5).

**Conclusion:** The drinking water of the inhabitants of Theppankulama Gramaniladhari area is likely to be a safe source of water.

*Key words:* safe drinking water, water consumption patterns, water quality



**PREVALENCE AND ASSOCIATED FACTORS OF ASTHMA AND  
RESPIRATORY SYMPTOMS AMONG UNDERGRADUATE STUDENTS  
OF FACULTY OF AGRICULTURE, RAJARATA UNIVERSITY OF SRI  
LANKA.**

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S.A.D.<sup>1</sup>, Madhushani V.G.S.<sup>1</sup>, Madhushika A.M.H.<sup>1</sup> Agampodi S.B.<sup>2</sup>

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of Medicine and Allied sciences, Rajarata of Sri Lanka.*

**Background:** There are limited data about the prevalence of asthma among young adults in Sri Lanka and university undergraduates are rarely being studied.

**Objectives:** To determine the prevalence and associated factors of asthma among agriculture undergraduates, Rajarata University of Sri Lanka.

**Methods:** The prevalence of asthma and associated factors were studied using a cross sectional design and standard self-administered questionnaire. Study was conducted among two batches of students and PEFr was measured.

**Results:** A total of 161 students participated in this study. Asthma or wheeze was found in 49 (30.4%) of the subjects. Prevalence of asthma or wheeze among males was 13(8.1%) and female was 36(22.4%). There is no significant association between subjects suffering from asthma or wheeze and sex (male and female). Among the students who have asthma, 19(11.8%) had family history, two were smokers, and 26(16.1%) were passive smokers. From total of 61 subjects from high altitude areas, 17 (27.8%) had asthma or wheeze. 32(32.0%) students out of 100 from low altitude areas, had asthma or wheeze. 17 (10.5%) students lived inside faculty premises and 32(19.9%) students lived outside faculty premises suffered from asthma or wheeze. Sample mean of Peak Flow Rate is 405.28L/min. The mean values of Peak Flow Rate for male students and female students are 468L/min and 380L/min respectively. Mean PEFr of students with asthma or wheeze is 395L/min while mean PEFr of subjects without asthma or wheeze is 410L/min.

**Conclusion:** These results indicate a relatively high prevalence of asthma among agriculture students and preventive strategies are required, specially before exposing them in field activities.

*Key words:* Asthma, Prevalence, Risk Factors, Wheeze

# THE PREVALENCE AND ASSOCIATED FACTORS OF VISUAL DEFECTS AMONG TEACHERS IN SCHOOLS IN THE ANURADHAPURA DISTRICT

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**Background:** Even though visual defects are identified as an important problem among teachers in different settings, thus far, there is no relevant published literature in Sri Lanka.

**Objectives:** To determine the prevalence and associated factors of impaired visual acuity and colour blindness among teachers in the Anuradhapura district.

**Methods:** A descriptive cross sectional study was conducted in 11 schools in the Anuradhapura district from May to July 2016. Visual acuity and colour vision were assessed using the Snellen's chart and the Ishihara colour-chart respectively. A self-administered questionnaire was used to collect data on associated factors. The prevalence of visual defects was computed with 95% confidence interval (95% CI) and the significance of the associated factors was assessed by using the Chi-square test.

**Results:** The sample consisted of 139 (35.5%) male and 252 (64.5%) female teachers and the mean age was 40.8 years (SD=9.3years). The prevalence of impaired visual acuity among teachers in the Anuradhapura district was 28.1% (95%CI=23.7%-32.6%). There were no teachers with colour blindness in the sample. Age ( $\chi^2(1)=36.992, p<0.001$ ), the school zone ( $\chi^2(10)=86.680, p<0.001$ ), working experience ( $\chi^2(1)=36.269, p<0.001$ ) and daily computer usage for more than one hour ( $\chi^2(1)=5.992, p=0.014$ ) emerged as statistically significant associations with impaired visual acuity. Among diagnosed co-morbidities, hypertension ( $\chi^2(1)=7.107, p=0.008$ ), diabetes mellitus ( $\chi^2(1)=13.355, p<0.001$ ) and glaucoma ( $\chi^2(1)=7.045, p=0.008$ ) showed statistically significant associations.

**Conclusion:** The prevalence of impaired visual acuity among teachers in the Anuradhapura district was high. Age, computer usage and multiple co-morbidities were associated with impaired visual acuity among teachers.

*Key words:* Anuradhapura district, Associated factors, Colour blindness, Teachers, Visual acuity

## **AWARENESS OF COMMON SEXUALLY TRANSMITTED DISEASES AMONG GRADE 12 ADVANCED LEVEL BIOLOGY STUDENTS IN ANURADHAPURA TOWN AREA 2016.**

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**Background:** Sexually Transmitted Diseases( STDs ) are one of the most common causes of illnesses all over the world and mostly affect young people. It is important to improve the awareness about Sexually Transmitted Diseases among youth, for STD prevention.

**Objective:** To assess the awareness of common sexually transmitted diseases among grade 12 Advanced Level Biology students of Anuradhapura town area 2016.

**Methods:** A descriptive type of cross-sectional design done by using a validated self administered questionnaire among 380 grade 12 Advanced Level Biology students in selected 3 schools in Anuradhapura town area.

**Results:** All respondents (100.0%) had heard about sexually transmitted diseases before, the 3 most important sources of information being School(91.3%), Television(71.6%) and Newspapers(67.7%). 2.6% of respondents could not mention any of STDs. 2.4% of them mentioned five names of STDs. There was a fair awareness on modes of transmission with some misconceptions. 54.7% knew that some STDs have vaccines. Among them 59.0% knew HPV has vaccines. 76.6% knew genital ulcers are one of the symptoms, 31.8% mentioned weight loss. According to author developed point scale, 2 respondents had a good awareness, 365 had a fair awareness while 13 of respondents are having a poor awareness on STDs.

**Conclusion:** Grade 12 Biology students in Anuradhapura town area 2016 have only a fair awareness about STDs. In general, their awareness on the modes of transmission and symptoms should be emphasized. Awareness about other STDs except HIV/AIDS should be increased and a systematic adolescent's sex education in schools will be effective.

*Key words:* Awareness, Biology Students, Sexually Transmitted Diseases

# AWARENESS OF CERVICAL CANCER AND THE AVAILABILITY OF PREVENTIVE METHODS AMONG WOMEN IN THE ANURADHAPURA AREA, 2016

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**Background:** In Sri Lanka, the second most common cancer among women is cervical cancer.

**Objective:** The aim of this study was to evaluate the awareness of cervical cancer and the availability of preventive methods among women in the Anuradhapura area.

**Method:** A cross sectional, questionnaire based survey was carried out among 405 women visiting government offices and public places in the Anuradhapura area during July 2016. Descriptive statistics were used for analyzing data with SPSS software.

**Results:** In evaluation of the awareness: 79.6% of participants had only just heard about the cancer type. The mean of total awareness: which consists of prevalence, seriousness and preventability was 0.1558, which was insufficient. When considering screening programs, the highest cause of low attendance was low interest. Only 31.7% of participants had undergone a cervical screening test & 2.9% of participants had heard about HPV vaccinations. 100% of the participants' children weren't vaccinated against HPV. When considering the relationship between demographic factors and awareness of cervical cancer, the only demographic factor presenting a positive relationship was occupation. (Confidence level- 0.725)

**Conclusion:** These results indicate that it would be beneficial to expand education on cervical cancer & preventive methods. Prevention efforts should be focused on improving attendance for cervical cancer screenings & conducting HPV programs Island wide.

*Key words:* Anuradhapura, Awareness, Cervical cancer, HPV vaccination, Sri Lanka.

# IS THERE A CORRELATION BETWEEN JUNK FOOD CONSUMPTION AND BODY MASS INDEX AMONG ADOLESCENT SCHOOL CHILDREN IN SRI LANKA?

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**Introduction:** High BMI leads to non- communicable diseases and junk food has a key role in developing obesity.

**Objective:** To evaluate the correlation between junk food consumption and BMI of school children in Anuradhapura municipal council area.

**Methodology:** This was a cross sectional study (n=429) conducted among school children of grade 9 and 12 of selected schools of Anuradhapura. Weight, height were measured using WHO methods. Data on junk food consumption and students' perception on junk food were obtained by pretested self-administered questionnaire. Data were analyzed using Microsoft Excel 2007.

**Results:** All students of the present study (grade 9:n=262;males=81;females=181;grade 12:n =167;males=46;females=121) consume junk food. Taste is the major factor for the preference in 62.2% and 79.0% of grade 9 and 12 students respectively. Almost 20% go to fast food restaurants more than 5 times/week. Almost 20%-27% consume sweets after main meals. More than 11% and 6-12% of both grades consume junk foods for breakfast and dinner respectively. Junk food and physical inactivity as risk factors for obesity were not known by 31% and 24% of grade 9 and grade 12 students respectively. Almost 48.1% and 77.6% students of grade 9 and 12 respectively, do not engage in sports at least once/3-days. From the population 6.9% is overweight and 8.4% is obese. However, no correlation was observed between the frequency of junk food consumption and BMI of both grades.

**Conclusion:** There is no correlation between the frequency of junk food consumption and BMI in this population.

*Key words:* BMI, Junk food, Obesity, Physical inactivity

# PREVALENCE OF MYOPIA AMONG ADVANCED LEVEL STUDENTS AND FACTORS CONTRIBUTING TO MYOPIA IN 1AB SCHOOLS OF ANURADHAPURA EDUCATIONAL ZONE

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**Objective:** This study aimed to find the prevalence of myopia and the contributing risk factors among advanced level students of 1AB schools in Anuradhapura Educational Zone.

**Methodology:** A school based cross sectional study was conducted among a group of 15 to 17 year-olds from two randomly selected 1AB schools in Anuradhapura Educational zone. Data was collected using A Self-administered questionnaire and visual acuity was tested using ICD 10 Snellen's chart.

**Results:** Of the 388 participated, 71 had myopia (18.3%). Logistic regression showed a significant association of myopia with: any family member wearing spectacles (odds ratio (OR) 1.884 , 95% confidence interval (CI) 1.117-3.180 ,  $p=0.018$ ), duration of watching television (<1hr OR 0.455, 95% CI 0.219-0.948,  $p=0.035$ , 1-3hr OR 0.450, 95% CI 0.224-0.904,  $p=0.025$ , 3-6hr OR 0.258, 95% CI 0.069-0.970,  $p=0.045$ ), watching television from less than 5 years of age (OR 0.480, 95% CI 0.230-1.003,  $p=0.047$ ) and usage of mobile phones since 15 years of age (OR 0.433, 95% CI 0.205-0.912,  $p=0.028$ ). However, duration of studying text books, reading books or usage of computers, condition of illumination during watching television and age at which they started reading books were not found to be associated risk factors of myopia. Furthermore the association between, Sex and family income with myopia was also explored but no significant association was found.

**Conclusion:** The study showed an overall 18.3% myopia prevalence which is a severe burden for teaching and learning process.

*Key words:* Myopia, Risk factors, Prevalence, Sri Lanka, Visual acuity

# INTERNET USAGE AMONG MEDICAL STUDENTS IN FACULTY OF MEDICINE AND ALLIED SCIENCES, RAJARATA UNIVERSITY OF SRI LANKA.

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**Background:** Many medical students of Rajarata university use internet at the computer lab for different purposes. There are websites specially designed for medical students according to their curriculum. Though internet being a good source of knowledge, some students don't use subject related websites maybe due to poor knowledge and awareness. Web-based learning environment to keep pace with rapidly changing the nature of technology in the field of medicine.

**Objective:** The study is designed to analyze the internet usage, promote awareness about educational websites and compare the results, among medical students of Faculty of medicine and allied sciences, Rajarata University of Sri Lanka.

**Methods:** A prospective study of 6 weeks duration was conducted among medical undergraduates of Rajarata university of Sri Lanka using internet at the computer lab at the faculty premises. During the 1st two weeks, internet usage data was collected using a computer monitoring software and add-ons. In the 3rd week, a poster was presented to promote the educational websites. The last 2 weeks, again the internet usage data was collected and compared with the of 1st 2 weeks.

**Results:** In the 1st 2 weeks [www.Kenhub.com](http://www.Kenhub.com) is the only website in the top 10 most viewed websites of which yet to be introduced. After promoting the websites, together with [www.Kenhub.com](http://www.Kenhub.com), [www.medscape.com](http://www.medscape.com) and [www.khanacademy.org](http://www.khanacademy.org) came to top ten. **Conclusion:** There is a positive effect on introducing educational websites for studying and it can the persistent usage of the introduced websites needs to be followed up longitudinally.

*Key words:* Internet usage, Medical students, Educational Websites.

# ASSOCIATION BETWEEN DIABETES MELLITUS AND COGNITIVE IMPAIRMENT IN HOSPITALIZED YOUNG TYPE 2 DIABETES PATIENTS –A HOSPITAL BASED STUDY

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**Background:** Diabetes mellitus is a global epidemic disorder which increases the risk of dementia and cognitive impairment of the individuals.

**Objectives:** To determine the prevalence, severity of cognitive impairment in hospitalized young diabetes patients. To find the relationship between glycemic control (HbA<sub>1c</sub>) and cognitive impairment of the sample. To find the relationship between duration of diabetes mellitus and cognitive impairment.

**Methods:** The study subjects are patients with DM age 18 – 65 years who admitted to ward 61 and 62 of Teaching Hospital Anuradhapura for a period of two months with a previous history of DM at least for three months. The relevant data will be collected by checking medical records by using questionnaire. Patients suffering from other causes for dementia have been excluded from the study. The level of cognitive impairment is assessed by the Montreal cognitive assessment.

**Results:** Sample size – 100 (male 40, Female 60). Mean and SD of HbA<sub>1c</sub> 7.5695, 2.8775T and MoCA score 21.105, 4.4590 The prevalence of study sample normal is 10%, mild 72%, moderate 11%, severe 3%. The R value (0.205) of relationship between glycemic control and cognitive impairment of young DM patients indicate weak positive association. The R value (-0.109) of relationship between duration of DM and cognitive impairment of young DM patients indicates weak negative association. There is a statistical significant between educational level and marks of MOCA test ( $p < 0.003$ ).

**Conclusion:** As the research findings marks of MOCA test is depend on the educational level. The research findings will be more reliable by including normal people and increasing the sample size.

*Key words:* DM, MoCA, Teaching hospital Anuradhapura



## THE CAUSATIVE ORGANISMS, ANTIMICROBIAL SENSITIVITIES AND CLINICAL ASSOCIATIONS OF URINARY TRACT INFECTIONS IN TEACHING HOSPITAL, ANURADHAPURA

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**Background:** Urinary tract infections (UTI) are one of the most common bacterial infections, mostly by bacteria from the patient's own bowel flora.

**Objectives:** This study intends to identify the causative organisms of UTIs and antimicrobial sensitivities.

**Methodology:** Data from 200 patients with culture positive UTIs were collected from 07/07/2016 to 12/08/2016. Clinical data was collected via an interviewer administered questionnaire.

**Results:** The sample consists of 37.0% males and 63.0% females. The mean age of the sample is 42.2 years with a standard deviation of 23.6 years. Majority of the patients were <50 years (54.5%). Febrile UTIs were observed in 69.4%. The commonest organism is non-ESBL (Extended Spectrum Beta Lactamases) Coliforms (64.3%). Commonest symptom for all three types of causative organisms was dysuria; Non-ESBL Coliforms (70.5%), ESBL Coliforms (73.0%) and Gram positive bacteria (75.0%). More than one-third (36.9%) did not have pus cells in urine. Among non ESBL Coliforms, vast majority were sensitive to Meropenem (93.4%) and resistance was shown by 3.3%. However, over half of patients (50.4%) were resistant to Nalidixic acid. ESBL Coliforms showed 100% sensitivity to Meropenem while 98% resistance was shown to Co-Amoxiclav. Gram positive bacteria had highest sensitivity to Nitrofurantoin (95.2%) and 76.2% resistance to Norfloxacin. Highest sensitivity and resistance to Gentamicin was shown by Non-ESBL Coliforms (52.9%) and ESBL Coliforms (35.3%) respectively.

**Conclusion:** Coliforms are the commonest causative organism. Absence of pyuria does not exclude the possibility of a UTI. Non-ESBL Coliforms showed 3.3% resistance to Meropenem.

*Key words:* Urinary, Infections, antibiotic, Coliform, ESBL

## ANTHROPOMETRIC CHANGES IN MEDICAL STUDENTS OF 2011/2012 INTAKE OF RUSL, SRI LANKA DURING THEIR 1<sup>ST</sup> 4 ACADEMIC YEARS

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**Background:** Obesity which is a steeply rising global health issue is proven to be associated with sedentary life style along with many other factors. Sedentary life style and psychosocial stress are major contributing factors for the obesity in health care professionals.

**Objectives:** This study was carried out to determine anthropometric changes of medical undergraduate during their medical student life. A cross - sectional descriptive study was conducted on students of 2011/2012 intake of FMAS-RUSL.

**Methodology:** Height, weight, hip & waist circumference and BP data measurements of their first year were extracted from the previously documented reliable source and their current anthropometric data were measured using standard methods.

**Results:** Among the 120 participants 45 were males and 75 were females. Mean BMI of the 1<sup>st</sup> year and 4<sup>th</sup> year were  $20.26 \pm 3.8$  and  $21.83 \pm 3.5$  respectively. Significant difference ( $P < 0.05$ ) was observed in BMI in first year and fourth year. How ever there was no significant change in other parameters.

**Conclusion:** Physical inactivity, stress, unhealthy dietary patterns could be the most likely reasons for increasing BMI among the medical students. Priority need to be given in implementing interventions aimed at increasing physical activity, reducing stress levels and encouraging healthier diets among students in order to reduce the future risk of metabolic disorders.

*Key words:* Anthropometric, Descriptive, Implementing

# KNOWLEDGE, ATTITUDES & PRACTICES ON CHRONIC KIDNEY DISEASE AMONG ADOLESCENTS IN A CHRONIC KIDNEY DISEASE ENDEMIC REGION

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**Background:** Chronic kidney disease (CKD) is a growing public health concern in Sri Lanka. The knowledge, attitudes and practices (KAP) on CKD are vital in implementing prevention activities and very limited number of studies were carried out.

**Objectives:** The main aim of the study is to determine the KAP related to CKD.

**Method:** Descriptive cross sectional study was conducted to assess KAP among adolescent school children in Kebithigollawa educational zone (KEZ) during September 2016. Sample size was calculated to detect 50% awareness about CKD among adolescent with 5% precision and 95% confidence interval. A pre-tested self-administered questionnaire was distributed among consented students.

**Results:** 600 adolescents were responded (M:F, 1:1.4) . Questions assessed knowledge of the causes, risk factors, signs & symptoms of CKD were answered 65.6%, 54.3% & 48% accordingly. Majority (>80%) were aware about diagnosis, treatment & prognosis. 38.6% think that dialysis is the only treatment. From questions of attitudes, 84.4% students weren't aware of risk of developing CKD in near future. 28.3% have a fear on CKD risk, believing it as a social stigma to family. However, 92.6% thought that they can initiate preventive activities in their families. Majority of the students were concentrated on good "drinking water" as a prevention method. Their drinking water source were filtered water (75.89%) well water (14.94%) , tap water (3.57%) & bottled water (5.60%).

**Conclusion:** Majority have average knowledge but low attitude on CKD. This reveals important fact about social stigma & low awareness among adolescents on risk of getting CKD.

*Key words:* Chronic Kidney Disease, Awareness, Prevention

**AND ITS RISK FACTORS AMONG PREGNANT MOTHERS  
PRESENTING TO PROFESSORIAL UNIT TEACHING HOSPITAL  
ANURADHAPURA.**

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**Background:** Maternal anxiety in late pregnancy is one of the commonest mental health problems in pregnancy associated with many complications for mothers and babies.

**Objective:** To estimate the prevalence and determine risk factors for maternal anxiety in late pregnancy among pregnant mothers presenting to Professorial unit Teaching Hospital of Anuradhapura, Sri Lanka.

**Methodology:** This cross sectional descriptive study was conducted among pregnant mothers presenting to Professorial unit Teaching hospital of Anuradhapura, Sri Lanka. Data was collected using Zung Self-rating Anxiety Scale (SAS) and self-administered questionnaire.

**Results:** 408 pregnant women were recruited for the study and age ranged from 16 to 56 years. There were 15 and 13 women below 20 and above 40 years respectively. Percentage of the 1<sup>st</sup> and 2<sup>nd</sup> pregnancy was 34.5% and 36 respectively and 29.6 was with third and above. Approximately 95% was married, 4% was unmarried only 1% was unmarried but living together. Only 4.4% (n = 18) was diagnosed with mild to moderate anxiety and none was from the moderate to severe or extreme anxiety levels. Marital status, life satisfaction and being subjected to domestic violence has shown significant relationship with higher SAS score. Level of support from the partner and the proposed delivery method affects anxiety level among pregnant women. Women who are to deliver using caesarian section are more anxious. But these relations are non-significant.

**Conclusion:** Levels of anxiety among pregnant women who deliver in teaching hospital Anuradhapura are low and nobody has either severe or extreme conditions.

*Key words:* Maternal, Anxiety, Prevalence, Risk factors, Anuradhapura

# **DISTRIBUTION OF ANTHROPOMETRY AND BLOOD PRESSURE(BP) AMONG ADOLESCENCE OF ANURADHAPURA; ARE URBAN POPULATION AT A RISK; A PRELIMINARY STUDY.**

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**Background:** Hypertension is the commonest condition identified in overweight adolescents and the leading risk factor for adult mortality. However, there were only few studies done to investigate the associated factors.

**Objective:** To determine the relationships between anthropometry, BP and socio-demographic factors among adolescence in Anuradhapura.

**Method:** A descriptive cross sectional study conducted from 25.07.2016 to 30.11.2017 among 14-17 year old adolescents in Anuradhapura. Data collection was done by undergraduate medical students after proper training. Individual BP was measured and BMI was calculated and self-administered questionnaire was used to collect socio-demographic details. All measures were taken twice to minimize errors. Participants were categorized as urban and rural based on their residence.

**Results:** There were 499 participants including 139(27.9%) males, 359(72.1%) females and rural 323(64.9%), urban 175(35.1%). Mean age was 16.3 years (SD=1). Mean height, weight, systolic and diastolic blood pressures of males were 164.3cm(SD,11.0), 51.9kg (SD,12.6), 110.4mmhg(SD,11.1), 66.1mmhg(SD,9.6) and females were 154.96cm(SD,8.1), 46kg(SD, 9.7), 61.7mmhg(SD,9.3), 105.462mmhg(SD,9.8) respectively. There was no significant association between BMI and BP in age and sex matched sample.( $p>0.05$ ). A significant difference was found between age and sex matched urban and rural adolescents in relation to height( $t=-2.07, p=0.039$ ) and weight( $t=-3.158, p=0.002$ ) and there was no significant difference in relation to BMI and BP.( $p>0.07$ ) Significantly higher number of urban students(33% vs 17%) had higher BMI values more than the age specific normal values.(chi square=8.04, $p=0.005$ )

**Conclusion:** A considerable proportion of students have higher BMI and higher BPs. Urban seems to be in a higher risk than rural population. Well targeted programmes will help to minimize future burden of NCDs.

*Keywords:* blood pressure, BMI, adolescence, urban rural

**PREVALENCE, SELECTED ASSOCIATED FACTORS, AND  
PRODUCTIVITY LOSS DUE TO MIGRAINE AMONG MEDICAL  
STUDENTS OF RAJARATA UNIVERSITY OF SRI LANKA.**

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of Medicine and Allied sciences, Rajarata University of Sri Lanka.

**Background:** Despite the high risk to manifest migraine among medical students only few studies have been done.

**Objectives:** To determine the prevalence, selected associated factors and productivity loss due to migraine in medical students of Rajarata University of Sri Lanka.

**Methods:** We conducted a descriptive cross-sectional study, based on a self-administered questionnaire among the first, second and third year medical students. The questionnaire was formed according to International Headache Society criteria and migraine was identified using Identification of Migraine (ID Migraine™) criteria, with questions including the Migraine Disability Assessment test (MIDAS).

**Results:** The study sample included 532 students; 30.3% (n=161) were males and 69.7% (n=371) were females. Mean age of the population was  $23 \pm 4.95$ . In the study sample 31.4% (n=167) reported recent headaches. Prevalence of migraine was 5.8% (n=32, 95%CI 4.06-8.07) and only 51.6% (n=16) were on prophylaxis. Commonest presentation of migraine was bilateral headache behind the eyes (n=14, 45.16%). According to MIDAS of the students with migraine, 48.4% (n=15) had no disability, 22.6% (n=7) had mild, 29% (n=9) had moderate disability. Due to migraine 19.35% (n=6) of students lost at least one day of academic work. Female sex (p<0.018) and a positive family history (p<0.000) showed significant associations with migraine. Perceived stress 25(80.6%), disrupted sleep 20(64.5%), certain foods 10(32.3%) were common triggers.

**Conclusion:** Prevalence of migraine among medical students of Rajarata University is lower than what is reported elsewhere. More than half the students with migraine have considerable disability with perceived stress as the commonest triggering factor.

*Key words:* Disability, Medical students, Migraine, Triggers.

**DESCRIPTIVE ANALYSIS OF RELATIONSHIP OF BMI AND LENGTH OF THE OESOPHAGUS OF PATIENTS WHO ARE ADMITTED TO THE PROFESSORIAL UNIT, TEACHING HOSPITAL ANURADHAPURA WITH GASTRO OESOPHAGEAL REFLUX DISEASE (GORD) DURING THE MONTHS OF OCTOBER AND NOVEMBER IN 2017.**

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**Background:** Gastro oesophageal reflux disease (GORD) is commonly seen worldwide. In this research we investigated on the causative factors and prevalence of those factors in patients with GORD. We strongly believe that the results of this study will be useful in prevention and management of GORD and in finding an effective treatment for GORD.

**Objectives:** 1. To find out the relationship between BMI and GORD. 2. To find out the relationship between oesophageal length and GORD.

**Methods:** The study population was patients who have undergone upper GI endoscopy, with symptoms of GORD, during months of October and November 2017 at the surgical ward, Professorial Unit, Teaching Hospital Anuradhapura. Internal and external oesophageal lengths, height and weight were measured and symptoms were inquired from the patients. Patients having GORD were identified symptomatically.

**Results:** From the total of 51 who participated 25(49%) were males and 26(51%) were females. Among them, 39(76.4%) were above 40 years of age. In analysis of signs and symptoms 35(68.6%) had regurgitation; 29(56.9%) had heartburn; 12(23.5%) had dry cough; 21(41.2%) had sensation of a lump in throat and 17(33.3%) had dysphagia. Among the 26 patients who had GORD symptoms 10(38.5%) were underweight; 12(46.2%) were having normal BMI and 4(15.4%) were overweight. Mean of the internal oesophageal length of patients with GORD was 23.9524cm and internal oesophageal length of patients without GORD symptoms was 23.4545cm. **Conclusion:** These results indicate that there is no significant relationship between GORD and oesophageal length and between GORD and BMI.

*Key words:* GORD, oesophageal length, BMI, regurgitation, heartburn

# KNOWLEDGE ABOUT HEPATITIS B INFECTION AS AN OCCUPATIONAL HAZARD AND AWARENESS ON PREVENTIVE STRATEGIES AMONG HEALTH CARE WORKERS OF TH ANURADHAPURA.

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**Background:** Accurate knowledge about Hepatitis-B virus (HBV) infection, transmission modes and preventive strategies, lacks among health care workers (HCWs) in Sri Lanka. Most effective preventive method is HBV vaccination. Complete HBV vaccination is achieved by administration of three-dose regimen, given at 0, 1 and 6months. HB surface antibody (HBsAb) should be tested 6–8weeks following final dose. HBsAb levels fall steadily after vaccination and boosters may be required after 3-5years.

**Objectives:** Assess knowledge about HBV as an occupational hazard and awareness on vaccination schedule among HCWs. Study the vaccination coverage for HBV in HCWs of THA.

**Method:** Descriptive cross-sectional study was conducted at the four Professorial units THA. Self-administered questionnaire was used to collect data. Data was analyzed using SPSS-17.

**Results:** Total of 162 participated in the study, 39(24.69%) males and 122(75.31%) females. There were 15(9.26%) doctors, 67(41.36%) nurses, 35(21.60%) attendants and 45(27.78%) laborers. Mean age of participants was 30-40 years. 149(92%) respondents knew that HCWs are at higher risk, 157(96.9%) knew about the vaccine availability, but only 124(76.5%) were vaccinated with all the doses in appropriate time intervals. Only 9(5.5%) subjects have undergone antibody test after completion of three doses. Five (3%) out of 9 were vaccinated within last 5years. Remaining 4 received vaccination 5 years before the study, only 2(1%) had received booster doses. Hence proper vaccination status among HCWs in THA was 7(4%).

**Conclusion:** Despite satisfactory awareness, vaccination coverage with all three doses is unsatisfactory. Complete HBV vaccination status of HCWs in professorial units of THA was unacceptably low.

*Key words:* Hepatitis B vaccine, Anuradhapura, Awareness



## **‘SHOULD EUTHANASIA BE LEGALIZED?’ PERCEPTION OF DIFFERENT PROFESSIONAL GROUPS OF SRI LANKA.**

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**Background:** Intentional ending of one’s life is called Euthanasia. There are no published research studies regarding practice of euthanasia in Sri Lanka. But other countries are much familiar on this.

**Objectives:** To determine the perception of different professional groups on legalizing euthanasia in Sri Lanka.

**Methods:** This study was carried out by group of undergraduate students of Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka. The perception on euthanasia was studied using a standard questionnaire. Study was conducted among different professional groups of different districts within a time period of 19 weeks from 20<sup>th</sup> February 2017 to 30<sup>th</sup> September 2017.

**Results:** A total of 196 professionals with mean age of 40.082 years were participated in this study. Out of 196, 174 (74%) knew what Euthanasia is and 121 (61.7%) were able to tell the exact meaning of euthanasia. Out of 196 participants 48(24.5 %) were willing to legalize euthanasia in Sri Lanka and 109(55.6%) were not willing, while others were willing to decide its practice depending on the patient’s situation.50 (25.5%) participants of the study were willing to give consent to practice euthanasia in their family members if they are subjected to a serious condition.156 (79.6%) says that this is a sin according to the religion. Among the participants who are willing to legalize euthanasia 66(33.7%) like as they can relieve the patient from severe pain. (n=196)

**Conclusion:** Most of the participants don’t like to legalize euthanasia in our country mainly because it is a sin according to the religion.

*Key words:* Euthanasia, Legalize, Perception

# ASSESSMENT OF THE GENERAL UNDERSTANDING ON NON COMMUNICABLE DISEASES, FOOD TYPES AND TOXINS AMONG TRAINEE TEACHERS OF HAPITIGAM NATIONAL COLLEGE OF EDUCATION, SRI LANKA.

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**Introduction:** Non communicable disease(NCD) mortality rates are rapidly increasing during last decades. Food types and toxins have a direct interaction with NCD. Awareness of lifestyle modifications and long term health care management narrow the NCD prevalence.

**Objectives:** To assess the knowledge of trainee teachers regarding NCDs, food types and toxins.

**Methodology:** All the trainee teachers of Hapitigam National College of Education participated for this descriptive cross sectional study. Whole population sampling method was used and data collected via self administered questionnaire.

**Results:** 306 trainee teachers participated to the survey with 94.7% females. Among them 299(97%) aware about diabetes mellitus(DM), 296(96.7%) about hypertension, 285(94%) about kidney diseases and cancers, 270(88.2%) about depression and 145(47.4%) about respiratory diseases. 233(76.9%) of them think that most of the NCDs are preventable. 84(27.5%) are well known about a balance diet while 10(0.3%) have no awareness. 277(91.4%) know about under nourishment and over nourishment. 177(58.4%) are trying to minimize the use of salt while cooking. 297(98.1%) knows that added flavors are harmful for health. 193(63.8%) have a habit of consuming instant foods. 218(71.9%) think that there is a relationship between toxins and NCD.

**Conclusion:** Trainee teachers of Hapitigam National College of Education have satisfactory awareness on NCDs like DM, hypertension, kidney diseases and cancers. But awareness on respiratory diseases and depression should be improved. The awareness on main etiological factors like dietary habits, foods and toxins should be improved.

**Key words:** Non communicable diseases, Awareness, Life style modifications and toxins.

## AWARENESS ON MALARIA AMONG 1<sup>ST</sup> AND 2<sup>ND</sup> YEAR MEDICAL STUDENTS OF RAJARATA UNIVERSITY

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**Background:** Malaria in Sri Lanka has a long history since the ancient civilizations. Decreasing incidence and emergence of other vector borne diseases could lead to poor awareness on malaria among public and health personnel.

**Objectives:** To assess the awareness on malaria among the pre-clinical students of Rajarata university of Sri Lanka.

**Methods:** A descriptive cross sectional whole population study was carried out using interviewer administered questionnaire. Study population was preclinical medical students of 2013/2014 and 2014/2015 batches. Questions covered on five categories namely, general awareness, etiology, clinical effects, treatment and prevention and control. Marks were allocated equally for all categories and the overall awareness and the awareness on individual categories were calculated. Awareness was rated good (marks above 76%), satisfactory (51-75%), poor (26-50%) or very poor (25% or below).

**Results:** There were 352 participants from both batches. The general awareness on malaria was very poor in 5.1%, poor in 25.3%, satisfactory in 47.7% and good in 21.9% of the respondents. The overall awareness was very poor in 6.8%, poor in 76.2% satisfactory in 17% and while none had good overall awareness. Compared to other categories, awareness on clinical effects was poor among the participants on which 95.2% had poor or very poor awareness. Knowledge on general awareness was high compared to other categories with 21.9% having good awareness.

**Conclusion:** General awareness and knowledge on prevention and control of malaria was on a satisfactory level while knowledge on etiology, clinical effects and treatment was poor.

*Key words:* malaria, awareness, pre-clinical students

