



DR. IMASHA UPULINI JAYASINGHE, MBBS

Lecturer in Community Medicine

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PERSONAL

Name : H. M. I. U. Jayasinghe
DOB : 30.06.1991
Age : 31 Years
Gender : Female
Marital Status : Married
Religion : Buddhism
Nationality : Sri Lankan

PROFESSIONAL

ORCID ID: <https://orcid.org/0000-0002-2251-0998>

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Google scholar profile:

<https://scholar.google.com/citations?user=7hV2cOoAAAAJ&hl=en>

Publons profile:

<https://publons.com/researcher/AAX-3342-2021/>

LANGUAGE SKILLS

English

Sinhala

CAREER OBJECTIVES

I am a lifetime learner and employee who is rich in positive thoughts and goals, and who believe that the potentiality to achieve whatever the set target is possible. As a coin has two sides which are not separable, my educational and professional goals have been set together in a way that one will support the other to make the life complete and meaningful which can ultimately assist in achieving both personal and professional milestones.

KEY ACHIEVEMENTS

- ≡ The undergraduate with the record of winning highest number of gold medals (nine) for the 16-year history of Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka
- ≡ Within the top 20 MBBS graduates from final MBBS examination at national level in 2017
- ≡ Only Sri Lankan representative for the GACD Implementation Science School in 2021
- ≡ Member of the team of investigators in the largest pregnancy cohort study in the country

EDUCATION

RAJARATA UNIVERSITY OF SRI LANKA, FACULTY OF MEDICINE AND ALLIED SCIENCES - Postgraduate (2019-2022)

- ≡ Successfully completed **Master of Philosophy** (research based) postgraduate study

RAJARATA UNIVERSITY OF SRI LANKA, FACULTY OF MEDICINE AND ALLIED SCIENCES - Undergraduate (2011-2017)

- ≡ Successfully Completed **Bachelor of Medicine and Bachelor of Surgery (MBBS)**
– **Cumulative Grade Point Average – 3.96/4.33**

PROFESSIONAL QUALIFICATIONS

- ≡ Certificate in Teaching in Higher Education -Rajarata University of Sri Lanka (2020)
- ≡ Certificate in Basic Statistics – IASSL (2021)
- ≡ Short Course on Research Methodology, Medical Education Research Center, PGIM, University of Colombo, 2021
- ≡ Fourth Implementation Science School 2021 by Global Alliance for Chronic Diseases
- ≡ JENESYS SAARC 2020 Online program conducted by Japan International Cooperation Center

- ≡ **First class Honors with nine gold medals (out of thirteen)**
 - Prof. Malkanthi Chandrasekara memorial Gold Medal for best performance in Anatomy,
 - Prof. Malini Udupihille Gold Medal for best performance in Physiology,
 - Prof. P.A.J.Perera Gold Medal for best performance in Biochemistry,
 - Prof. P.A.J. Perera Gold Medal for best overall performance in 2nd MBBS examination,
 - Prof. Danister Weilgama Gold Medal for best performance in Microbiology,
 - Department of Community Medicine Gold Medal for highest aggregate in Community Medicine,
 - Prof. Sarath Edirisinghe Gold Medal for best performance in Parasitology
 - Dr. A.B. Senevirathna Gold Medal for best overall performance in 3rd MBBS examination
 - Dr. Mohamed Rayes Musthafa Gold Medal for best performance in Pediatrics

BANDARAWELA CENTRAL COLLEGE (2002-2010)

- ≡ Passed GCE A/L Examination – 2010 (Biology Stream- English Medium) Biology-A, Chemistry-A, Physics-B – 23rd place at District level, 941st at National level (Z score-1.9262)
- ≡ Passed GCE O/L Examination – 2007 (English Medium) Ranked first in the provincial level (Uva province)

WORK EXPERIENCE

RAJARATA UNIVERSITY OF SRI LANKA

- ≡ **Faculty of Medicine and Allied Sciences (2019 – Present)**
 - Lecturer in Community Medicine
 - Module coordinator in child health module
 - Module coordinator in non-communicable disease epidemiology module
 - Module co-coordinator in public health in practice I (PHP-I) module (Family study program)
 - Undergraduate research supervisor for medical undergraduates at FMAS for three undergraduate groups
 - Undergraduate research symposium coordinating team member

NATIONAL HOSPITAL OF SRI LANKA, COLOMBO

- ≡ **Intern Medical Officer (2017 – 2018)**
 - Internship in Medicine – Supervisor- Dr. (Mrs.) Harshani Fernando (Consultant Physician)
 - Internship in Surgery – Supervisor- Dr. V.P. Gamage (Consultant General Surgeon)

- ≡ **Sri Lanka Medical Council – Reg. No. 37115**

EXTRA CURRICULAR ACTIVITIES

- ≡ Coordinating committee member of Foundation Course for new intake of undergraduate medical students in 2019 (2017/2018 Batch) and 2021 (2019/2020) in FMAS
- ≡ A mentor in the mentor program for the 2017/2018, 2018/2019, 2019/2020, 2020/2021 new entrants
- ≡ An abstract reviewer for Rajarata University International Research Conference (RIRC) in 2019
- ≡ Committee member of the “Saubhagya” Scholarships Programme from 2019 to present at FMAS
- ≡ FMAS coordinator and an expert of Dialog Yeheli programme since 2019
- ≡ Abstract reviewer for annual scientific sessions of Anuradhapura Clinical Society, Sri Lanka
- ≡ Committee Member of the Internal Quality Assurance committee in FMAS since 2019
- ≡ Convener of the committee on Social Services and Outreach Activities committee in 2022 at FMAS
- ≡ Faculty representative from FMAS for the “ART COUNCIL” in the Rajarata University of Sri Lanka in 2022

RESEARCH PUBLICATIONS

Full Papers - Published

- ≡ Agampodi TC, Wickramasinghe ND, Prasanna RIR, Irangani MKL, Banda JMS, Jayathilake PMB, Hettiarachchi A, Amarasinghe G, **Jayasinghe I**, Koralegedara I, Gunarathne SP, Wickramage S, Warnasekara J, Lokunarangoda N, Mendis V, Dissanayaka AK, Premadasa J, Hettigama N, Koralegedara D, Weerasinghe M, Malawanage K, Jayakodi H, Wickramasinghe A, Agampodi SB. The Rajarata Pregnancy Cohort (RaPCo): study protocol. *BMC Pregnancy Childbirth*. 2020 Jun 26; 20(1):374. DOI: [10.1186/S12884-020-03056-X](https://doi.org/10.1186/S12884-020-03056-X)
- ≡ Agampodi TC, Hromi-Fiedler A, Agampodi SB, Amarasinghe GS, Wickramasinghe ND, **Jayasinghe IU**, Hettiarachchi AU, Escamilla RP. A self-applied valid scale for rapid tracking of household food insecurity among pregnant women in Sri Lanka. *Matern Child Nutr*. 2021;17: e13165. DOI: [10.1111/MCN.13165](https://doi.org/10.1111/MCN.13165)
- ≡ Agampodi TC, Wickramasinghe ND, Jayakodi HG, Amarasinghe GS, Warnasekara JN, Hettiarachchi AU, **Jayasinghe IU**, Koralegedara IS, Gunarathne SP, Somasiri DK, Agampodi SB. The hidden burden of adolescent pregnancies in rural Sri Lanka; findings of the Rajarata Pregnancy Cohort. *BMC Pregnancy Childbirth*. 2021 Jul 7; 21(1):494. DOI: [10.1186/S12884-021-03977-1](https://doi.org/10.1186/S12884-021-03977-1)
- ≡ **Jayasinghe, I.U.**, Koralegedara, I.S. & Agampodi, S.B. Early pregnancy hyperglycaemia as a significant predictor of large for gestational age neonates. *Acta Diabetol* **59**, 535–543 (2022). DOI: [10.1007/S00592-021-01828-1](https://doi.org/10.1007/S00592-021-01828-1)
- ≡ **Jayasinghe, I.U.**, Agampodi, T.C., Dissanayake, A.K. et al. Comparison of global definitions of metabolic syndrome in early pregnancy among the Rajarata Pregnancy Cohort participants in Sri Lanka. *Sci Rep* **12**, 2009 (2022). DOI: [10.1038/S41598-022-05919-Z](https://doi.org/10.1038/S41598-022-05919-Z)
- ≡ **Imasha Jayasinghe**, Yashodha Wickramasinghe, Dilanka Melani Kurera, Nisansala Samarakoon, Ishani Rupasinghe, Priyanka Ponmalay, Suneth Buddhika Agampodi. Feasibility of using telephone interviews and internet-based message services during the COVID-19 pandemic in rural Sri Lanka: experiences of the Rajarata Pregnancy Cohort. *Rural and Remote Health* 2022. DOI: [10.22605/RRH7442](https://doi.org/10.22605/RRH7442)
- ≡ Rajapakse, S., Wickramasinghe, N., Warnasekara, J., Abeyrathna, P., Amarasinghe, G., Hettiarachchi, A. U., **Jayasinghe, I. U.**, Koralegedara, I., Agampodi, T. C., & Agampodi, S. B. Asthma in a prospective cohort of rural pregnant women from Sri Lanka: Need for better care during the pre-conceptual and antenatal period. *PLoS one*, 17(7), e0269888. (2022) DOI: [10.1371/JOURNAL.PONE.0269888](https://doi.org/10.1371/JOURNAL.PONE.0269888)

Abstracts

- ≡ **Imasha Jayasinghe**, Iresha Koralegedara, Ayesh Hettiarachchi, Janith Warnasekara, Kumara Dissanayake, Thilini Agampodi, Suneth Agampodi (2019) Giving birth to many children; Does it alter the body shape? A cross sectional study among pregnant mothers in Anuradhapura. 13th Annual Scientific Sessions, Anuradhapura Clinical Society, Anuradhapura, Sri Lanka, 2019

- ≡ Ayesh Hettiarachchi, Suneth Agampodi, Niroshan Lokunarangoda, Thilini Agampodi, **Imasha Jayasinghe**, Iresha Koralegedara, Janith Warnasekara. Prevalence of cardiovascular risk predictive symptoms among first trimester of pregnant mothers in Anuradhapura district, Sri Lanka. The 51st Asia-Pacific Academic Consortium for Public Health Conference, Bangkok, Thailand, 2019.
- ≡ **Imasha Jayasinghe**, Ayesh Hettiarachchi, Iresha Koralegedara, Gayani Amarasinghe, Thilini Agampodi, Kumara Dissanayake, Janith Warnasekara, Nuwan Wickramasinghe, Parami Abeyrathne, Suneth Agampodi, Female Obesity: An Emerging Threat in Sri Lanka, Current Developments in Nutrition, Volume 4, Issue Supplement_2, June 2020, Page 1645
- ≡ **Jayasinghe HMIU**, Hettiarachchi DAU, Koralegedara KIS, Amarasinghe GS, Warnasekara YPJN, Wickramasinghe ND, Kumara DMA, Agampodi TC, Agampodi SB. Screening for Future Metabolic and Cardiovascular Risks: A Missed Opportunity During Pregnancy. 133rd Anniversary International Medical Congress of Sri Lanka Medical Association, Colombo, Sri Lanka, 2020
- ≡ **Imasha Jayasinghe**, Ayesh Hettiarachchi, Yashoda Wickramasinghe, Dilanka Kurera, Nisansala, Samarakoon, Ishani Rupasingha, Priyanka Ponmalay, Nuwan Wickramasinghe. Effect of covid-19 outbreak on maternal and child health services: experience of pregnant mothers in Anuradhapura district. 25th Annual Academic Sessions of College of Community Physicians, Sri Lanka, 2020. Colombo, Sri Lanka, 2020.
- ≡ **Jayasinghe HMIU**, Sarathchandra CS, Idamgedara MPB, Kumara KGC, Sendanayake SU, Dissanayake DSRL, Delay SC, Hilma MTF, Wickramasinghe ND. Unmet Need for Family Planning and Contraceptive Failure: An Experience of a Large Pregnancy Cohort in the Anuradhapura District, Sri Lanka. 133rd Anniversary International Medical Congress of Sri Lanka Medical Association, Colombo, Sri Lanka, 2020
- ≡ **Jayasinghe I.**, Agampodi T., Amarasinghe G., Hettiarachchi A., Warnasekara J, Ilangasinghe R., Wickramasinghe N., Agampodi S. A systematic approach in mental health assessment in early pregnancy; an experience from Rajarata pregnancy cohort. 25th Annual Academic Sessions of College of Community Physicians, Sri Lanka, 2020. Colombo, Sri Lanka, 2020
- ≡ **Jayasinghe HMIU**, Hettiarachchi DAU, Koralegedara KIS, Kumara DMA, Agampodi TC, Agampodi SB, Prevalence of metabolic derangements among pregnant women in Anuradhapura district, Sri Lanka. APACPH Virtual Online Conference 2020, Colombo, Sri Lanka, 2020.
- ≡ Koralegedara KIS, Warnasekara YPJN, Dayarathna KG, Hettiarachchi DAU, **Jayasinghe HMIU**, Amarasinghe GS, Agampodi TC, Wickramasinghe WAND, Premadasa AJK, Agampodi SB. Can the dating scan be used to detect non-alcoholic fatty liver disease (NAFLD) in order to predict gestational diabetes mellitus (GDM); a prospective cohort study. 53rd Annual Scientific Congress of the Sri Lanka College of Obstetricians & Gynecologists, Sri Lanka, 2020, Colombo, Sri Lanka, 2020
- ≡ Gayani Amarasinghe, **Imasha Jayasinghe**, Ayesh Hettiarachchi, Iresha Koralegedara, Chamila Kappagoda, Wasana Mendis, Thilini Agampodi, Suneth Agampodi, Can Homocysteine Be Used to Identify Vitamin B12 or Folate Deficiencies During Pregnancy in Low Resource Settings? Current Developments in Nutrition, Volume 5, Issue Supplement_2, June 2021, Page 707
- ≡ **Jayasinghe HMIU**, Hettiarachchi DAU, Koralegedara KIS, Abeyrathna DMPLK, Agampodi SB. First Trimester Metabolic Derangements in Pregnant Women in Anuradhapura District. 134th Anniversary International Medical Congress of Sri Lanka Medical Association, Colombo, Sri Lanka, 2021

NON-RELATED REFEREES

Details of non-related referees are available upon request.

- ≡ Koralegedara KIS, Warnasekara YPJN, Dayarathna KG, **Jayasinghe HMIU**, Hettiarachchi DAU, Agampodi SB. Association between non-alcoholic fatty liver disease and miscarriages: a prospective cohort study. 134th Anniversary International Medical Congress of Sri Lanka Medical Association, Colombo, Sri Lanka, 2021
- ≡ Dissanayake DSRL, Dissanayake DMTD, Dissanayake DMMH, Dissanayake TAPS, Dilshani SAT, **Jayasinghe HMIU**. Barriers in occupation & service provision of public health midwives in the Anuradhapura District. 134th Anniversary International Medical Congress of Sri Lanka Medical Association, Colombo, Sri Lanka, 2021
- ≡ **Jayasinghe HMIU**, Dissanayake AK, Agampodi SB. Sociodemographic Factors Affecting Early Pregnancy Metabolic Syndrome Among Pregnant Women in Anuradhapura District. International Symposium of Rajarata University 2021, Rajarata University of Sri Lanka, 2021
- ≡ **Jayasinghe, H.M.I.U.**, Koralegedara, K.I.S, Dissanayake, A.K., Agampodi, S.B. First Trimester Fasting Hyperglycemia and Risk for Large for Gestational Age Neonates: A Prospective Analysis in Rural Sri Lanka, Annual Scientific Congress, The Perinatal Society of Sri Lanka, 2021, Colombo, Sri Lanka, 2021
- ≡ Koralegedara KIS, Warnasekara YPJN, **Jayasinghe HMIU**, Hettiarachchi DAU, Premadasa NWAKJ, Dayarathna KG, Agampodi SB. Association of Non-alcoholic fatty liver disease and large for gestational age neonates: A prospective cohort study. Annual Scientific Congress, The Perinatal Society of Sri Lanka, 2021, Colombo, Sri Lanka, 2021
- ≡ Shashanka Rajapakse, Nuwan Darshana Wickramasinghe, Thilini Chanchala Agampodi, Gayani Amarasinghe, Ayesh Hettiarachchi, **Imasha Upulini Jayasinghe**, Iresha Koralegedara, Janith Warnasekara, Suneth Buddhika Agampodi. Effect of pregnancy on asthma control: a cohort study in rural Sri Lanka. *European Respiratory Journal* 2021; 58: Suppl. 65, OA4216
- ≡ Wanasinghe L., Udunuwara C., Waidyarathne R., Nishadini T., Umayanga H., **Jayasinghe I.** Assessment of the magnitude and associations of COVID-19 lockdown period on pregnancies in 3 MOH areas in Anuradhapura district, Sri Lanka. 14th Annual Scientific Sessions, Anuradhapura Clinical Society, Anuradhapura, Sri Lanka, 2022.
- ≡ Iresha Sandamali Koralegedara, Janith Warnasekara, **Imasha Jayasinghe**, Thilini Agampodi, Suneth Agampodi, Koralegedara Dayaratne, Non-Alcoholic Fatty Liver Disease Among Pregnant Women with Metabolic Syndrome: Should Nutritional Intervention Be a Priority? A Cross Sectional Study in Rural Sri Lanka, *Current Developments in Nutrition*, Volume 6, Issue Supplement_1, June 2022, Page 680

PROFESSIONAL MEMBERSHIPS

- ≡ **Sri Lanka Medical Association**
Life member since April 2021 to present
- ≡ **Science and Technology Management System, National Science Foundation, Sri Lanka**
Since 2019 to present