

**UNIVERSITY OF COLOMBO
FACULTY OF MEDICINE**



PROGRESS 2010

**ANNUAL REPORT OF THE PROGRESS MADE IN 2010 IN
IMPLEMENTING DEPARTMENT CORPORATE PLAN**

DEPARTMENT OF COMMUNITY MEDICINE 2010

PREFACE

The progress report of the implementation of the Strategic Plan developed for the period 2008-2013, of the Department of Community Medicine, Faculty of Medicine of the University of Colombo, presents the achievement of the Department in the year 2010. This includes the long term Vision and Mission and the plans towards achieving the goals in areas of teaching, research and service components of the university. The unique feature of such strategic planning is to think proactively and develop new ideas and implement them, in order to progress towards reaching exceptional heights.

The members of the Department of Community Medicine contributed to achieve these successes. Regular reviews were held as an agenda item in the monthly department meetings. Planning and re-planning were done with full participation of all members of the department. Some activities with long term targets are carried over to the year 2011 for implementation.

Notable features of the progress 2010 include: regular team building activities, elective programmes with the University of Oxford, the elective programme for foreign undergraduates and consultancies generating funds, an updated web site, new features in undergraduates and post graduate teaching and implementation of research.

The success of the department in achieving its stated goals is a tribute to all those who made a good team. Progress 2010 can be used as a model by other departments in implementing their share of the university corporate plan.

I take this opportunity to congratulate all members of the department for taking corporate responsibility and making headway towards a planned future.

Prof. M. W. Gunathunga
Head, Department of Community Medicine

Professor Rohini de Alwis Seneviratne
Head, Department of Community Medicine

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INTRODUCTION

Progress 2010 describes the achievements in 2010 in implementing the corporate plan 2008-2013 of the Department of the Community Medicine. This plan was developed in line with the Faculty of Medicine corporate plan to achieve departmental components of the faculty goals and objectives. Chapters are arranged in order of the goals listed out in the corporate plan document available in the Department of the Community Medicine. A soft copy of the corporate plan 2008-2013 can be made available to those who are interested.

Field teaching areas of the department is the Medical Officer of Health area at Pitakotte, in the Colombo district. Annual report of the University Community Health Project (UHCP) Pitakotte 2010 will be available soon. Some information about this is available in the department web site http://www.cmb.ac.lk/newsletter/ext_pages/Community/cop.html

You are invited to visit our department web site, http://www.cmb.ac.lk/newsletter/ext_pages/Community/index.html for further details or to contact staff members. The Vision and Mission of the department are as follows.

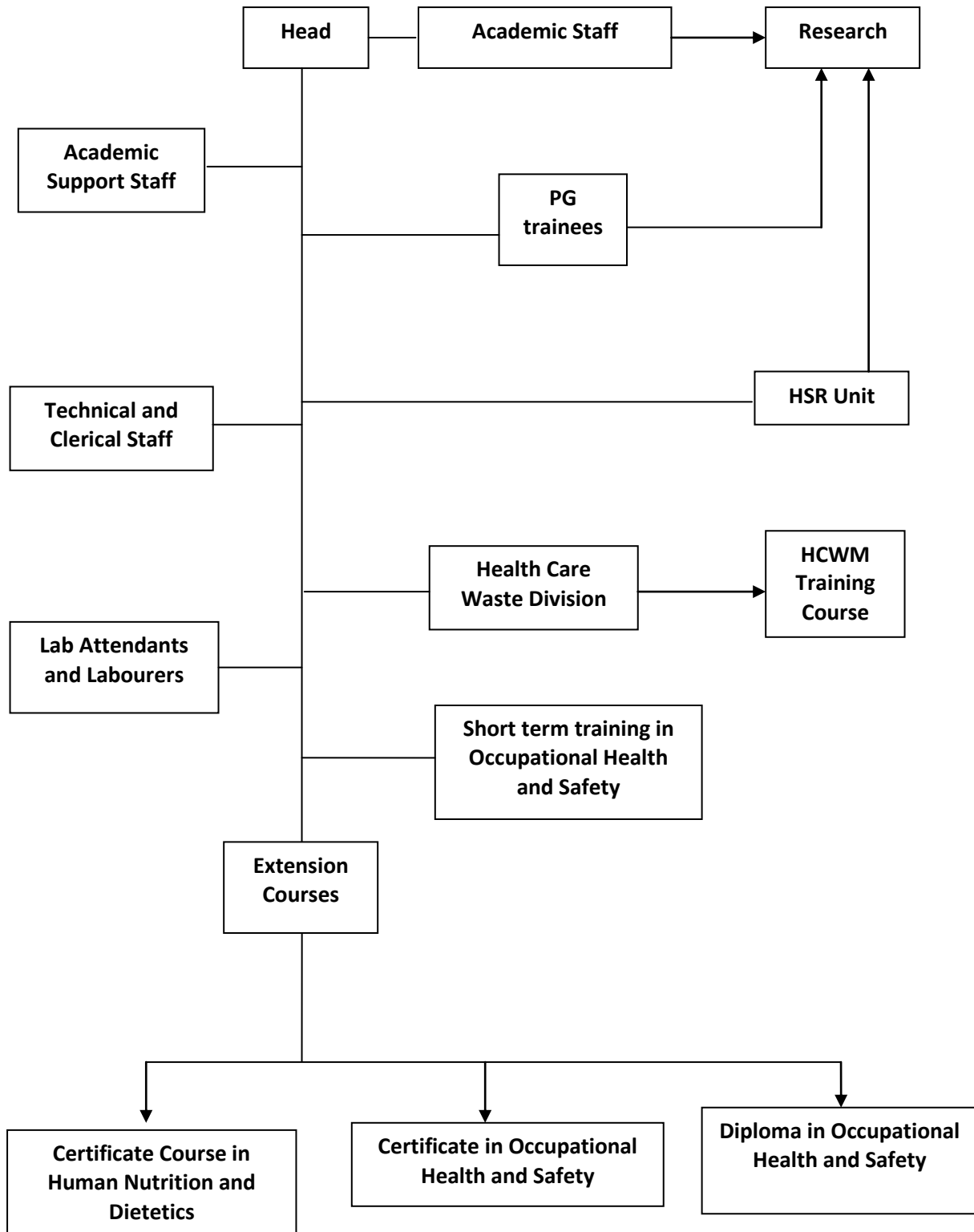
Vision of the Department:

A centre of excellence in Community Medicine with substantial contribution to undergraduate and postgraduate teaching, innovative health manpower training and provision of health services to people of Kotte, research and enhancement of the health skills of the community through activities.

Mission of the Department:

To contribute to produce graduates and other health related human resources with highest competencies and ethical standards of practice. It will also provide leadership in community care, carryout and contribute to research in medical and allied fields, health services and in policy formulation, while maintaining the highest standards of health and welfare of its team.

DEPARTMENT STRUCTURE



STAFF OF THE DEPARTMENT 2009

ACADEMIC STAFF



Prof. S. R. De A. Seneviratne
Professor in Community Medicine



Mrs. Kantha Lankathilake
Senior Lecturer



Prof. M. W. Gunathunga
Senior Lecturer / Head of the Department



Dr. Manuj C. Weerasinghe
Senior Lecturer



Dr. Nalika Gunawardane
Senior Lecturer



Dr. Carukshi Arambepola
Senior Lecturer



Dr. Upul Senarath
Senior Lecturer



Dr. Dulani Samaranayake
Lecturer



Dr. Shreenika De Silva
Lecturer

ACADEMIC SUPPORTIVE STAFF



Mrs. Anoja Jayawardane
Senior Instructor in Social Work

NON ACADEMIC STAFF



Mrs. G. I. Jayawardane
Senior Staff Assistant



Ms. Chamali Dasanayake
Computer Application Assistant



Mrs D. M. S. S. K. Hemachandra
Staff Assistant



Mr. Sarath Senanayake
Lab Attendant (Supra grade)



Ms. Nilanthi De Silva
Senior Technical Officer



Ms. Heshani Chaturika
Computer Application Assistant



Ms. Dhanushika Erandi
Computer Application Assistant



Mr. Prasanna Amarasinghe
Labourer

POST GRADUATE DOCTORAL TRAINEES



Dr. Thilanga Ruwanpathirana
Post Graduate Trainee



Dr. Supun Wijesinghe
Post Graduate Trainee



Dr. Sugandika Perera
Post Graduate Trainee



Dr. Chamila Nagodavithana
Post Graduate Trainee



Dr. Athula Liyanapathirana
Post Graduate Trainee



Dr. Madhava Gunasekara
Post Graduate Trainee



Dr. Monica Wijeratne
Post Graduate Trainee



Dr. Roshan Sampath
Post Graduate Trainee



Dr. Yasoma Weerasekara
Post Graduate Trainee



Dr. Yamuna Ellewela
Post Graduate Trainee



Dr. Buddika Sudasinghe
Post Graduate Trainee



Dr. Anuji Gamage
Post Graduate Trainee



Dr. Varuni Kumari
Post Graduate Trainee



Dr. Priyantha Liyanage
Post Graduate Trainee

RESEARCH ASSISTANTS (PRE INTERN DOCTORS)



Dr. Arosha Senanayake
Research Assistant
Department of Community Medicine



Dr. Hiruni Dangalla
Research Assistant
Department of Community Medicine



Dr. Amali Ruwanchinthani
Research Assistant
Department of Community Medicine



Dr. Thilini Thennakoon
Research Assistant
Department of Community Medicine

DEPARTMENT MEETINGS 2009

TIME TABLE AND PARTICIPATION

MONTH	DATE	NUMBER OF PARTICIPANTS	ABSENT	PERCENTAGE OF PARTICIPATION
January	18 th	21	8	72.4
February	22 nd	25	6	80.6
March	15 th	22	4	84.6
April	19 th	26	5	83.8
May	17 th	25	6	80.6
June	21 st	19	10	65.5
July	19 th	23	8	74.1
August	16 th	23	5	82.1
September	20 th	22	4	84.6
October	11 th	18	7	72
November	30 th	27	10	72.9
December	15 th	29	8	78.4

ANNUAL PLAN 2010

1.1.1	Form a group in the department for development of the PG training activities. Discuss current trends in Community Medicine in Community Stream to adopt up to undergraduate curriculum		
1.1.2	Department to represent all streams and modules (Allied health science, Physiotherapy, IWC, BSS, Office bearers of different curriculum committees)		
1.1.1.1	Get the views and ideas of the undergraduates, PGs, members of the academic and non-academic staff of the department, Dept. of Community Medicine in other universities new trends and possible changes to be made to the curriculum		
1.1.1.2	Update the current curriculum		Completed 2008/2009
1.1.1.3	Implement the new/changed curriculum		Completed
1.1.1.4	Community stream committee should meet at least once in 3 months and monitor how things go on and make possible changes.		
1.1.1.5	It should also be in touch with new developments and trends of the teaching/learning/training methods and discuss about them in those meetings in a view of adopting them to the new curriculum		Road map – gone to the senate
1.2	To develop and implement innovative methods of undergraduate and postgraduate student evaluation and professional development	-PG MD Part II log book - FA/CA guides - MOH appointment log book	
1.2.1	The responsibility of developing and implementing new assessment methods, Examine evaluation methods periodically	- Blue printing, filed testing in standard settings	

1.2.1.1	Get the views and ideas of the undergraduates, PGs, members of the academic and non-academic staff of the department, Dept. of Community Medicine in local and other universities		
1.2.1.1a	Implement the new/ updated system of assessment		
1.2.1.1	Discuss about the new /updated system of assessment with the above mentioned groups/people/institutions and finalize it.		
1.2.1.2	Implement the new/updated system of assessment		
1.2.1.3	After implementation of the new assessment system it will also be reviewed periodically and the effectiveness of this will be evaluated and necessary changes will be done according.		
1.3.1	Develop professional training programmes	- Certificate course in Statistics and Epidemiology - Nutrition certificate course - PG diploma in Health development - VCUC - IHR -OCH	
1.3.1.2	Advertise in public media and internet about the developed course and recruit students for them.	Dept. email address, common course coordinator address	
1.4	Initiate an elective programme for local and overseas students		Web link to the faculty
1.4.1.1	Develop a time line		Fee structure approved
2.1.1	Involvement of the academic members in research studies.	Ongoing research activities	
2.1.1.1	All academic staff members should be involved in at-least 3 research studies in a year which end up with publications		
2.1.1.2	All academic staff members should become a PI at least one research per year		

DEPARTMENTAL GOALS AND OBJECTIVES

Corporate Plan 2008-2013

1. Teaching and Learning

To achieve excellence in teaching and training undergraduates, postgraduates and health care personnel to fulfill the health needs of the individual, family and community with competence, compassion and care

2. Research

To achieve excellence in research in medical sciences and related fields and develop as an advisory centre in research methodology

3. Developing human resources of the department

To develop a cadre of staff which is capable of carrying out the duties and responsibilities expected from them with competence, compassion and care

4. Developing physical resources of the department

To acquire required physical facilities to the department

5. Keeping up with current development

To keep the world around us informed of what is happening in the department and to be updated of the developments in the world around us

6. Finance

To generate and secure funds to function as a department to achieve its goals

7. Duty towards the community

To be a socially responsible body

8. Friendly environment within and outside the department

To create a corporate culture where an enthusiastic team effort is cultivated and promoted to achieve the goals of the department

9. Services to the community

To provide relevant public health services through teaching activity and establishing health projects, e.g University Community Health Project area – Pita Kotte

CHAPTER 01

EXCELLENCE IN TEACHING

1.1. Undergraduate programmes

The teaching programme commences in the Term 2 of the undergraduate course and continues until the end of the course. This programme is implemented in four stages by the Community Stream.

Stage I	Terms 2/3	An overview of concepts of health and promotion of health.
Stage II	Terms 4/7	Modules of demography, epidemiology and statistics.
Stage III	Term 8/12	A community based teaching/learning programme is conducted where students are attached to a community of 25 to 30 households in an urban or rural setting to conduct health promotional interventions.
	Term 13	Carry out a research projects under the Community Stream.
Stage IV	Term 14/15	The final year where community relevance of clinical practice is discussed under the Community Stream with the objective of teaching the students management of disease/condition with a holistic approach taking the family and society into perspective.

Highest contribution to the institution through the Community Stream teaching programme is from the department.

The 5th student Scientific Sessions of the Community Stream was held on the 21.09.2010 with presentation of 24 research papers under the patronage of the WHO representative of Sri Lanka. The department played a key role in organizing this event.

Student teaching/learning material

- Rajapakse L.C, Seneviratne S.R.De A., Fernando D.N. Epidemiology – A Handbook for Medical Students. Edited by Arambepola C and Lankatilake K.N. Community Stream, Faculty of Medicine, Colombo, 2009. ISBN 978-955-9021-81-0. (A separate guide for tutors with model answers was also prepared)
- Lankathilake KN, Seneviratne SR De A, Rajapakse LC, Fernando DN Basic Statistics – a self learning module. Department of Community Medicine, Faculty of Medicine, Colombo; 2009. Volume-I. ISBN 955-9021-09-5.

- Lankathilake KN, Seneviratne SR De A, Rajapakse LC, Fernando DN Basic Statistics – a self learning module. Department of Community Medicine, Faculty of Medicine, Colombo; 2009. Volume-II. ISBN 955-9021-09-5.
- A Student Guide and a Study Guide for the Community and Family Attachment of the Community Stream are also available developed by the department academic staff.

The Department also has the following videos prepared for teaching purposes.

1. Global environmental changes – Challenges for Health
2. Maternal and Child Health Services
3. Occupational Hygiene Equipment in Workplace Monitoring
4. Preventing Accidents at Work
5. Ergonomics
6. Healthcare Waste Management
7. Notification and disease surveillance system in Sri Lanka
8. Stress Free Professional Life
9. Making the Best of your Time
10. Early Childhood Care and Development Programme
11. Well Woman Clinic Programme in Sri Lanka
12. Alzheimer's Disease (Sinhalese Medium)
13. Contraceptive Methods (Tamil Medium)

1.2. Extension courses/ Community Service Delivery Programmes

In-service training programmes in Occupational Health and Safety

These programmes conducted at the request of the Department of Health and sponsored by the World Health Organization were held in the Department of Community Medicine. Nominations were called from the Ministry of Health.

Certificate/ Diploma in Occupational Health and Safety

Certificate course is conducted over 4 months. It was followed by 2 participants from 06.03.2010 to 27.07.2010. Diploma course is conducted from 06.03.2010 to 31.01.2011 with participation of 8 students and this is a 12 months course.

Certificate in Human Nutrition and Dietetics

The department jointly with the Department of Biochemistry and Molecular Biology conducts this certificate course. This is a part time course conducted over 4 months. The third batch of students consisting of 10 participants is following this course from 31.07.2010 to 13.11.2010.

The certificate course in biostatistics and epidemiology

This course aims to develop the knowledge and skill needed to plan and implement research. This is 11 weeks course and first batch of students followed that from 08.05.2010 to 01.08.2010. Twenty students participated for Biostatistics course and eight participated for Epidemiology course.

Healthcare Waste Management Division

Training on health care waste management (HCWM) was conducted from 30th September to 30th November 2010 with strong collaborative support of the Ministry of Health. A total of 50 Medical administrators, Medical officers, Infection Control nurses, PHII were trained. This comprised two training sessions which include a series of lecture discussions by team of multi disciplinary experts in the field of HCWM, a field visit to an institute to observe a model HCWM programme and a group discussion on plans to improve HCWM in their own institutes. Pre-post evaluation of knowledge regarding HCWM strategies was done and a feedback obtained at the end of the training sessions. These indicated that the trainings were successful in improving knowledge and attitudes towards.

Health Systems Research Unit

HSR unit and Family Health Bureau launched their joint publication, “The Workload of the Public Health Midwives in Sri Lanka” during the Festschrift to pay tribute its founder Prof. Dulitha N. Fernando. Another two publications, “Prevalence and associated factors of abdominal obesity among adults in the district of Colombo” and “Treatment seeking pattern and out of pocket expenditure in rural Sri Lanka had been launched in September 2010. The unit is also in the process of establishing a Geographical Information System with funding from the World Health Organization.

University Community Health Project – Kotte

The University Community Health Project is one of the 283 Health Units in Sri Lanka. Since 1952, the Department of Community Medicine, Colombo, has been responsible for the field level health services for the people of Ethul Kotte and Pita Kotte. On 1st February 1974, the University Community Health Project (UCHP) was established with the addition of two more areas, viz. Maharagama and Udahamulla. Since then, this project area has functioned as a separate health unit. The Department is actively involved in the activities of the Kotte UCHP. Members of staff of the department participate in the field clinics conducted by the health unit. Staff also attends the monthly conferences held at the Pitakotte health centre. As a pioneering effort a Clinic for the Senior Citizens has been initiated by the department in this health unit. Random field surveys are also carried out by the department staff.

Elective Programme for Foreign Students

The Department of Community Medicine has been accommodating elective students both undergraduate and postgraduate from foreign universities for many years.

Postgraduate Programmes

Several staff members of the department are members of the Board of Study in Community Medicine of the Postgraduate Institute of Medicine. Current Chairperson and Secretary of the board of study are from the department academic staff. They also serve as examiners, supervisors and examiners of research theses and have been involved in the review of training programmes in MSc and MD in Community Medicine. They also contribute to the academic courses conducted by the PGIM specifically in Community medicine and community dentistry as well as in other disciplines to a lesser extent.

The department is also a centre for training for postgraduate trainees in MD (Community Medicine). Currently 16 postgraduate trainees are attached to the department. They are Dr. A. Liyanapathirana, Dr. H. V. B. S. Wijayathilake, Dr. N. C. Amarasinghe, Dr. T. Ruwanpathirana, Dr. W. L. S. P. Perera, Dr. M. P. Wijeratne, Dr. M. S. D. Wijesinghe, Dr. H. M. R. C. Sampath, Dr. K. C. Nagodavithana and Dr. N. M. D. M. S. Gunasekera, Dr. PBVR Kumari, Dr. YG Ellawela , Dr. AU Gamage , Dr. P Liyanage , Dr. SPBH Sudasinghe , Dr. KYPK Weerasekara

Academic staff members also supervised doctoral these of students from the Faculty of Graduate Studies of the University of Colombo.

CHAPTER 02

EXCELLENCE IN RESEARCH

2.1 Research publications and presentations done during the year 2010 by the members of the academic staff at national and international level

A list of the research publications and presentations done by the members of the academic staff were compiled and uploaded in the web site of the Department of Community Medicine.

Prof. D. N. Fernando

MBBS (Colombo), DTPH (Lond.), PhD (Lond.)

Ongoing Research Project

1. DN Fernanado et al. 2010.
Study on extent, trends and determinants of teenage pregnancies in three districts of Sri Lanka

Prof. S. R. de A Seneviratne

MBBS (Colombo), MD (Community Medicine), DipMed ED (UK), MMed (UK), FCCP (SL)

Presentation:

1. Perera WLSP, Seneviratne RDA. Expectations of people and health systems responsiveness: is government family planning services in Sri Lanka meeting clients' expectations? 42nd Annual Academic Sessions of the Asia Pacific Academic Consortium of Public Health (APACPH), 23-26th November 2010, Bali, Indonesia
2. Wijemuni NC, Seneviratne RDA. Ergonomic tool development to assess neck and upper limb musculoskeletal disorders among female garment workers in a free trade zone Sri Lanka 42nd Annual Academic Sessions of the Asia Pacific Academic Consortium of Public Health (APACPH), 23-26th November 2010, Bali, Indonesia

Publications:

3. Wijeyaratne C N, Seneviratne Ruwanthi de A, Dahanayaka S, Kumarapeli V, Palipane E, Kuruppu N, Yapa C, Seneviratne Rohini de A, Balen Adam H Phenotype and metabolic profile of South Asian women with polycystic ovary syndrome (PCOS): results of a large database from a specialist Endocrine Clinic. *Journal of Human Reproduction* (In Press)
4. Wijeyaratne CN, Kumarapeli V, Seneviratne Ruwanthi de A, Antonypillai CN, Seneviratne Rohini de A, GJC Garusinghe, Yapa SC and Balen AH, 2010. Chapter on, 'Ethnic variations in the expression of polycystic ovary syndrome' In: *Current Management of Polycystic Ovary Syndrome* Ed: Adam Balen, Stephen Franks, Roy Homburg and Sean Kehoe. Published by RCOG Press at the Royal College of Obstetricians and Gynaecologists, London.

5. Kumarapeli V, Seneviratne R, Wijeyaratne C. Health-related quality of life and psychological distress in polycystic ovary syndrome: a hidden facet in South Asian women. *BJOG* 2010; DOI: 10.1111/j.1471-0528.2010.02799.x.
6. Abeysena C, Jayawardena P, Seneviratne RDA. Effect of psychosocial stress on maternal complications during pregnancy: A cohort study *International Journal of Collaborative Research on Internal Medicine & Public Health* December 2010; 2(12): 436-448
7. Ismail AC, Seneviratne RDeA. Adaptation and Validation of a Self-Report Measure to Evaluate Substance Use among Sri Lankan Adolescents'. *Substance Use & Misuse* 2010; 45 (1-2): 213-223

Guest lectures/ key note addresses

1. Invite speaker at Panel Discussion on Multi religious Perspectives of Health ; Selected aspects of the Buddhist perspectives. Strengthening Public Health Institutes to address non communicable diseases and Emerging health challenges. 42nd Annual Academic Sessions of the Asia Pacific Academic Consortium of Public Health (APACPH), 23-26th November 2010, Bali, Indonesia
2. Key Note address at the opening of the National Transport Medicine Institute, Ministry of Transport on 26th March 2010, 'Progress and future role of the NTMI in prevention of road traffic accidents in Sri Lanka'.
3. Lecture on, 'Capacity Building for Evidence Based Health Care'
10th South Asia Regional Scientific Meeting of the International Epidemiological Association 23-26th May 2010, Colombo Sri Lanka

Ms. M. A. L. K. N. Lankatilake

BSc (Colombo), MSc (Environmental Sciences), PG Dip.(Population Studies) and Accredited Senior Teacher in Higher Education

Presentation:

1. Lankatilake Kantha N., Samaranayake Dulani and Kasun Piyathunga. Exposure to polychlorinated biphenyles (PCBs) and its health effects among welders in the Kalutara district. Poster presented at the International Epidemiological Association sessions from 24th May 2010 at Colombo, Sri Lanka.
2. Effect of stone dust on lung and lung function tests of stone quarry workers. A study conducted by World Bank Funds by undergraduate medical students CVM Jinadasa, MKGINK Gunarathne, PD Wijeratne, TDP Tharanga and K.N. Lankathilake (supervised by) Jan. 2008 – Sep. 2009.
Results disseminated at:
 - Ain Shams University International Medical Student Congress 2010, Cairo, Egypt from 18th February 2010 by MKGINK Gunaratne. (Oral presentation)
 - The 24th National Conference of Undergraduate Research in USA held from 17th April 2010 by MKGINK Gunaratne. (Oral presentation)
 - The International Epidemiological Association sessions held from 24th May 2010 by TDP Tharanga (Oral presentation)

The Annual Sessions of Sri Lanka Medical Association held in June 2010 by
PD Wijerathne (Poster presentation)

3. A study of exposure to polychlorinated biphenyles (PCBs) and its health effects among welders in the Kalutara district by Kantha N. Lankatilake, Dulani Samaranyake and Kasun Piyathunga. December 2009 to March 2010.

Professor M. W. Gunathunga

MBBS (Colombo), MSc, MD (Community Medicine)

Ongoing Research

Promoting sustainable community mental well being through Multiple Ripples Approach:
Mindfulness based mental skills development

Publications:

Journal articles

1. Gunathunga MW¹, Gunawardana NS.², Lankatilake KN.³, Arambepola NMCK.⁴, Senerath LDJU⁵ and Wickramage M.⁶ Can effective learning among medical students be achieved through community oriented teaching programs? Journal of College of Community Physicians Vol.15 (2) December 2010
2. MW Gunathunga. Measuring mental health: A new tool and its usefulness. Journal of the College of Community Physicians Vol. 15(1) May 2010
3. Gunathunga MW. Defining mental health: a challenging task (editorial) Journal of the College of Community Physicians Vol. 15(1) May 2010
4. Gunathunga MW. Meta-cognitive approach to health promotion (editorial). Journal of the College of Community Physicians Vol. 15(2) December 2010
5. Dharmaratne GSK, Jayawardana AKL & Gunathunga MW. Integrated Logistics Support and Equipment Availability in Government Hospitals of a Developing Country. Sri Lanka Journal of Management. Vol. 15 No. 2,3, @ 4 April – December, 2010.

Books

1. Wasantha Gunathunga. Perfect Mental Health: An exposition of A contemplative Neuro-scientific reality of body, mind and consciousness. Department of Community Medicine, University of Colombo, Colombo 2010.

Presentations

1. Gunathunga MW, Wijeratne LS, Dissanayake A, Ruwanchintani A, Perera D. Effect of an insight meditation program on the disease outcome of patients with rheumatoid and related arthritis.
10th SEARSM-IEA 2010 23-26 May 2010, Colombo Sri Lanka

2. MW Gunathunga. Developing generic skills of mind for personal and professional development a measuring tool and initial validation. Asia Pacific Action Alliance on Human Resources for Health (AAAH). The Fifth AAAH Conference, 3-6 October, 2010, Bali, Indonesia
3. Gunathunga MW, Wijeratne LS, Dissanayake AS, Ruwanchintani A, Perera KD. Effect of an insight meditation program on the disease outcome of patients with rheumatoid and related arthritis. Sri Lanka Medical Association, 123rd Annual Scientific Sessions, Abstract Book. The Ceylon Medical Journal Vol. 55 Supplement 1 June 2010 (OP54)
4. AWIP Ranasinghe., MW Gunathunga. Knowledge, attitudes and practice of medical ethics among medical officers in three teaching hospitals in the Kandy district. Fifteenth Annual Academic Sessions of the College of Community Physicians of Sri Lanka 17-18 September 2010
5. Shreenika Weliange¹ Wasantha Gunathunga¹ Leeda Fernando² Amali Ruwanchinthani¹ Carukshi Arambepola¹ Burden of non-communicable diseases in a suburban setting in Sri Lanka 10th SEARSM-IEA 2010 Epidemiological Methods in Evidence Based Health Care, 23-26 May 2010

As a resource person

Masters in Community Medicine PGIM

MD Community Medicine PGIM

Diploma in Health Promotion, Institute of Human Resource Advancement

PhD program, Faculty of Graduate Studies, University of Colombo

Promotion of Mental Well being of the health personnel in the Western province

Dr. N. S. Gunawardena

MBBS (Colombo), MSc, MD (Community Medicine)

Ongoing Research Projects

1. Knowledge, practices and concerns on breastfeeding exclusively for six months among lactating mothers in the Medical Officer of Health area, Kaduwela
2. A comparison of traditional and modern contraceptive users in the Medical Officer of Health area, Hali-ela

Presentations:

1. Gunawardena N, Weerasinghe MC, Rajapaksa L, Wijesekara P, Chathurangana PWP. 'Do we know enough on sexuality issues of the youth?' 12th National Convention on Women's Studies, Sri Lanka, 2-5th July, 2010.
2. N.S. Gunawardena S. Sri Ranganathan, Is medical undergraduate teaching geared to produce doctors who would promote gender equality? 5th Annual AAAH Conference on "HRH Challenges for Achieving MDGs" 3-6 October 2010, Sanur Bali, Indonesia.
3. A.M.S. Niranjala, N.S. Gunawardena. Prevalence of undernutrition and associated factors among 13-16 year old females in plantation sector in the MOH area, Hali-ela, Annual Scientific Sessions of the College of Community Physicians of Sri Lanka 2010.

Dr. L. D. J. U. Senarath

MBBS (Colombo), MSc, MD (Community Medicine)

Presentations:

1. De Silva, Chithramalee, Karunarathne, Vineetha; Talagala, Neil; Fernando, Dulitha; Senarath, Upul; Samaranyake, Dulani. Work-related attributes of Public Health Midwives in Sri Lanka. 10th SEA Regional Scientific Meeting International Epidemiological Association 2010 – 23-26 May 2010. Colombo
2. Arambepola, Carukshi, Senarath, Upul, Weliange, Shreenika, De Silva, Chithramalee Lokubalasureya, Ayesha, Munasinghe, Loshan. How optimally do Public Health Midwives utilize their time? A prospective assessment. 10th SEA Regional Scientific Meeting International Epidemiological Association 2010 – 23-26 May 2010. Colombo
3. Weerasinghe, Crishantha, Senarath, Upul, Gunathunga, Wasantha, Lankatilaka, Kantha Gunawardena, Nalika*; Karunarathne, Vineetha**; Mapitigama, Neththanjali, Perceived as overburdened: A qualitative analysis of Public Health Midwives' workload. 10th SEA Regional Scientific Meeting International Epidemiological Association 2010 – 23-26 May 2010. Colombo

Publications:

1. De Silva, M., Senarath, U., Gunatilake, M. & Lokuhetty, D. 2010. Prolonged breastfeeding reduces risk of breast cancer in Sri Lankan women: a case-control study. *Cancer Epidemiol*, 34, 267-73
2. Senarath, U and Dibley, MJ. The South Asia Infant Feeding Research Network (SAIFRN) Introduction:. *Food and Nutrition Bulletin*, 2010: 31 (2):291-294
3. Miharshahi S, Kabir I, Roy SK, Agho KE, Senarath U, Dibley MJ. Determinants of infant and young child feeding practices in Bangladesh: Secondary data analysis of Demographic and Health Survey 2004. *Food Nutr Bull* 2010;31(2) 295-313
4. Patel A, Badhoniya N, Khadse S, Senarath U, Agho KE, Dibley MJ. Infant and young child feeding indicators and determinants of poor feeding practices in India: Secondary data analysis of National Family Health Survey 2005–06. *Food Nutr Bull* 2010;31(2): 314-333
5. Pandey S, Tiwari K, Senarath U, Agho KE, Dibley MJ. Determinants of infant and young child feeding practices in Nepal: Secondary data analysis of Demographic and Health Survey 2006. *Food Nutr Bull* 2010;31(2): 334-351
6. Senarath U, Dibley MJ, Godakandage SSP, Jayawickrama H, Wickramasinghe A, Agho KE. Determinants of infant and young child feeding practices in Sri Lanka: Secondary data analysis of Demographic and Health Survey 2000. *Food Nutr Bull* 2010;31(2): 352-61
7. Dibley MJ, Roy SK, Senarath U, Patel A, Tiwari K, Agho KE, Miharshahi M. Across-country comparisons of selected infant and young child feeding indicators and associated factors in four South Asian countries. *Food Nutr Bull* 2010; 31 (2): 366-375.
8. Dibley, M. J., Senarath, U. & Agho, K. E. 2010. Infant and young child feeding indicators across nine East and Southeast Asian countries: an analysis of National Survey Data 2000-2005. *Public Health Nutr*, 13, 1296-303

9. Senarath, U., Dibley, M. J. & Agho, K. E. 2010. Factors associated with nonexclusive breastfeeding in 5 East and Southeast Asian countries: a multilevel analysis. *J Hum Lact*, 26, 248-57

Invited Presentations:

1. Senarath, Upul. Breastfeeding: An advanced analysis of Sri Lanka Demographic and Health Survey. “Nutrition Epidemiology: The Paradox in South Asia” Symposium organized by UNICEF at 10th SEA Regional Scientific Meeting of the International Epidemiological Association. 10th SEA Regional Scientific Meeting International Epidemiological Association 2010 – 23-26 May 2010 . Colombo.

Ongoing Research Project

1. Dr. Hemamali Edirisinghe and Dr. Upul Senarath
Knowledge and attitudes regarding the Well-Women Clinic Programme among urban women-2010

Dr. M. C. Weerasinghe

MBBS (Colombo), MSc, MD (Community Medicine), PG Dip Applied Sociology

Ongoing Research Projects

1. PVNP Amarasinghe, MC Weerasinghe. Reproductive knowledge among the school teachers and their attitude to provision of such information through schools in zonal education division Udugama in Galle district –2010
2. MC Weerasinghe. Field test of quality and coverage tools for measuring access to youth friendly health services in Sri Lanka –2008

Invited presentations

Weerasinghe Manuj C, Prasantha De Silva, Promoting Mental health In Community, Symposium of mental health, 123rd Annual Scientific Sessions, Sri Lanka Medical Association, Colombo, 1-3 June, 2010

Dr. N. M. C. K. Arambepola

MBBS (Colombo), MSc, MD (Community Medicine)

Presentations:

1. Arambepola C, Rajapaksha LC, Galwaduge C, Moonasinghe L, Attygalle D, Kalupahana G, 2010. Abstract titled 'To abort or to continue: the decision making process of women following an unintended pregnancy' presented at the 10th *South East Asia Regional Scientific Meeting of the International Epidemiological Association* held in Colombo, Sri Lanka, May 23-26, 2010.
2. Arambepola C, Rajapaksha LC, Galwaduge C, Moonasinghe L, Attygalle D, Kalupahana G, 2010. Abstract titled 'What characteristics of the women determine their vulnerability to induced abortions?' presented at the 10th *South East Asia Regional Scientific Meeting of the International Epidemiological Association* held in Colombo, Sri Lanka, May 23-26, 2010.
3. Arambepola C, Rajapaksha LC, Galwaduge C, Moonasinghe L, Attygalle D, 2010. Abstract titled 'What characteristics of the women determine their vulnerability to induced abortions?' will be presented at the 42nd Asia-Pacific Academic Consortium for Public Health (APACPH), Bali, Indonesia, November 23-27, 2010
4. Arambepola C, Rajapaksha LC, Galwaduge C, Moonasinghe L, Attygalle D, 2010. Abstract titled 'To abort or to continue: the decision making process of women following an unintended pregnancy' will be presented at the 42nd Asia-Pacific Academic Consortium for Public Health (APACPH), Bali, Indonesia, November 23-27, 2010
5. Arambepola C, Rajapaksha LC, Galwaduge C, Moonasinghe L, Attygalle D, 2010. Abstract titled 'Family planning practices following an induced abortion: can another abortion be prevented?' will be presented at the 42nd Asia-Pacific Academic Consortium for Public Health (APACPH), Bali, Indonesia, November 23-27, 2010

Dr. D. B. D. L. Samaranayake

MBBS (Colombo), MSc

Ongoing Research Project

1. Abdulkany AW, Samranayake DBDL, 2010.
'Difficulties encountered by pregnant women due to lack of facilities in the antenatal clinics in Colombo Municipal Council area'

Presentations

1. Samaranayake DBDL, Seneviratne SRDeA. Prevalence and patterns of burnout among nursing officers working in government teaching hospitals in Colombo. Paper presented at 10th SEA Regional Scientific Meeting, International Epidemiological Association-2010, 23-26 May 2010
2. Samaranayake DBDL, Seneviratne SRDeA. Development of clinically validated cut off values for the modified Sinhala version of the Maslach Burnout Inventory-Human Services Survey (MBI-HSS) for Sri Lankan nursing officers, Poster presented at 10th SEA Regional Scientific Meeting, International Epidemiological Association-2010, 23-26 May 2010
3. Lankathilake, Kantha, Samaranayake, Dulani, Piyatunga, Kasun. Exposure to polychlorinated biphenyls (PCBs) among welders in Kalutara district, Poster presented at 10th SEA Regional Scientific Meeting, International Epidemiological Association-2010, 23-26 May 2010

Dr. A. A. S. H. Weliangge

MBBS (Colombo), MSc

Presentations

1. Maduka A K I, Madusanka K U, Malinda W D S, S Weliangge. Pattern of Respiratory Symptoms Among Machine Operators in Plastic Recycling Industry., 5th Singapore Public Health & Occupational Medicine Conference and 4th Asian Regional Health Technology Assessment Conference - 19 & 20 August 2010.
2. W I Gankanda, I A G M P Gunathilake, S Weliangge, V P Wickramasinghe .Practices regarding milk powder usage among mothers of 1-5 years old children in Pitakotte MOH area. 36th Annual Academic Sessions of the College of General Practitioners of Sri Lanka 10th October 2010.
3. NS Gunewardena, Rohini /Seneviratne, Dulitha Fernando, Upul Senerath, Kantha Lankathilake, Caruksi Arambepola, Shreenika Weliangge, Arosha Wijewickrem. A community-Based Health Promotion Intervention: A Learning Experience of Medical Undergraduates in Sri Lanka. Conference on Higher Education in Sri Lanka by Staff Development Centre University of Colombo and Sri Lanka Association for Improving Higher Education Effectiveness (SLAIHEE) April 5, 2010. Faculty of Graduate Studies University of Colombo. (Printed in programme and abstract page 10)
4. Weliangge A.A.S.H. Fonseka P. Do social and family factors affect the nutritional status and the diet of students in Sri Lanka? 10th SEA Regional Scientific Meeting International Epidemiological Association 2010 – 23-26 May 2010. Colombo
5. ArambepolaCarukshi, Senarath Upul, Weliangge Shreenika, De Silva Chithramalee, Lokubalasureiya Ayesha, Munasinghe Loshan, How optimally do Public Health Midwives utilize their time? A prospective assessment 10th SEA Regional Scientific Meeting International Epidemiological Association 2010 – 23-26 May 2010. Colombo

2.3 Health System Research Unit

Research Report launched in September 2010

1. Health Systems Research Unit, Faculty of Medicine, University of Colombo and Family Health Bureau, Ministry of Health 2008. Assessment of workload of Public Health Midwives in Sri Lanka. University of Colombo and Ministry of Health: Colombo, Sri Lanka
2. Arambepola, C., Fernando, D.N., Ekanayake, R. (2010) *Prevalence and associated factors of abdominal obesity among adults in the district of Colombo*, HSRU Publication Series, (1), Health Systems Research Unit, Department of Community Medicine, University of Colombo: Colombo, Sri Lanka.
3. Weerasinghe, M.C. and Fernando, D.N. (2010) *Treatment seeking pattern and out of pocket expenditure in rural Sri Lanka*, HSRU Publication Series, (1), Health Systems Research Unit, Department of Community Medicine, University of Colombo: Colombo, Sri Lanka.

CHAPTER 03

CAPACITY BUILDING

3.1 Identify capacity and skills necessary for the department

The following areas of capacity and skills were identified as necessary for the department.

- Improve secretarial skills
- Improve public relations skills
- Training a technical staff on laboratory techniques
- Obtain a hot line for the department (incoming free connection)
- Arrange lectures to all staff on topics such as efficient energy management, stress management, positive thinking
- Promote and publicize services available in the laboratory for occupational hygiene investigations
- Strengthened laboratory services
- To develop communication and writing skills in English and Tamil
- Training of minor staff category on simple safety measures
- IT training

3.2 Capacity building activities

The meditation programme is being conducted every Tuesday at 8.00 am. A special meditation programme for staff members is held every Thursday during the lunch hour.

Several members of the staff are attending Tamil language classes organized by the Language Unit of the faculty. It is mainly focused on the language speaking ability.

The AV Unit has agreed to provide identified capacity building for support staff on use of IT equipment and selected software.

Staff welfare

The welfare society established in 2008 in accordance with the Cooperate plan, functions with the objective of sustaining social harmony among members in the department and in other departments of the faculty.

Several activities were organized by the welfare society to create a friendly environment among staff members giving them the opportunity of interacting with one another and also as a means of generating funds for the society. The following activities were organized for the year.

- A department team building activity was organized in Matale (Mini World's End)from 06.08.2010 to 08.08.2010 which had participation of all staff and their family members. (Photos 1 and 2)



Photos 01 and 02: Scenes from team building activity in Matale

Focus in 2011:

- The HSRU should search for opportunities of training programmes for research locally and internationally.
- The academic staffs members will be send for chosen training programmes.
- The academic staff members who attend such training programmes should share their experiences with the other members of the staff in a form of a workshop.
- Opportunities should be provided for non academic staff for training as appropriate.

CHAPTER 04

DEVELOPING PHYSICAL RESOURCES

4.1 Assessment of resources

Inadequate space in the department still remains a major constraint for its developmental progress. A compact work station based design is been considered to increase the number of staff having access to a proper work space.

To improve the tidiness of the department, all the staff members of the Department of Community Medicine clean their own area individually. A plan for regular cleaning activities was prepared.

Already computers have been given to every academic staff. There are computers allocated to be used by PG trainees and clerical and technical staff. Four mini lap top computers and a lap top computer were provided by Nirogi Lanka Project. A survey was done to identify the unmet needs.

Survey on unmet needs revealed the following items as needed:

- Sick room
- A long mirror for the office area
- Tea Trolley
- Modern table for mezzanine floor
- Cordless phone
- Set of wall cabinets
- One wash basin

4.2 Make this a regular point of discussion in the department meeting

4.3 Identify sources of funding to buy the equipments

CHAPTER 05

DEVELOPING IT FACILITIES

5.1 Maintenance of the web site

Dr. Arosha Senanayake designed and maintained the web site. The regular updating of the web site is taking place. You are cordially invited to visit the department of Community Medicine Web site on,

http://www.cmb.ac.lk/newsletter/ext_pages/Community/index.html

5.2 Establishing a department bookshop

Presently the responsibility of the book showcase is with Mrs. Lankathilake. Publications and video tapes of the department are displayed in the book case. It is located on the left side wall at the entrance to the department. Some of the items displayed are available for sale. The video tapes are priced at Rs.2500.00 each and have been purchased by the industry and interested individuals both local and foreign visiting the department.

Inquiries can be made from the SSA Ms.Kumari Hemachandra of the department.

5.3 Easy contacting ability

One academic and non-academic staff member should be available always to attend to student's affairs from 8.00 am to 4.00 pm including the lunch hour. The staff operates on a roster basis.

Email addresses and phone numbers of the academic staff members were displayed in the department for students to can contact if necessary.

CONTACT DETAILS OF THE DEPARTMENT STAFF

Name	Phone Number	Email Address
Prof. D. N. Fernando		dulithafernando@hotmail.com
Prof. S. R. De A. Seneviratne	0112724614	srdeas@med.cmb.ac.lk
Mrs. Kantha Lankathilake	0718085018	kanthalankathilake@yahoo.com
Prof.M. W. Gunathunga	0718022178	wasantg@hotmail.com
Dr. Nalika Gunawardane	0776975402	Nalikaguna@hotmail.com
Dr. M. C. Weerasinghe	0718021167	manjuchri@yahoo.com
Dr. C. A. Arambepola	0775579770	Carukshi@yahoo.com
Dr. Upul Senarath	0715773625	Upul_senarath@yahoo.com
Dr. Dulani Samaranayake	0716613296	dulani_samaranayake@yahoo.com
Dr. Shreenika De Silva	0773752757	shreenika73@yahoo.co.uk
Mrs. A. Jayawardane	0718021252	jayawardanepreeni@hotmail.com
Mrs. G. I. Jayawardane	0715160253	Inj1951@yahoo.com
Mrs. Nilanthi De Silva	0112611097	nilanthifmc@hotmail.com
Mrs. DMSSK Hemachandra	0112923421	
Mrs. U. D. Wijesinghe	0776553189	ushawije@yahoo.com
Mr. Sarath Senanayake	0114922941	
Mr. Prasanna Amarasinghe	0718005664	prasannai77@yahoo.com

CHAPTER 06

TRAINING PROGRAMMES, ELECTIVES AND INTERNATIONAL LINKS

6.1 Training Programmes

Certificate Course in Basic Biostatistics and Epidemiology

The Certificate Course in Basic Biostatistics and Epidemiology was initiated by the Department of Community Medicine in 2010. Objective of the certificate course is to develop knowledge and skill needed to plan and implement research. The course consisted of basic Biostatistics module and basic Epidemiology module and was conducted as a weekend course over a period of 11 weeks. The evaluation was based a written examination. The first batch of students consisting of 20 participants from varied fields of medicine and allied health sciences followed the course from 08.05.2010 to 01.08.2010 (Photo 03)



Photos 03: Scene from Certificate Course in Basic Biostatistics and Epidemiology

6.3 Electives Programmes

The Department of Community Medicine has been accommodating elective students both undergraduate and postgraduate from foreign universities for many years. Applications for the elective programme will be available from the web site throughout the year. Starting date of the elective programme will depend on the exact curriculum designed for the candidate and the availability of the assigned supervisor. These are subjected to negotiation. In 2010 we have reformed the programme and made it more productive and interesting.

Areas for electives

- Primary healthcare set up in Sri Lanka
- Appraisal of a low cost health system
- Community based medical education
- Urban health/ Rural health in a less developed country
- Health in conflict situation
- Occupational health in a less developed country
- “Achieving Complete Health”
- MOH (Health unit) Rotations

Following academic visitors were attached to the department under the elective programme. Detailed reports on the activities followed by them are filed in the department.

- Ms. Alexandra Maneheim (undergraduate), Medical faculty, University of Lund, Sweden, from 26.04.2010 to 10.05.2010.
- Ms. Lisa Marie Block (undergraduate), School of Public Health, University of Wisconsin, USA, from 18.05.2010 to 24.06.2010.
- Dr. Lena Matata (postgraduate), Department of public Health University of Oxford, UK
- Ms. Gurpreet Kuar Bola (postgraduate), Department of Public Health University of Oxford, UK from 10.05.2010 to 05.07.2010



Photo 04: Ms. Alexandra Maneheim (undergraduate), Medical faculty, University of Lund, Sweden and the staff of the Department of Community Medicine

CHAPTER 07

COMMUNITY PARTNERSHIPS

7.1 Partnership with community organizations for health promotion activities

The special programme for elderly inaugurated at MOH Office, Kotte in 2008 is successfully continuing benefiting a large number of people in the area. It is held on the last Tuesday of every month with the participation of post graduate trainees of the Department of Community Medicine, physiotherapists, of the University of Colombo and primary healthcare staff of the MOH Office, Kotte.

7.2 Contribution to health policy formation

Department provided comments on National Health Promotion Policy to the DGHS. Members also participate in consultative meetings on NCD Policy, National Nutritional Policy and National Drug Policy.

CHAPTER 08

UNIVERSITY, NATIONAL AND INTERNATIONAL LEVEL

Contribution to University Development as well as National Development through National or International Agencies and Networking with private sector

Prof. D. N. Fernando

MBBS (Colombo), DTPH (Lond.), PhD (Lond.)

- Member, Advisory Committee on control of Communicable Diseases, Department of Health 1988 to date
- Member, National Nutrition Steering Committee, Ministry of Health 2008 to date
- Chairperson, Steering Committee, LANKAPHEIN, Sri Lanka branch of the South East Asian Public Health Educational Institutes Network, 2008 September to date
- Sri Lanka Association for Advancement of Science (SLAAS) Section A; Secretary 1984/85; President 1990. Current Life member
- Sri Lanka Medical Association , Treasurer 1989 /90, Council Member 1991.- Current Life Member
- Nutrition Society of Sri Lanka: Secretary 1978/79; Vice President 1986/87, President 1988/89, Council Member 1991, 1995/96, 2004. Life member
- Member, Sri Lanka Association of Community Medicine: Committee Member 1990/91, Vice President 1994, President 1995.
- Member, College of Community Physicians of Sri Lanka President 1996/97, Council Member 1998 to 2005.
- Member, Perinatal Society of Sri Lanka Council Member, 2005
- Member, Perinatal Society of Sri Lanka
- Member, Sri Lanka College of Paediatricians
- Member, Evaluation Association of Sri Lanka.
- Advisor, Medical Students' Buddhist Association
- Member, Sub Committee of the Advisory Committee on Health Research, WHO /SEARO, 2009.
- Member, Expert Committee to review undergraduate curriculum in Public Health / Community Medicine, WHO /SEARO, 2009.
- Member, Task Force on Research Management and Capacity building, WHO – SEARO 2008.
- Member, Steering Committee, South East Asian Public Health Institutions Network 2004 to 2007.
- Country Focal Point, South East Asian Public Health Institutions Network 2007.
- Member, Advisory Committee, South Asian Cochrane Network 2007.
- Member, Advisory Committee on Health Research, World Health Organisation (WHO), South East Asia Regional Office 1996 to date.

Prof. S. R. de A Seneviratne

MBBS (Colombo), MD (Community Medicine), Dip Med ED (UK), MMed (UK), FCCP (SL)

- Chairperson , Community Stream
- Chairperson, Curriculum Implementation Committee and Head , Curriculum Implementation Centre
- Chairperson, Board of Study in Community Medicine

- Member, Board of Study in Medical Administrators
- Member, Specialty Board in Elderly Medicine
- Advisor, Medical Students' Buddhist Association
- Patron, Art Society of the Faculty of Medicine
- Member, Standing Committee on Quality Assurance and Accreditation, University Grants Commission – 2006/2007, 2008 to date
- Member, Standing Committee on Education and Distance Education, University Grants Commission – 2009
- President of Sri Lanka Association for Advancement of Science (SLAAS) – Section A 2005/06 current life member
- President of College of Community Physicians of Sri Lanka 2001/02, current life member
- Member National Health Research Council
- Member of Sri Lanka Medical Association
- Member Sri Lanka Evaluation Association
- Member Nutrition Society of Sri Lanka

- Member, of Review panel for Institutional Review of University of Ruhuna, Sri Lanka, 2010
- Desk evaluation of Undergraduate Development Grants for Higher Education for the 21st Century submitted by the Open University of Sri Lanka, South East University of Sri Lanka and University of Visual and Performing Arts funded by the World Bank, 2011
- Member, Advisory Committee on Communicable Diseases of the Ministry of Health, Sri Lanka
- Member, Working Group for Prevention of Non Communicable Diseases Ministry of Health, Sri Lanka
- Member, Working Group for Prevention of Accidents and Injuries, Ministry of Health, Sri Lanka

- Chairperson LANKAPHEIN, (Sri Lanka Public Health Education Institutes Network) Sri Lanka Chapter of SEAPHEIN
- Member, South East Asia Public Health Education Institutes Network (SEAPHEIN)
- National Science Foundation Research Award -Commendation Certificate 2010

Ms. M. A. L. K. N. Lankatilake

BSc (Colombo), MSc (Environmental Sciences), PG Dip. (Population Studies) and Accredited Senior Teacher in Higher Education

- Coordinator and resource person for courses of study leading to Certificate/Diploma in Occupational Health and Safety
- Coordinator and resource person for In-service training programmes in Occupational Health and Safety
- Committee Member, Ethics Review Committee of the Faculty of Medicine, University of Colombo
- Member, Committee for Extension Courses, Faculty of Medicine, University of Colombo
- Supervisor for portfolio writing of students reading for the BSc Physiotherapy Programme conducted by the Faculty of Medicine, University of Colombo from 2007 to 2010.
- Coordinator and resource person for the module on Community health and environment toxicology for the MSc in Medical Toxicology conducted by the PGIM, University of Colombo.
- Member for Life, Sri Lanka Association for Advancement of Science – Sections A and E2
- Member for life, Applied Statistics Association of Sri Lanka since 1998.
- Founder member and member for life of the Population Association of Sri Lanka, since 1997.
- Member, Sri Lanka's Public Health Education Institutes Network (LANKAPHEIN) from September 2008 to date.

Dr. M. W. Gunathunga

MBBS (Colombo), MSc, MD (Community Medicine)

- Senior Student Counsellor
- Head of the Department
- Head, HSR Unit
- Domain Coordinator (Research) , Core Group for institutional quality assurance, University of Colombo
- Coordinator - Cooperate plan Committee
- Member of the Board of Study in professional studies in the faculty of Graduate Studies
- Member of the Board of Study in Community Medicine Post graduate Institute of Medicine, University of Colombo
- Advisor, Medical Students' Buddhist Association
- Editor of the College of Community Physicians of Sri Lanka
- Member of the National Committee on prevention of Communicable Diseases, Ministry of Health, Sri Lanka
- Member of the Board of Management Post graduate Institute of Medicine, University of Colombo
- Member, Board of Faculty of Graduate Studies
- Chairman Behavioural Sciences Stream

Dr. N. S. Gunawardena

MBBS (Colombo), MSc, MD (Community Medicine)

- Co-ordinator of the Health Care Waste Management Resource Division of the Dept. of Community Medicine 2007 to date
- Reviewer of research proposals for MPhil, DM degrees of University of Colombo on behalf of the Research and Higher Degrees Committee of the Faculty of Medicine, University of Colombo
- Member of the Committee of the Virtual Campus of the University of Colombo (VCUC) June 2009 to date
- Secretary to the Public Health Forum of the College of Community Physicians of Sri Lanka from September 2008 to 2009.
- Secretary to LANKAPHEIN Sri Lanka's Public Health Education Institutes Network from September 2008 to date.
- Secretary Section A- Sri Lanka Association for the Advancement of Sciences 2007 and 2008
- Convenor of the Sub Committee on Women's Health, Sri Lanka Medical association from January 2005 to date.
- Member- Professionals of the Nation from 2000 to date

Dr. L. D. J. U. Senarath

MBBS (Colombo), MSc, MD (Community Medicine)

- Secretary to the Board of Study in Community Medicine, PGIM, University of Colombo
- Convener, National coordinating committee for Reproductive Health Research Committee member of Community Stream and Coordinator for AL 2007 batch
- National consultant for Ministry of Health/ UNICEF for Nutrition and Food security survey 2009
- Member College of Community Physicians of Sri Lanka
- Member , Sri Lanka Medical Association
- Lead Group Member, South Asian Infant and Young Child Feeding Research Network and the main organizer of the Dissemination Seminar on infant and young child feeding practices in south Asia
- Delegate at SAIFRN meeting for AusAID in Canberra
- Delegate at 6th SAIFRN Regional meeting in New Delhi
- Delegate in APACPH, Bali, Indonesia

Dr. M. C. Weerasinghe

MBBS (Colombo), MSc, MD (Community Medicine), PG Dip Applied Sociology

- Convenor, Community Stream
- Chairperson, Canteen Committee
- Council member Sri Lanka Medical Association
- Council member Sri Lanka Association of Advancement of Science
- Chairmen - Committee for Popularization of Science/SLAAS
- Member National Mental Health Advisory Council
- Member Subcommittee on food advertising, Ministry of health
- Member advisory Committee on trade and Health, TRIPS and GATS, Ministry of health
- Convener "Research Promotion Committee" ,Sri Lanka Medical Association
- Member Board of management Institute of indigenous medicine
- Member of Research higher degree committee of indigenous medicine
- Member Institutional adult committee of indigenous medicine
- Member of Committee of HIV/AIDS- Strategic information Management

Dr. N. M. C. K. Arambepola

MBBS (Colombo), MSc, MD (Community Medicine)

- Chairperson, Undergraduate Electives Programme, Clinical Sciences Stream, Faculty of Medicine, Colombo
- Committee Member, Ethics Review Committee, Faculty of Medicine, University of Colombo
- Committee Member, Board of Study in Venereology, Postgraduate Institute of Medicine, University of Colombo
- Coordinator, Certificate Course in Human Nutrition and Dietetics, Faculty of Medicine, University of Colombo (October 2007 – to date)
- Convenor, SLMA Committee on Non Communicable Diseases (NCD), Sri Lanka Medical Association (March 2007 – to date)
- Committee Member, Project on Health Promotion and Preventive Care Measures on Chronic NCD, NCD Prevention Project (NPP), Ministry of Healthcare & Nutrition (2008 – to date)
- Coordinator of Component 3 on Health Promotion, NIROGI LANKA Project conducted by the Sri Lanka Medical Association, Ministry of Health and World Diabetes Foundation (2008- to date)
- Committee member, URBAN HEART project conducted by the Colombo Municipal Council and World Health Organization (2008-to date)
- Corresponding member representing Sri Lanka in the 2008-2010 Global Burden of Disease (GBD) Project sponsored by the WHO, Gates Foundation, and World Bank to produce consistent and comprehensive estimates of the burden of diseases, injuries and risk factors in 21 world regions
- Council member College of Community Physicians of Sri Lanka
- Secretary, Section "A" , Sri Lanka Association for the advancement of Science
- Coordinator component 3 on Health Promotion, Nirogi Lanka project

Dr. D. B. D. L. Samaranayake

MBBS (Colombo), MSc

- Member, College of Community Physicians of Sri Lanka

Dr. A. A. S. H. Weliangge

MBBS (Colombo), MSc

- Convenor, Undergraduate Electives Programme, Clinical Sciences Stream, Faculty of Medicine, Colombo
- Committee member of Neurology module committee
- Member, College of Community Physicians of Sri Lanka
- Member, Sri Lanka Association for Advancement of Science – Section A
- Member, Sri Lanka Medical Association

Mrs. Anoja Jayawardane

Senior Instructor in Social Work

- Facilitator in small group discussions in the Community Stream
- Supervisor in research projects in the Community Stream
- Member, Faculty Board
- Committee member Community stream

RESEARCH SUPERVISED IN 2010

Prof. D. N. Fernando

MD - Community Medicine

- Nutritional and other factors for learning outcomes among a group of Grade 1 school children in the Colombo district
- Household food security, dietary diversity and nutritional status of children aged 1 - 5 years in a MOH area - on going
- Incidence of low birth weight and identification of risk factors for small - for - dates babies in selected MOH areas in Colombo district - on going
- Pattern and correlates of physical activity among urban and rural adults in Colombo district - on going

Prof. S. R. de A Seneviratne

MD

- Prevalence and risk factors of neck and upper limb MSDS among the female garment workers in Biyagama export processing zone
- Safety performance, correlates and cost of construction injuries of male building construction trades workers working in Colombo Municipal Council area.
- Pre hospital care, functional disability community reintegration & household cost profile of road traffic injury patients admitted to the National Hospital Sri Lanka
- Prevalence and correlates of Attention Deficit Hyperactivity Disorder among grade two school children in Gampaha district and the effects of the illness on the quality of family life, parental awareness, attitudes and health seeking behaviours for such disorders

Dr. M. W. Gunathunga

PhD

- Epidemiology of goitre in Sri Lanka
- Influence of spirituality in leader performance in manager managed companies

MSc – Community Medicine

- Facilities available for patients and awareness regarding services among patients and staff in Cancer Institute Maharagam MD- **Community Medicine**
- Unfavorable behavior patterns and related mental health states among men in the economically active age group (35- 50 years) and risk factors for such behavior patterns in the district of Kalutara.

BSc- Physiotherapy

- Usefulness of mindfulness meditation on the performance of university students
- Injury mechanisms among domestic club cricket players in the Western province of Sri Lanka

Dr. N. S. Gunawardena

MSc – Community Medicine

- Supervisor in Techniques of breast feeding and factors associated with it among post natal mothers at De Soysa Maternity Hospital, Colombo. 2010
- Supervisor in Premenstrual Syndrome and its correlated among adolescent group of school children in the Colombo education Zone, 2010

Dr. N. M. C. K. Arambepola

MSc - Global Health

- An evaluation study of the non communicable disease programmes in Sri Lanka

MSc - Community Medicine

- Knowledge and practices of diet related to selected non-communicable diseases among females in the district of Homagama

MPhil - Indigenous Medicine

- Preventive practices related to intestinal worms and the effect of Qurs e Deedan in the reduction of worm infestations among children aged 2-16 years living in the district of Colombo

Dr. M. C. Weerasinghe

MSc

- An analysis of the political and economic influences that have shaped medicine policies in Sri Lanka and their impact on current access to essential medicines in the state health care system
- Profile and selected aspects of knowledge, attitude and practice of caregivers of schizophrenia patients attending psychiatry clinics at the national hospitals of Sri Lanka

- The knowledge on reproductive health on the school teachers and their attitudes on providing that knowledge through school education

PGDHD

- Breast cancer in Sri Lanka; need for more women awareness of early symptoms and effective screening methods