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**BOOK OF ABSTRACTS**

**“HEALTH PROFESSIONALS IN THE ERA OF  
NEW NORMAL”**

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## **PREVALENCE OF RISK FACTORS OF NON COMMUNICABLE DISEASES AMONG DOCTORS AND NURSES AT TEACHING HOSPITAL, BATTICALOA, SRI LANKA**

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**Background:** Non Communicable diseases (NCDs) are a major problem which prevails in the current world. Latest survey report shows that around 70% of disease burden in Sri Lanka is due to NCDs. The risk factors of NCDs can be behavioural as well as physiological. Behavioural risk factors are tobacco use, harmful use of alcohol, unhealthy diet and physical inactivity and physiological ones are raised blood pressure (raised BP), overweight or obesity, hyperglycemia and hyperlipidaemia. Health care workers specially doctors and nurses who are considered to be mentors to general public are becoming victims to these life style disorders. Hence, this study was aimed to determine the prevalence of common risk factors of non-communicable diseases among doctors and nurses at Teaching Hospital, Batticaloa, Sri Lanka.

**Methods & Materials:** Descriptive, cross-sectional study, was conducted among 110 doctors and 197 nurses with the stratified random sampling technique, via a self-administered questionnaire after obtaining ethical clearance from Ethics Review Committee of Faculty of Health-Care Sciences, Eastern University, Sri Lanka under the application No: E/2021/24. Variables and risk factors were analysed through descriptive analysis by using SPSS.28.0.0.0 and results were presented using percentages.

**Results:** When considering the behavioural risk factors, inadequate fruits and/or vegetable intake (89.1%) was the most common risk factor among both the doctors and nurses. Also low physical activity (52.7%) and added salt intake (48.2%) were under the common risk factors. The prevalence of inadequate fruit and/ or vegetable intake (64.9%), low physical activity (65.5%) and added salt intake (62.9%) were higher among nursing officers compared with doctors at Teaching Hospital, Batticaloa. In response to physiological risk

factors, considering the body mass index, comparison between doctors and nursing officers showed that proportion of BMI more than the normal is 41.8% and 49.8% respectively.

**Discussion & Conclusion:** Although health professionals specially doctors and nurses are the role models for the general people and a locus of their trust, we observed a greater prevalence of NCD risk factors such as inadequate fruits and/or vegetable intake, less physical activity, high added salt intake and higher BMI among doctors and nurses at Teaching Hospital, Batticaloa. High NCD risk factors prevalence among doctors and nurses shows the need to create awareness among them about the importance of physical activity and dietary modifications.

**Key words:** *Non communicable diseases, risk factors, doctors, nurses, prevalence, modifiable risk factors*