



# **2<sup>nd</sup> Annual Students' Research Session - 2020**

**"Enhancing Healthcare Through Innovative Research"**

## **BOOK OF ABSTRACT**

**ASRS  
2020**

**10<sup>th</sup> December 2020**



**2<sup>nd</sup> ANNUAL STUDENTS' RESEARCH SESSION  
OF THE  
FACULTY OF HEALTH-CARE SCIENCES, EUSL**

**BOOK OF ABSTRACT**

**10<sup>th</sup> DECEMBER 2020**

# **Organizing committee ASRS 2020**

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Mrs. Janarthani Arulnathan

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Ms. S G P L N Samarasinghe

<b>PROGRAMME</b>	
<b>Session opens</b>	<b>9.30 a.m.</b>
<b>Welcome and Introduction</b> Mrs. J. Arulnathan, Chairperson/ASRS 2020	<b>9.35 - 9.40 a.m.</b>
<b>Address by the Dean/FHCS</b> Dr. (Mrs) A.N.Arulpragasam	<b>09.40 - 09.50 a.m.</b>
<b>Address by the Vice Chancellor/EUSL</b> Professor. F.C.Ragel	<b>09.50 - 10.00 a.m.</b>
<b>Keynote Address I</b> "Creating empathy among medical professionals" <b>Professor. Rasnayake.M.Mudiyanse</b>	<b>10.00 - 10.40 a.m.</b>
<b>Free Paper session I</b>	<b>10.40 -11.10 a.m.</b>
<b>Break</b>	<b>11.10 - 11.15 a.m.</b>
<b>Free paper session II</b>	<b>11.15 - 11.45 a.m.</b>
<b>Panel Discussion</b> Online Teaching: Chances & Challenges	<b>11.45 - 12.20 p.m.</b>
<b>Break</b>	<b>12.20 - 12.30 p.m.</b>
<b>Free paper session III</b>	<b>12.30 - 01.00 p.m.</b>
<b>Keynote Address II</b> "Ending the SARS-CoV-2: will it be a reality?" <b>Professor. Neelika Malavige</b>	<b>01.00 - 01.40 p.m.</b>
<b>Wrap up</b>	<b>01.40 - 01.55 p.m.</b>
<b>Vote of Thanks - Dr.H.M.F.J. Nazeefa</b>	<b>01.55 - 02.00 p.m.</b>

## Message from the Vice Chancellor

I am delighted to spell-out my message for the Annual Research Session, Faculty of Health-Care Sciences-2020, Eastern University, Sri Lanka (EUSL).



Research and its dissemination are two key aspects, and one way of dissemination is through such Research Sessions. As per our Strategic Plan, we promote research in two fronts; (1) Research for generation of new knowledge of global significance; and (2) Research for socio-economic development of the region and nation,

In our first research strategy, we promote research of global significance by recognizing and rewarding research publications in reputed journals that would contribute to enhance the global ranking of Eastern University. I would like to urge the academics to mainly aim at such high impact research of global significance, which would enhance yours as well as university's research visibility and repute. I am glad to note that there have been many such good publications emanating from the faculty, which is whole mark of its progressive research culture.

On the other hand, the Annual Research Sessions that are conducted by each faculty at EUSL focuses on our second research strategy, aimed to disseminate undergraduate students' research output that are significant to make an impact to regional and community issues.

This 2<sup>nd</sup> Annual Research Session of the Faculty of Health-Care Sciences, with the theme ***“Enhancing Healthcare Through Innovative Research”*** acts as a strategic forum for the students and staff of the faculty to discuss current challenges relevant to teaching healthcare, and to disseminate the research findings in areas of health especially NCDs, mental health, maternal and child health, nutrition, sexual health and elderly care. Moreover, the Research Session provides the opportunity to

academics and the student to discuss and share their research experience with invited scholars.

Health-Care research is becoming more challenging with many opportunities. Traditionally, the most familiar form of health research has been the clinical trial, in which patients volunteer to participate in studies to test the efficacy and safety of new medical interventions. But an increasingly large portion of health research is now information based. Advances in health information technology are enabling a transformation in health research that could facilitate studies that were not feasible in the past, and thus leading to new insights regarding health and disease. Therefore, the faculty should exploit the clinically rich information that is readily available now electronically in a more structured format, which can be used for quality improvement, public health and research.

Finally, I thank with appreciation the enthusiasm and efforts of the Dean, the organizing committee, academics and students of the Faculty of Health-Care Sciences in organizing the conference in corroboration with the Strategic Plan of EUSL, and congratulate all of you for the success being achieved on the objectives.

Professor F C Ragel  
Vice Chancellor

## Message from the Dean

It gives me great pleasure to record my statement in the Annual Student Research Sessions 2020. This is the second research forum dedicated to showcase student research at the Faculty of Health-care Sciences, EUSL. The faculty has however hosted the Annual Research Sessions of EUSL in 2017, with the inclusion of student projects. Promoting and highlighting student research has been one of the priorities that our Vice-chancellor, Prof. FC Ragel has insisted upon since taking the role. I applaud him in this regard.



Finding truth through hard work, *per ardua ad scientiam*, is the motto of the Eastern University, Sri Lanka. Truth or science, can only be found through meticulous and well-planned research. From its inception the Faculty of Health-care Sciences has taken utmost care in executing quality research by subjecting all student and staff proposals through a stringent process of ethics review.

Reliable information is of paramount in decision making in the field of healthcare. I believe, the studies presented in this forum will help the people in this region.

I congratulate the research teams and their supervisors who have been successful in presenting their findings here. I encourage more senior staff to get involved in supervision of student projects and lend their expertise to enhance the status of student research in the faculty.

This year, in keeping with the new normal, the presentations have been done in the on-line platform. It was a new and enriching experience for us all. The COVID pandemic has forced us to embrace technology as never before.

My heartiest commendation to the Chair of the conference, Mrs Janarthani Arulnathan and her team in effectively organizing and executing this very successful event!

Dr Angela Arulpragasam Anthony  
MBBS. MD (Paediatrics)  
Dean, Faculty of Health-Care Sciences

## Message from the organizing Committee

I am honored and delighted to welcome you all on behalf of the organizing committee to the 2<sup>nd</sup> Annual Students' Research Session of the Faculty of Health-Care Sciences, Eastern University Sri Lanka.



Annual Students' Research Session gives the platform for students of EUSL to exchange their ideas and information on their research outcomes and work process that would contribute to enhance healthcare system. This year ASRS is organized under the theme of "Enhancing healthcare through innovative research". Due to the current COVID situation the ASRS is moved to virtual platform which opened up new avenues. This gives us the opportunity to learn on hosting an e-conference.

Our technical program is rich and varied with two keynote addresses, a panel discussion and nine free paper presentations split between 03 oral sessions. The keynote speakers are uniquely placed to address the current issues and needs. The panel discussion shares the experiences of teachers and students about online teaching. The free paper sessions provide ample opportunities for our students to present their original research work.

As a conference chair, I know that the success of the conference depends ultimately on the many people who have worked with us in planning and organizing the session. I have a good team to put their best to run the show smoothly.

Finally, the conference would not be a success, without you, the participants. I hope you enjoy and benefit from the 2<sup>nd</sup> Annual Students' Research Session of the Faculty of Health-Care Sciences, EUSL.

Mrs. Janarthani Arulnathan  
Chairperson  
Organizing Committee, ASRS 2020



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