



ANNUAL RESEARCH SESSION 2022
ARS-FHCS-2022

BOOK OF ABSTRACTS

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

15TH DECEMBER 2022

**FACULTY OF HEALTH-CARE SCIENCES
EASTERN UNIVERSITY, SRI LANKA**



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Eastern University, Sri Lanka

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Message from the Vice-chancellor

“Research is to see what everybody else has seen, and to think what nobody else has thought” said a famous researcher, Dr. Albert Szent-Gyorgyi.

I deeply sense as this is the appropriate time to link the Intellectual community of Academia with the community for their existing health problems. The health is defined as being “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” As such, health professionals essentially move with multidimensional approach, regardless of discipline in finding solutions.



The Era of New Normal clearly indicates the essential wellness concept which itself is associated with an active process of being aware and making choices that lead toward an outcome of optimal holistic health and wellbeing. The **emotional and psychological** well-being determine the mental well-being how a person thinks, feels, and reacts to life's events.

The changing conceptions of professionalism in teaching and other activities are examined against the background of significant changes by our undergraduates. Different approaches and researches underpin medical education and medical service as health professional's responsibilities but in the current context erosion of autonomy and 'de-professionalization' in combination interfere the present medical Services.

Therefore, I feel that wellness via Holistic care approach is important for the professionals in medical field who serve and educate. So, it's my intuition to align us to the medical education and service system, thus intensive, innovative and immediate researches are in need.

I wish you all the best for all your efforts of Holistic researches towards wellness and publications for the betterment of our community.

Professor V Kanagasingam

Vice-Chancellor

Eastern University, Sri Lanka

Message from the Dean

I am delighted to welcome all to the Annual Research Sessions 2022. As the Dean, on behalf of the Faculty of Health-Care Sciences, Eastern University, Sri Lanka, it is an honour to host this annual session which focuses on sharing new ideas, best practices and avenues for improvement in knowledge and systems.



It is confident that ARS-FHCS 2022 with the theme of "Health Professionals in the Era of New Normal" will contribute an important role in spurring research, encouraging continuous program improvement and providing excellent opportunities to build more and better collaborations between colleagues.

I thank all the distinguished speakers for their presence and contributions in making this session a success. I thank the editorial committee members for their efforts in ensuring a rigorous review process to select high quality presentations. I congratulate the organisers for their great effort to make this a reality.

I am very confident that this session would be a milestone in accomplishing the career journey of everyone.

With regards and best wishes,

Dr T Sathaanathan

Dean/FHCS

Message from the chairperson- ARS-FHCS-2022

As the Chairperson of the organizing committee, I am delighted and honoured to bring this message to the Annual Research Session – 2022 of the Faculty of Health-Care Sciences, Eastern University Sri Lanka.

This year has been a significant year, as we the Faculty of Health-Care Sciences, have shifted to a new and permanent premises and have decided to hold this conference annually under the name of ‘Annual Research Session’ unlike in the past where we have held ‘Annual Students’ Research Sessions’.

With that expansion to give a platform for more than students’ research, our theme for this year was created considering the fact that we are living in a world of disruption and drastic changes unprecedented in human history. Thus, the theme for the Annual Research Session – 2022 is "Health professionals in the Era of New Normal". This theme encompasses the recent vicissitudes experienced both in education as well as the health sectors after Covid-19 global pandemic trailed by the political and financial crises in the country.

Annual Research Session – 2022 is a hybrid event. With a record number of student participants expected this year, I hope that this Annual Research Session will allow the participants a productive discourse not only in aspiring excellence in research, but also in managing healthcare. Some of the underlying issues in the current context in professionalism, clinical teaching and applied research will be covered in depth by our key note and plenary speakers. I extend my heartfelt gratitude and appreciation to them.

This Annual Research Session - 2022 would not have been a success without the help of many people who have worked with us, in planning and organizing the hybrid event as well as the authors who made submissions. I'm constantly amazed by the support given by the Vice Chancellor, Professor V Kanagasingam and our Dean, Dr T Sathaananthan, who have a clear desire to upgrade the research culture in Eastern University, Sri Lanka.

In particular, I thank the committees for their wise advice and brilliant suggestions on organizing this Annual Research Session - 2022. All recognition should go to the committee members who have all worked extremely hard on the details of the event. A note of appreciation to the academia for their thorough and timely reviewing of the papers.



I thank you, the presenters and the participants, for enriching the Annual Research Session - 2022 by your presence both physically and online. I hope you will enjoy the content, get inspired, and have a great time at our scenic new premises!

Dr Roshini Murugupillai,

Chairperson,

ARS FHCS - 2022

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