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3rd Biennial Academic Sessions 2022

**"Advancing Nursing Practice Through
Evidence-Based Research"**

Book of Proceedings

12th February 2022

Virtual Conference

Graduate Nurses' Foundation of Sri Lanka



Graduate Nurses' Foundation of Sri Lanka (GNFSL)

3rd Biennial Academic Sessions - 2022

**“Advancing Nursing Practice through Evidence-
Based Research”**

**on
12th February 2022**

This book contains the research papers presented at the 3rd Biennial Academic Sessions of Graduate Nurses’ Foundation held on 12th February 2022. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form, without prior permission of Graduate Nurses’ Foundation of Sri Lanka.

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MESSAGE FROM THE CHIEF GUEST

PRESIDENT, ORGANIZATION OF PROFESSIONAL ASSOCIATION OF SRI LANKA



My heartiest compliments to the Graduate Nurses' Foundation of Sri Lanka on this occasion of your 3rd Biennial Academic Sessions – themed '*Advancing Nursing Practice through Evidence-Based Research*'.

In the wake of the pandemic, frontline healthcare workers, especially Nurses, were experiencing emotional and moral distress from witnessing so many deaths, being unable to provide effective treatment and having to comfort people who were dying without the presence of their loved ones. Worldwide, a tremendous uptake of advanced technology took place to support healthcare workers through various means including but not limited to wellness support lines providing confidential and 24/7 access to counselling and psychological services and many other virtual and physical programmes.

This situation also warranted new thinking with the use of technology together with the study of results-based and research-based outcomes to enable provision of effective nursing care to patients through collaborating with the rest of the healthcare system.

Nurses as patient advocates – The time nurses spend with patients also provides them with unique insights into their patients' wants and needs, behaviours, health habits and concerns, thus making them important advocates in their care. The time nurses spend with patients in the hospital is even greater. In a recent study on 'the time intensive care patients spent with at least one healthcare practitioner' indicated that 86% of that time was with nurses, compared to just 13% with physicians. In the case of overnight hospital stays, the time spent with nurses was even greater.

All in all, evidenced based nursing practices result in upliftment of the nursing profession empowering them to be able to serve patients effectively and efficiently in the approach to care, in contributing to actively participate in wellbeing of patients along with other healthcare professionals in a healthcare system. Consequently, the topics being deliberated under your theme of this 3rd Biennial Academic Sessions are timely and appropriate.

As a member association of OPA Sri Lanka, the Graduate Nurses Foundation of Sri Lanka offers its members access to 51 other professional associations who represent 32 professions in the country. The think tank of OPA Sri Lanka offers a unique opportunity to collaborate and generate more thought leadership to support the progress of the nursing profession, which all must avail themselves.

Congratulation on the success you have achieved thus far, and best wishes for the 3rd Biennial Academic Sessions and your AGM.

Mr. Dulitha Perera

President

Organization of Professional Associations of Sri Lanka

MESSAGE FROM THE DIRECTOR NURSING (MEDICAL SERVICES)



It is indeed a pleasure for me to pen this message and extend my warm wishes for the 3rd Biennial Academic Sessions - 2022 which will be held on 12th of February 2022.

Global Nursing has rapidly developed in graduate and postgraduate areas; so that to contest with the international nurse, the Sri Lankan nurse also has to be equipped with modern theatrical knowledge and practical skills.

The GNFSL is a voluntary and independent professional organization with graduate nurses as its membership which focuses mainly on the development of nursing, and it is a professional organization working towards the development of the nursing profession to ensure a quality service to the public.

The concept of Evidence-Based Practice (EBP) is very relevant in the current societal and healthcare climate. Evidence-Based Practice is a problem solving approach to clinical practice that emphasises the use of best evidence in combination with the clinician's experience as well as patient preferences and values to make the decision about care and treatment.

While the utilisation of research findings plays a valuable role in the process of Evidence-Based Practice, it is far greater and infinitely more patient centred. So, it is worth to conduct these academic sessions under the theme of “Advancing nursing practice through evidenced based research”.

I wish all the success for this valuable forum together with the Annual General Meeting of GNFSL.

Mrs. M.B.C. Samanmalie
Director Nursing (Medical Services)
Ministry of Health, Sri Lanka

MESSAGE FROM THE DIRECTOR NURSING (PUBLIC HEALTH)



It gives me immense pleasure to write this message with compliments, as the Director Nursing Public Health, Ministry of Health for the Annual General Meeting (AGM) of Graduate Nurses Foundation for Sri Lanka (GNFSL), on 12th February 2022.

Nursing is a unique profession because it caters towards the most important aspects of life. The rapid advances in technology during the twenty first century have changed the main focus of the nursing profession towards science and technology. I am sure that the activities of this meeting with new technology will provide proper insight for the nursing profession in Sri Lanka and will benefit the academics, nurse researchers and nursing undergraduates.

Also, I like to express my warm wishes to the 3rd Academic Sessions which will be held together with the AGM of GNFSL, under the theme “*Advancing Nursing Practice Through Evidence-Based Research*”. Research confirms that patients’ outcome improves when nurses practice in an evidence-based manner. Research gives a problem-solving approach to clinical care that incorporates the conscientious use of current best practice. Evidence-based practice is a crucial tool for delivering high-quality patient care in numerous nursing specialties. It enables nurses to apply data-backed solutions that incorporate clinical expertise and current research into the decision-making process. Further, nurses can widen their professional knowledge and skills including leadership, management, organization, teaching and mentoring capabilities through scientific research. I hope this conference enhances professionalism and capabilities of all the participants who promote the future advancement of the nursing profession.

I would like to take this opportunity to appreciate the contribution and leadership given by the Graduate Nurses’ Foundation as a professional body of graduate nurses, for the development of the nursing profession in our country even during the health crisis created by the global pandemic COVID 19.

Finally, I would like to acknowledge the organizing committee for their hard work in organizing the 3rd Biennial Academic Sessions with a timely important theme together with the Annual General Meeting of GNFSL and I wish it great success.

Ms. P.D. Kusumalatha
Director Nursing Public Health
Ministry of Health, Sri Lanka

MESSAGE FROM THE CONFERENCE CHAIR

3RD BIENNIAL ACADEMIC SESSIONS - 2022

GRADUATE NURSES’ FOUNDATION OF SRI LANKA



I am delighted and honoured to bring this message to the 3rd Biennial Academic Sessions 2022 of the Graduate Nurses’ Foundation of Sri Lanka (GNFSL).

We, as a professional organization, firmly believe that developing nursing research is one of the vital steps that could be taken towards upgrading nursing education and practice. Accordingly, the GNFSL has been unfolding the path to Sri Lankan nursing researchers to disseminate their valuable research findings through the Biennial Academic Sessions of the GNFSL since 2018.

As an interrupted event, the GNFSL conducts its 3rd Biennial Academic Sessions on 12th February 2022

aligning with the theme “*Advancement of Nursing Practice through Evidence-based Research*” which especially emphasizes the focus of the Foundation.

Though the prevailing situation due to the COVID-19 is a considerable challenge, we were fortunate enough to organize the event completely virtually as a most exciting and graceful experience for the academics, nursing professionals, undergraduates and postgraduate nursing students allowing an opportunity to share their valuable research findings and insights. For that, we were able to select abstracts to be presented at the virtual platform following a vigorous review process as both oral and poster presentations.

I believe that the success of this event depends eventually on the many people who have worked with us in planning and organizing the event. Due to the immense efforts the Secretary, Co-secretary and the members of the Organizing Committee and Executive Committee of the GNFSL, we could deliver this task successfully. Therefore, as the Chairperson of the 3rd Biennial Academic Sessions 2022, I convey my heartfelt gratitude and appreciation to them. I specially record a note of appreciation to the panel of reviewers for their thorough and timely reviewing of the papers and chairpersons and members of parallel sessions for agreeing to serve at this event. I thank all the presenters for enriching the academic sessions by sharing their important research findings and for all the participants for their presence. I hope you will enjoy the content and gain new ideas for your future research work.

I am sure that the 3rd Biennial Academic Sessions will bring pleasant memories to all of us in this year to follow. I wish the 3rd Biennial Academic Sessions great success and wish you all a productive experience.

Dr. K.A. Sriyani

Chairperson / 3rd Biennial Academic Sessions

President / GNFSL

MESSAGE FROM THE CONFERENCE SECRETARY, 3RD BIENNIAL ACADEMIC SESSIONS - 2022

GRADUATE NURSES’ FOUNDATION OF SRI LANKA



I am happy to be the secretary of the 3rd Biennial Academic Sessions of Graduate Nurses’ Foundation of Sri Lanka. I take this opportunity to extend my warm welcome to all as a presenter, authors, and participants to the 3rd Biennial Academic Sessions 2022 under the theme of ‘*Advancing Nursing Practice through Evidence-based Research*’.

Graduate Nurses’ Foundation of Sri Lanka conducts the research session once in two years for disseminating the research activities of staff nurses, nursing academics, and their students. I am sure that the academic session will provide a good platform for presenters and the participants to share their research findings related to health with the research experts, colleagues, and stakeholders. In addition, I hope that the 3rd Biennial Academic Sessions of Graduate Nurses’ Foundation of Sri Lanka will deliberate and discuss the health-related issues which would help to improve the health of our community as well as the stepping for further research.

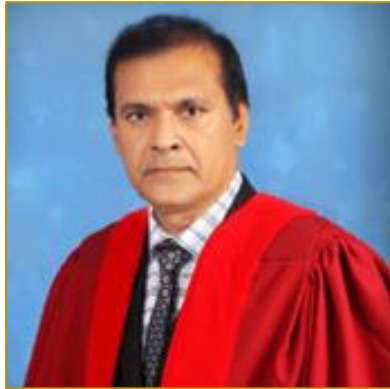
I thank all organizing committee members for their consistent effort to make this 3rd Biennial academic sessions 2022 a success. I wish good luck to all the presenters.

Dr. G. Kisokanth

Secretary/ 3rd Biennial Academic Sessions

Secretary/ GNFSL

MESSAGE FROM THE KEYNOTE SPEAKER



Importance of evidence in healthcare decision making was emphasized for the first time in the history by Florence Nightingale, the founder of modern nursing. With time, the focus gradually turned to scientific research and best treatments and care in the health field. The term Evidence Based Practice (EBP) was first introduced by the medical profession. In the recent past, much emphasis has been paid to EBP in every sector. In the field of nursing, it is widely recognized within the role of

nursing and its activities of care delivery.

Evidence Based Practice is an approach that aims to improve the process through which high-quality scientific research evidence can be obtained and translated into the best practical decisions to improve health. Research findings derived from the systematic collection of data through observation and experiments as well as the formulation of questions and testing of hypotheses comprise the evidence supporting practice. Evidence Based Practice harmonizes the standards used to conduct, report, evaluate and distribute research results so as to increase their application to practice and policy. EBP also involves the use of conscientious and explicit decision-making of nurses that integrates consideration of the best available research evidence, client characteristics (including preferences) and resources.

Best available research is defined as contextually relevant and best in quality, according to consensually accepted scientific standards for different types of questions. In order to involve in EBP, nurses should have a basic understanding of critically appraising palisaded research reports as well as research process, especially, developing research questions related to clinical problems in the care settings.

I was impressed when I saw the theme of the annual research symposium 2022 of the Graduate Nursing Foundation (GNF) “*Advancing Nursing Practice Through Evidence-Based Research*” During my speech I would like to discuss the process of evidence based practice and how nurses have to keep their mindset towards evidence based research in order to switch on to EBP in Sri Lanka.

Prof. S.S.P. Warnakulasuriya

Dean

Faculty of Nursing

University of Colombo

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Dr. B. Sunil S. De Silva

Dr. W.N. Priyanthi

Dr. M.R.S. Jayathilaka

Dr. I.M.P.S. Ilankoon

Detailed Programme – 12th February 2022

BIENNIAL ACADEMIC SESSIONS, 2022 – GRADUATE NURSES’ FOUNDATION OF SRI LANKA

| | | |
|---------------------|---|---|
| 08.45 am – 09.00 am | Registration | |
| 09.00 am – 09.05 am | Lighting the Traditional Oil Lamp | |
| 09.05 am – 09.10 am | National Anthem | |
| 09.10 am – 09.20 am | Welcome Address by Dr. K.A. Sriyani, Chairperson/Biennial Academic Sessions 2022 | |
| 09.20 am – 09.45 am | Address by the Chief Guest Mr. Dulitha Perera, President, Organization of Professional Associations of Sri Lanka | |
| 09.45 am – 10.15 am | Keynote Address Prof. S.S.P. Warnakulasuriya, Dean, Faculty of Nursing, University of Colombo | |
| 10.15 am- 10.20 am | Vote of Thanks by Dr. G. Kisokanth, Secretary/ Biennial Academic Sessions 2022 | |
| 10.30 am – 12.30 pm | Parallel Session 01 (10.30 am to 12.30 pm) Chairperson: Prof. S.S.P. Warnakulasooriya Panel members: Dr. W.N. Priyanthi Dr. M.R.S. Jayathilake | Parallel Session 02 (10.30 am to 12.15 pm) Chairperson: Dr. B. Sunil S. De Silva Panel members: Dr. S.M.K.S. Seneviratne Dr. I.M.P.S. Ilankoon |
| 12.30 pm – 1.00 pm | Awarding Certificates & Closing the Ceremony | |
| 13.30 pm onwards | Annual General Meeting of GNFSL | |

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ABSTRACTS OF ORAL PRESENTATIONS

OP 01

Sleep Quality and its Associated Factors among Nurses at Apeksha Hospital, Sri Lanka

Gunathunga S.K.,¹, Aththanayake, A.M.S.K.,¹ Jayantha, T.A.D.N.,¹ Wathsala, E.P.S.,¹
Perera, J.T.E.S.,¹ Nisansala, M.W.N.,^{1#} & Amarasekara, A.A.T.D²

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Introduction: Sleep is an important physiological process for humans. Among the professionals, nurses are often report poor sleep quality due to shift-work schedules. Therefore, this study aimed to assess sleep quality and its associated factors among nurses at Apeksha Hospital, Sri Lanka.

Methodology: A descriptive cross-sectional study was conducted among 230 nurses at Apeksha Hospital, the main cancer care institute in Sri Lanka. Simple random sampling method was used to collect data. A self-administered questionnaire was used as the data collection tool. The questionnaire included baseline data and Pittsburgh Sleep Quality Index (PSQI) which is validated in Sri Lanka. Descriptive statistics and inferential statistics were used for the data analysis. SPSS version 25 was used as the data analysis tool. Ethical approval was obtained from the Ethics Review Committee of KAATSU International University.

Results: Among the nurses, 215 responded to the questionnaire. Most were females (86.5%) and belonged to the age group of 25-30 years (51.2%). Among the occupational characteristics of the nurses, 77.7% had less than ten years of work experience. When considering the number of night shifts per month, 56.7% of nurses reported engaging in 6–10 night shifts per month. PSQI scores were ranged from 0 to 20 and a value above five indicated poor sleep quality. Poor sleep quality was observed in 65.6%. The mean value of the PSQI among nurses was 7.16 ± 3.3 . However, the subjective sleep quality was fairly good among most nurses (64.7%), indicating mild sleep dysfunction. Sleep quality of nurses was associated with the number of night shifts per month ($p=0.029$), the number of patients in the night shift ($p=0.048$), and the number of hours worked during a week ($p=0.001$).

Conclusion: Sleep quality was poor among nurses working at Apeksha Hospital, Sri Lanka. The characteristics of night shifts, such as number of shift duties, number of hours, and number of patients in the night shift, were associated with the sleep quality of nurses. Therefore, this study confirms that allocating adequate staff members for the night shift, allowing the nurses to utilize the allotted rest hours properly, and allocating only the permitted number of night shifts for the nurses are crucial factors in maintaining adequate sleep quality. Hence, scheduling working hours and night shifts according to the national and international guidelines is vital.

Keywords: nurses, Pittsburgh Sleep Quality Index, sleep quality

An Exploration of Perspectives of Survived Women with Self-Inflicted Burns

Ehaliyagoda, R.H.P.K., Karunathilaka, S.D.W., Pathirathna, H.P.O.L., Ediriweera, E.G.D.,
Karunathilaka, C.D.M.P.,[#] & De Silva B.S.S.

Department of Nursing, Faculty of Health Sciences, The Open University of Sri Lanka

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Introduction: Self-inflicted burn is common among women in developing countries than in developed countries. Further, self-inflicted burn is one of the most prevalent and grievous methods of suicide. Hence, the study aimed to explore the perspectives of survived women with self-inflicted burns.

Methodology: In this phenomenological study, 15 women among survivors with self-inflicted burns, who were admitted to the Burns Unit at the National Hospital of Sri Lanka, were purposefully selected. Face-to-face in-depth interviews were used with an interview guide. Data were analysed using Marshall and Rossman’s thematic analysis method. Ethical approval was obtained from the Ethics Review Committee, the National Hospital of Sri Lanka, Colombo.

Results: The major three themes were derived under women’s psychological, socio-cultural and economical perspectives of self-inflicted burns as “influence of mental situation”, “interaction with social background” and “influence of economic situation”. Feeling sadness, uncontrolled anger, disappointment of love and unbearable problems in life formed the theme of “influence of mental situation”. The theme “interaction with social background” represented the heartfelt experiences, family experiences and exploration from media. Educational background, insufficient income and unnecessary expenditure formed the theme of “influence of economic situation”.

Conclusion: The findings of the study concluded that women’s personal lives have been changed due to the influence of different mental situations. The mental process of self-inflicted burns is not an immediate idea. It is rooted in various factors combined with the influence of mental situation, interaction with social background and influence of economic situation. To minimize the self-inflicted burns, nurses should give necessary guidance and support for women to minimize the negative psychological, socio-cultural and economic experiences. Further, the relevant authorities should introduce systems and procedures to increase the quality of life of women with self-inflicted burn injuries.

Keywords: *burns, perspectives, self-inflicted, survivor, women*

Knowledge of the Nutrients of Foods among the Grade Ten Students in a National School, Nikawaratiye

Wijekoon, W. M. T. K. K.¹, Nettasinghe, N.A. R.², & Senarathne, H. S.³

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Introduction: Understanding the nutrients and nutritional value of foods encourages adolescents to choose healthy foods and helps create a healthy future population. This study was aimed to assess the knowledge of nutrients among Grade 10 adolescents in a National School in a Nikawaratiya.

Methods: This was a quantitative, descriptive cross-sectional survey conducted among the students studying in Grade 10. The section two of the General Nutrition Knowledge Questionnaire – revised (GNKQ -r) was translated into Sinhala, and face validity was ensured by the panel of subject experts. Some foods in the original GNKQ -r in items 2, 4 and 7 were replaced with the foods suitable for the Sri Lankan culture and food pattern. The item scale consisted of 36 items which assessed the knowledge of sugar (5 items), protein (6 items), lipids (6 items), fibre (6 items), starch (5 items) and calories (2 items) of the foods. Ethical approval was obtained from the Ethics Review Committee of the International Institute of Health Sciences, Sri Lanka. Informed consent for the study was obtained from the parents, and the assents were taken from the students. Descriptive statistical analysis and the Mann Whitney U test were performed with SPSS version 22. Significance was accepted at $p < 0.05$.

Results: Among the students in the grade, the response rate was 50.5% ($n=101$). The total knowledge score ranged from 5 to 24, and the mean score was 17.61 ($SD \pm 3.39$). 53.5% of the students had knowledge above the mean knowledge score and 13.9% ($n = 14$) students had scored 19. The mean knowledge score of the food content of sugar, salt, fibre, protein, starch, lipid and calories was 2.9, 4.0, 2.15, 3.19, 2.82, 1.8, and 0.68, respectively. There was no significant difference in knowledge of nutrients of foods between males (median = 18, $n = 58$) and females (median = 17, $n = 43$), ($U = 1184.5$, $z = -432$, $p = .066$, $r = 0.041$).

Conclusion: More than half of the students had knowledge regarding the nutrients of the foods above the mean score level. National policies should be strengthened to enhance adolescents' knowledge regarding nutrition.

Keywords: *knowledge, nutrients of food, school children*

A Preliminary Study on Stress and Coping in Parents of Children with Hearing Impairment: A Mixed-Method Approach

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Introduction: Parents of hearing-impaired children experience higher stress due to delayed oral language development, behavioural problems and socio-emotional problems of their children. Higher parental stress leads to poor coping behaviour. The study aimed to assess stress and coping levels and explore stress and coping related factors among parents of hearing-impaired children.

Methods: A mixed-method study design was employed. Parents with hearing-impaired children were recruited from a Special School in Kumbelwela, Ella, Sri Lanka. Quantitative part of the study was conducted with 30 parents. The standard parental stress scale and the ways of the coping questionnaire were administered to collect quantitative data. SPSS version 25 was utilized for the statistical analysis. Telephone and zoom interviews were conducted with ten parents using semi-structured interview guide in the qualitative aspect. The thematic analysis method of Braun and Clarke was followed in qualitative analysis. Ethical clearance was granted from the Ethics Review Committee of the Faculty of the Allied Health Science University of Peradeniya.

Result: Moderate (86.6%) to high levels (13.3%) of stress were presented among the parents, distancing coping (high level-66.7%), positive appraisal (moderate-70%; high 20%), planful problem solving (moderate-83.3%; high-16.7%) and escape/avoidance coping (moderate-96.7%) strategies were highlighted. The qualitative results revealed that external supportive factors (support from family, relatives and neighbours), child-related intrinsic factors (having a healthy physical appearance, ability to work independently), mother-related intrinsic factors (dedicated to child care, facilitating child's education, commitment to family responsibilities) and positive impact of special school (enhance communication ability, opportunity to socialization, establishing self-development) as factors to stress-reducing. On the other hand, negative factors related to child condition, problems related to lack of resources and conflicts due to communication problems with the child were the stress-induced factors. The new way of thinking and practicing religious and traditional activities were highlighted coping strategies within the Sri Lankan context.

Conclusion: The parents of children with hearing impairment presented a considerable level of stress. However, family and social support, parental commitment and special school service were highlighted factors to reduce stress. Furthermore, positive thinking and religious practice facilitate coping behaviour.

Keywords: *parental stress, coping strategy, children with hearing impairment, Sri-Lankan context*

Left-Handed Students’ Experiences in an Academic Setting at College of Nursing, Anuradhapura

Wijayasundara, W.M.S.K.^{1#}, Wathsala, W.A.H¹., Weerasekara, W.B.M.C.P¹.,

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Introduction: The world in which we live consists roughly of mostly right-handed individuals. A body of evidence has shown handedness as a valid variable when examining human behaviour. The academic setting of nursing training is based on developed professional skills and knowledge. Therefore, the scientific evaluation of left-handed students' experiences in the educational setting of nursing training is vital to identify their perceived needs and challenges relevant to professional training. This study aimed to explore the experiences of left-handed nursing students within the learning environment of College of Nursing, Anuradhapura.

Methodology: The qualitative phenomenological research method was implemented with purposively selected twelve left handed respondents representing three academic years. In depth interviews were conducted using semi-structured interview guide to explore the experiences in the learning environment. The transcribed interview data were analysed using the thematic analysis method of Braun and Clarke. Ethical approval was obtained from the Rajarata University of Sri Lanka.

Results: Among the participants, nine (75%) were females while three (25%) were males. Findings revealed that left-handed students experienced academic and health challenges as main themes in academic and skilled learning settings. Perceived challenges in the physical setting of the classroom and practical setting were recognized subthemes in academic challenges. Having to write left-to-right (handwriting), unfavourable sitting positions in uncomfortable chairs, handling and manipulating some apparatus prepared for right-handedness were presented. In addition, physical and psychological health challenges were encountered due to left-handedness within the training setup. Musculoskeletal problems and psychological burdens were highlighted.

Conclusion: The left-handed students perceived negative impacts while they were adopting the right-handed world. The academic and clinical setting of the Nursing Training College also presented several challenges for left-handedness. Consideration of specific classroom modifications and practical environment as favourable to the minority of left-handed students is recommended. Qualitative nature of the study at a single setting may limit the generalization of findings.

Keywords: *left-handedness, nursing students, challenges, learning environment*

Barriers for Pain Management among Intensive Care Nurses at the Teaching Hospital, Kurunegala

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Introduction: Assessment and management of pain among patients in Intensive Care Units (ICUs) is a global challenge, particularly in intubated and sedated patients who are unable to communicate and be oriented properly. Poor pain management can lead to post-surgical complications: delayed healing, increase in the length of ICU stay and mainly increased cost of healthcare. Therefore, identifying barriers to the management of pain in the ICU is beneficial to nurses to improve their knowledge, quality of care and correct nurses' misconceptions about pain. Thus, this study was aimed to explore pain management barriers among ICU nurses at the Teaching Hospital (TH), Kurunegala.

Methodology: This phenomenological study was conducted among purposively recruited 20 nurses. Data were collected through semi-structured in-depth interviews using theme guide comprising open-ended questions focusing on exploring personal and institutional barriers to pain management. All interviews were tape-recorded and transcribed verbatim. Data were analysed using the thematic analysis method. Ethical approval was obtained from the Ethics Review Committee of TH, Kurunegala.

Results: All the participants were females and were between 30 to 55 years of age. Only seven nurses had participated in six-month ICU training. A total of 10 sub-themes related barriers for pain management were identified, and those were grouped into three main themes; disorganized health care delivery, powerlessness and forgotten priority. Shortage of staff, unavailability of standard pain assessment scale and policies and management influence were identified as institutional barriers. The increased workloads of nurses, lack of confidence, attitudes and belief and inadequate knowledge and experience, which make nurses powerless, were identified as nurse-related barriers. Further, lack of communication, fatalistic believes and lack of self-motivation were recognized as patient-related barriers.

Conclusion: Various barriers seem to influence ICU nurses in pain management. Therefore, it is essential to take appropriate actions to overcome possible barriers to promote pain management.

Keywords: *pain management, barriers for pain management, intensive care nurses*

Impact of Preoperative Education on Preoperative Anxiety among Patients Undergoing Spinal Surgeries in the Neurosurgical Unit at the National Hospital of Sri Lanka, Colombo

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Background: Preoperative anxiety has a great influence on postoperative outcome, and fear of anesthesia has a huge impact on the level of preoperative anxiety. Preoperative education on operating theatre environment and anesthesia process have a profound effect on preoperative anxiety. This study was aimed to investigate the impact of preoperative education on anxiety among patients undergoing spinal surgeries in the Neurosurgical Unit at the National Hospital of Sri Lanka (NHSL), Colombo.

Methodology: One-group pre and post-test study was conducted among adult patients (n=100) who are undergoing spinal surgeries. Patients' preoperative anxiety levels were assessed prior to and after the education session using pre-tested, self-administered State-Trait Anxiety Inventory Scale (STAI-S) and Amsterdam Preoperative Anxiety and Information Scale (APAIS). Content validity of instruments were ensured by experts and reliability was confirmed through a pilot study (Cronbach alpha >0.7). Photographs assisted pre-operative education given regarding the theatre environment and anesthesia process. As objective data, patients' Pulse Rate (PR), Respiratory Rate (RR) and Blood Pressure (BP) measurements were obtained, and socio-demographic information was gathered. Ethical clearance for the study was obtained from the NHSL, Colombo. Data were analyzed using SPSS version 25. In addition to descriptive statistics, paired t-test was used to compare pre and post-anxiety levels. Significance was accepted at $p < 0.05$.

Results: A majority of the participants were males (71%), married (76%) and aged ≥ 41 years (74%). Thirty-five percent (35%) of the participants had a past surgical history and 20% had confronted general anesthesia previously. Compared to preoperative education values, decreased diastolic BP (78.10 ± 10.32 vs. 75.50 ± 10.79), PR (78.69 ± 7.94 vs. 77.52 ± 6.38), RR (18.08 ± 2.18 vs. 17.42 ± 1.68) and increased systolic BP (135.20 ± 17.61 , vs. 139.30 ± 18.87) were observed after the preoperative education session. There was no significant difference between pre and post STAI-S scores (2.255 ± 0.278 vs. 2.254 ± 0.294 , $p = 0.945$). However, there was a significant difference between pre and post APAIS scores (3.516 ± 0.899 vs. 2.768 ± 0.912 , $p = 0.000$). Further, pre and post-anxiety scores assessed with ASAIS related to surgery, anesthesia and information desire components were found to be statistically significant ($p = 0.000$).

Conclusion: Since preoperative education seems to be reduced on preoperative anxiety assessed through ASAIS among patients undergoing spinal surgeries, taking appropriate measures to promote pre-operative education would be beneficial to reduce pre-operative anxiety among patients. Further studies are warranted.

Keywords: preoperative anxiety, preoperative education, spinal surgery patients, STAI-S, APAIS

Experiences of Bowel Management among Spinal Cord Injury Patients at the Rheumatology and Rehabilitation Hospital, Ragama

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Background: Spinal cord injury (SCI) is a devastating, life-threatening condition that affects every aspect of life including the physical, psychological and social health of affected persons. Most of these patients face many problems related to skin, bladder and bowel when they live with the injury for the rest of their lives. Loss of bowel control is one of the most shocking effects of SCI since it causes embarrassment and anxiety while preventing people from leaving home, working and engaging in social activities. Thus, the aim of this study was to explore the experiences of SCI patients in bowel management at the Rheumatology and Rehabilitation Hospital (RRH), Ragama.

Methodology: This was a qualitative descriptive study. Twelve inward paraplegic male patients (aged 18 to 65 years) were purposively recruited for the study, and data were collected through in-depth semi-structured interviews using a theme guide. The theme guide consists of open-ended questions related to the participants' demographic details and experiences of bowel management. Data were analysed using the thematic analysis method. Ethical clearance for the study was obtained from the Ethics Review Committee of the National Hospital of Sri Lanka, Colombo.

Results: Most of the participants were married and all participants had had traumatic injuries and the main cause for injury had been falling from height. The main themes derived from the findings were physical discomforts, adapting to the new situation, a life controlled by bowels, relationships with others and finding independence. As revealed, the main physical experiences of SCI patients include pain, irritability, inability to control bowel movement, while psychological experiences include fear, shame, worry and lack of autonomy. Moreover, aspects of social experience revealed from the findings include engaging in social activities and replacing the previous role in the family.

Conclusion: Patients with SCI experience many physical, psychological and social problems in relation to bowel management. The findings of this study could make a contribution to improving the awareness of bowel management practices among inward SCI patients.

Keywords: *SCI patients, bowel management, physical, psychological and social experiences*

Perception on Normal Hospital Diet Consumption among Patients in Colombo North Teaching Hospital Ragama, Sri Lanka

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Introduction: Diet plays an important role in the maintenance of health. Majority of patients consume Normal Diet (ND) provided from the hospital because they have no other ways of getting food while hospitalized. Sri Lankan government allocates a considerable amount of budget for hospital diet. However, hospital diet consumption is considerably low and thus affects health of patients. Food wastage puts financial burden to country. Patients' perception related to ND is important to combat this issue because majority of patients consume ND. Therefore, the objective of this study is to describe perception on food quality and food presentation regarding ND consumption among patients in Colombo North Teaching Hospital (CNTH), Ragama.

Methodology: This is a quantitative descriptive study done with a convenience sample of 246 male and female patients who consumed ND from the hospital. Data were collected using a self-administered questionnaire and descriptive analysis of the data was carried out by using MS Excel and SPSS (version 21). Ethical approval was obtained from the Ethics Review Committee, the National Hospital of Sri Lanka, Colombo.

Results: Majority of participants (85%) were aged above 40 with almost similar proportion of females and males. When considering the reason to consume hospital diet, they have no other option (47.6%), to cure disease (36.2%), and believing of high nutrient value (12.2%). Regarding perception of food quality, 27.6% of the patients were unsatisfied of the taste of food and 28.5% patients were unsatisfied with the smell. More than 40% patients were satisfied with texture, temperature, variety, quantity, and nutrition of the hospital diet. Regarding food presentation factors, 34.1% patients were unsatisfied with food serving method (bulk trolley method) and 28% patients rated as cleanliness of the area was unsatisfied. Further, 75% of patients presented positive perceptions on the aspects of cleanliness of the utensils, attitude of the hospital staff, food distribution time, cleanliness of the area, and hygiene of the hospital staff.

Conclusion: Various factors in hospital food service, especially food quality and food presentation should be improved to motivate patients to consume hospital food. The practices such as food serving through bulk trolley method must be investigated and improved to ensure that patients are satisfied. Addressing patients' preferences will reduce food wastage and lead to more efficient utilization of the budget allocated for hospital food.

Keywords: *normal hospital diet, satisfaction, food quality, food presentation, hospital diet consumption*

Experiences of Patients with Mechanical Ventilators in Intensive Care Units

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Introduction: Mechanically ventilated patients in the Intensive Care Units (ICU) are subjected to extreme physical and psychological stressors such as sleep deprivation, sensory overload, feeling of helplessness, and isolation. Therefore, the aim of this study was to explore the patients' experiences of being mechanically ventilated in the general ICU in District General Hospital, Polonnaruwa. The specific objectives were to explore the physical, psychological and environmental experiences of patients being mechanically ventilated in the general ICU in District General Hospital, Polonnaruwa.

Methodology: A qualitative descriptive design was utilized for the study. A purposive sample of 15 mechanically ventilated patients was recruited for this study to collect the data by using in-depth interviews. Thematic analysis was used for data analysis. The ethical approval was obtained from the Ethics Review Committee of District General Hospital, Polonnaruwa.

Results: A total of 11 sub-themes and three major themes were identified. All these themes are reflections of the physical, psychological, and environmental experiences of the patients. Dependency, feeling of suffering, and unfamiliar milieu are the three main themes that emerged from this study. Dependency such as inability to change the body positions, unfamiliar procedures like suctioning, chest physiotherapy, and depending on nurses to meet their personal hygienic needs were identified while on mechanical ventilation. Further, the feeling of suffering such as communication disruption, thirst, discomfort, nightmares, fear & loneliness were reported. Patients further noted that noises, machinery equipment such as ventilators, monitors, infusion sets, and cold environments within the ICU were unfamiliar experiences while on mechanical ventilation.

Conclusion: Mechanically ventilated patients tolerate many negative experiences during mechanical ventilation. The findings of this study provide a good foundation to develop nurses' knowledge about experiences of mechanically ventilated patients and to implement necessary caring methods which are useful while handling these patients, thereby providing quality care for them.

Keywords: *experiences, intensive care unit, mechanical ventilation*

ABSTRACTS OF POSTER PRESENTATIONS

PP 01

Assessment of the Knowledge of Nutrition According to General Health Recommendations among the Grade Eleven School Children at a National School, Nikaweratiya

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Introduction: Adolescents’ nutrition knowledge is critical for preventing major health issues because they are the future representing generation. The purpose of this study was to assess the general health recommendations based nutritional knowledge and to determine whether there is a significant difference in knowledge between male and female students in Grade 11 at a National School in Nikaweratiya.

Methodology: This was a descriptive cross-sectional survey conducted among Grade 11 students. The section one of the General Nutrition Knowledge Questionnaire – revised (GNKQ -r) was translated into Sinhala, and face validity was ensured by the panel of subject experts. Ethical approval for the study was taken from the Ethics Review Committee at the International Institute of Health Sciences, Sri Lanka. Informed consent was obtained from the parents, and the assent was taken from the students. Descriptive analysis and Mann Whitney U test were performed with SPSS version 22.0.

Results: The response rate was 84.5% (n = 169), and 53.3% of the respondents were female while 46.7% were male. The mean knowledge score was 6.75, and total scores ranged from 0 to 13 (Standard Deviation = ± 2.54). Among the respondents’, 53.3% had knowledge levels above the mean knowledge score level. According to the 0.05 significance level, there was a significant difference in knowledge of the nutrients of foods between males (median = 6, n = 79) and females (median = 7, n = 90) (U = 2227, z = -4.212, p = 0.00, r = 0.324).

Conclusion: Overall knowledge of nutrition according to the general health recommendations among the Grade 11 students was unsatisfactory. It is recommended to conduct nutrition awareness programmes in schools.

Keywords: *nutritional knowledge, adolescents, school children*

Mothers' Awareness and Practices towards Home Management of Fever in Their Children at the Base Hospital, Panadura

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Background: Fever is the most common symptom of childhood diseases accounting for about one-third of all presenting childhood conditions. As mothers play a key role in providing care for children with fever prior to attending the hospital, assessing their awareness and practices are important in providing optimum care to children while reducing complications. Therefore, the current study was aimed to assess awareness and practices on home management of fever in children under five years among mothers attending the pediatric ward and the clinic at the Base Hospital, Panadura.

Method: This was a descriptive cross-sectional study conducted among 350 mothers who attended the Pediatric ward and clinic. The convenience sampling technique was utilized to recruit the sample. A pre-tested, content-validated, self-administered questionnaire was used to collect data from the participants who volunteered for the study. In addition to socio-demographic information, mothers' awareness was assessed through 38 questions divided into two sections. Data were analyzed using descriptive statistics and Chi-Square test on SPSS version 21. Ethical clearance for the study was obtained from the Ethics Review Committee of the National Hospital of Sri Lanka, Colombo.

Results: The mean age of mothers was 31.58 (range 18-50) years. Of the total, 350 mothers who participated in the study, 46.6% (n=163) and 36.6% (n=123) were educated up to GCE (O/L) and GCE (A/L), respectively. The majority of mothers were unemployed (77.7%, n=272). Overall awareness on home management of fever was 58.19±9.15. Mothers' awareness of home management of fever assessed in relation to general information, medication, febrile convulsions and fever management were 65.14±19.7, 51.42±20.13, 27.09 ±18.92 and 67.95±10.11, respectively. Statistically, significant associations were seen between mothers' awareness and their educational level, employment status and income (p<0.05). The mean overall practice score was 69.7 (SD±11). Most of the mothers (92%, n=322) practiced tepid sponging and used cold water and more than average (57.4%, n=200), used non-prescribed drugs for fever such as NSAIDs (17.7%, n=62) and antibiotics (40.3%, n=140).

Conclusion: Mothers' awareness and practices of home management of fever were found to be sub-optimal. Therefore, it is crucial to take appropriate strategies to enhance mothers' awareness and practices on home management of children with fever.

Keywords: fever, children, home management, mothers, awareness, practices

Digital Technologies in Tele-Rehabilitation for Community-Dwelling People with Dementia during the COVID-19 Pandemic: A Mixed-Method Systematic Review

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Introduction: During the COVID-19 pandemic, people with dementia were restricted in accessing health and social services. The current review assessed the availability and the effectiveness of tele-rehabilitation interventions for community-dwelling people with dementia during the COVID-19 pandemic.

Methods: This mixed-method systematic review searched peer-reviewed English language articles concerning concept categories of “dementia”, “tele-rehabilitation” and “COVID-19” using the databases of Cochrane Library, ProQuest, PubMed and Google Scholar. The population was community-dwelling people with dementia. The studies published from 2019 to May 2021 were included. This review followed the “Preferred Reporting for Systematic Review and Meta-Analysis 2020” guidelines. The Mixed Methods Appraisal Tool was used in the quality appraisal. Data were synthesized narratively.

Results: The search resulted in 271 records and eight studies were included. The majority (n=6) of the studies were from European countries. The main tele-rehabilitation interventions reported were telephone-based interventions (n=6), videoconferences (n=4), television-based assistive technology (n=1) and human-robot (n=1). Tele-interventions focused on assessing patients and prescribing medications, delivering reality orientation therapy, facilitating social connectedness, delivering physical exercises and memory games and controlling the COVID-19 infection. One randomized control trial was reported. This trial found that telephone-based reality orientation therapy improved cognition and decreased behavioural and psychological symptoms and depression. Video-consultation had positive effects on improving cognitive functions and quality of life. People with dementia reported positive perceptions towards video-delivered exercise programmes and human-robotic. The presence of a young care giver increased engagement with interventions. Barriers to using tele-interventions included non-availability of resources, connection issues, lack of technical skills and information overloading due to lengthy consultations.

Conclusion: The main tele-rehabilitative interventions used were video interventions, telephone-based interventions, television-based assistive technology and human-robot. Randomized control trials are sparse to assess the effectiveness of the-rehabilitative interventions. People with dementia have accepted tele-rehabilitation interventions during the COVID-19 pandemic. Including the articles written only in English is a limitation of the review. Further interventions and studies are recommended to expand tele-rehabilitation for people with dementia during the COVID-19 pandemic.

Keywords: COVID-19, dementia, systematic review, tele-rehabilitation

Self-Reported Work-Related Factors for Work Family Conflicts among Married Female Nurses in the Provincial General Hospital, Badulla

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Introduction: Work-family conflicts (WFCs) have been identified as one of the ten major stressors in the workplace. Consequently, employees find themselves fighting to challenge the demands of work and family. As a result of the nature of the duties, nurses are more vulnerable to work-family conflicts. This study was aimed at examining work-related factors affecting work-family conflict among married female nurses in the Provincial General Hospital (PGH), Badulla.

Methodology: This was a quantitative, descriptive cross-sectional study conducted among female married nurses (n=191) in early 2021. A simple random sampling technique was utilized. Data were collected using a content-validated, pre-tested, self-administered questionnaire consisting of four parts including socio-demographic information, work schedule related factors, managerial factors and collegial factors. The data were analysed using descriptive statistics on SPSS (version 21). Ethical clearance was obtained from the Ethics Review Committee of NHSL, Colombo.

Results: Work schedule related factors mostly affected WFCs among nurses including working long hours (85.85%, n=164), working on holidays (86.38%, n=165), working more than one shift per day (81.67%, n=156) and working overtime (83.75%, n=160). Most nurses (68.63%) responded that they have family problems due to their work schedule. Managerial factors affecting WFCs among nurses were found to be lack of appreciation (66.49%, n=127), difficulty in taking leave (88.92%, n=170), changing the duty shifts (59.68%, n=114) and difficulty in taking a short leave at a family emergency (57.04%, n=109). Regarding collegial related factors, most of the nurses agreed that they have adequate support from colleges for their duty (71.19%, n=136), changing duty shifts (70.15%, n=134) and sharing responsibilities (63.86%, n=122). As consequences of WFCs nurses have the intention to leave their jobs (17%) and suicidal thoughts (6.8%).

Conclusion: Work schedule-related factors and managerial factors seemed to be more related to work-family conflicts while collegial factors were shown less involvement. Since WFCs have a considerable impact on the nurses' lives, it is needed to take appropriate measures to support them. Further studies are warranted.

Keywords: *work family conflicts, female married nurses, work-schedule related factors, managerial factors, collegial factors*

Intravenous Cannula Fractures: Experience of Vascular and Transplant Units of a Single Centre

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Introduction: Peripheral intravenous (PIV) cannulation is the most commonly done procedure. There are many complications associated with PIV cannulation such as nerve injuries, infection, cannula fracture (CF) and cannula fragment embolism (CE). Cannula fragment embolism is a serious complication. This study describes a series of cannula fracture presented in vascular transplant unit I and II of the National Hospital of Sri Lanka (NHSL), Colombo.

Methodology: This is a retrospective study done from February 2019 to March 2021. Patients presenting with a history of CF were included. Data were extracted from theatre registry and it included participants' demography, site of cannula insertion and complications. Incomplete records were excluded. Microsoft Excel was used for data analysis.

Results: There were 31 cases included. Out of them, 19 (61%) were females and 12 (39%) were males. The mean age of participants was 52.76 years. There were sixteen (51.61%) cannulas inserted into the external jugular vein (EJV) and six (19.35%) at the elbow level and eight (25.81%) to the forearm veins. There were three (9.67%) patients who had EJV cannula. The fractured segment migrated from the local site. In one (3.22%) the migrated segment embolized to a segmental branch of the pulmonary artery. In the other two, cannula fragment migrated to the retro mandibular vein. This association between EJV cannula fracture and complications (migration, embolization) were statistically significant ($p < 0.05$).

Conclusion: Complications (migration, pulmonary embolism) developed with EJV cannula. There were no such complications associated with cannula fracture at other sites. Therefore, we suggest that when a cannula is inserted into the EJV, it should be removed as soon as possible and replaced in an alternative site or should be replaced with a central venous catheter as early as possible. Also, cannulas inserted at mobile sites should be avoided.

Keywords: *intravenous cannula, cannula fracture, fragment embolization*

Problems Associated with Smartphone Addiction among Advanced Level Students Attending Tuition Classes in Nugegoda

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Introduction: Smartphone addiction is recurrent usage of smartphone without considering time or frequency. Heavy usage of smartphone leads to various unhealthy consequences. The smartphone usage cannot be completely stopped because of all the benefits associated with smartphone. However, it can be limited. Therefore, this study aimed to determine the problems associated with smartphone addiction among Advanced Level students attending tuition classes in Nugegoda area.

Methodology: The study was a quantitative descriptive cross-sectional study conducted among 285 students. The convenient sampling was used to recruit the participants. Data were collected using a self-administered questionnaire. Ethical approval was obtained from ethics review committee, Faculty of medical sciences, University of Sri Jayewardenepura.

Results: The mean age of the students was 18 years and the majority (56.1%) was 19 years. The majority of students (63.3%) were not addicted, 6.7% were addicted and 30 % were at risk for addiction. Approximately 50% students had headache due to over usage of smartphone. The main psychological problem due to over-usage of the smartphone was detected as the “need to check notifications again and again” (34%). The main social problem due to over usage of smartphone was the disturbance to relationships with the family members (40%). Out of 285 participants, 29.8% had a problem in maintaining a good relationship with other people they interact.

Conclusion: Addiction to smart phones created several physical and psychological issues in students at the study setting. It can be badly affected not only students’ health, but also their studies and eventually their future. As health care workers, we should pay our attention in this regard and educate young generation, and also their parents regarding consequences of smartphone addiction.

Keywords: *smartphone addiction, physical problems, social problems, psychological problems, A/L students*

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