
Annual Research Symposium 2023

ABSTRACTS



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Abstract

Improving patient experience at COVID-19 treatment center - District Base Hospital Teldeniya, Sri Lanka

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Keywords: patient experience, COVID-19, treatment, quality, safety

Introduction

Patient experience includes a range of interactions with the health care providers. Positive patient experiences are associated with better patient safety, improved clinical outcomes, and higher patient satisfaction scores. Many complaints have been received from patients and mass media reported patients' dissatisfaction during their stay in COVID-19 treatment centres. This research project aims to determine factors associated with patient experience and to improve the patient experience which leads to advanced healthcare quality and patient safety.

Objective

To improve patient experience in the COVID-19 treatment centre at DBH Teldeniya.

Methods

A hospital-based interventional research project was carried out in the COVID-19 treatment centre at DBH Teldeniya. All COVID-19 patients admitted to DBH Teldeniya from 1st September 2021 to 16th September 2021 were taken as the pre-interventional sample and from 17th December 2021 to 29th December 2021 (n=46) were taken as a post-interventional sample. Interviewer Administered Questionnaire (IAQ) was used. Excel and SPSS software were used for data analysis.

Results

The positive patient experience rate was improved from 48.0% to 68.0% by providing results to health authorities who made decisions and implemented changes and interventions to improve the knowledge, attitudes, skills, and practices of health staff mainly through conducting training and motivation sessions concerning how to deliver the healthcare for patients in addition to the provision of needy infrastructure directed-to improve the patient experience.

Conclusions

Simple changes and proper interventions were very effective in quality and safety improvement. The overall patient experience has been improved after a few interventions and changes at the COVID-19 treatment centre in DBH Teldeniya. Healthcare providers should promote research to improve patient experience as well as to uplift healthcare quality and patient safety.

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Abstract

Factors linked with treatment compliance among mentally ill patients in National Hospital Kandy Sri Lanka

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Keywords: patient experience, COVID-19, treatment, quality, safety

Introduction

Non-compliance to treatment has been identified as a major factor in therapeutic failure in routine practices and scientific therapeutic trials and is directly related to poor prognosis. Furthermore, poor compliance to treatment leads to frequent relapses and repeated admissions and re-admissions to mental health units of hospitals and subsequently leads to poor quality of life for both the patients as well as the family members.

Objective

To determine factors linked with treatment compliance among mentally ill patients in National Hospital Kandy (NHK)

Methods

A hospital-based cross-sectional descriptive study was carried out at NHK using a systematic random sampling technique and three study instruments were used namely an administered questionnaire on factors linked with treatment compliance for patients, in-depth interviews for consultant psychiatrists, and a checklist for service availability. The period of Study was one year period from October 2018 to October 2019 and data was analyzed using descriptive statistics..

Results

The vast majority of participants were Sinhalese (n=367, 85.9%), Buddhist (76.3%), and females (55.3%). The mean age was 50.2 years Two groups studied were those compliant with treatment (n=307; 71.9%) and noncompliant with treatment (n=120; 28.1%). Selected factors which were statistically significant at P value <0.05 were determined as associated with treatment compliance. These factors were living alone, poor family support, lack of insight, increased waiting time at the pharmacy, increased waiting time at the clinic, social stigma, and social workers' support.

Conclusions

There should be a separate counter at the pharmacy for mental health clinic patients and that would minimize waiting time at the pharmacy. Strengthen the multi-sectoral collaboration to reduce stigma through media and community programmes through community mental health workers.

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Abstract

Prevalence of non-communicable disease risk factors among Sri Lankan adults with HIV at the time of registration at Central HIV Clinic, Sri Lanka

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Keywords: body mass index, diabetes mellitus, dyslipidaemia, HIV, hypertension, non-communicable diseases, risk factors

Introduction

Non-communicable disease (NCD) prevalence among patients infected with human immune deficiency virus (HIV), is on the rise. Since some of the risk factors are modifiable, clinicians have an important role in detection and early intervention.

Objective: To determine the prevalence of risk factors for NCD among treatment naïve Sri Lankan adults with HIV.

Methodology

A descriptive cross-sectional study using patient records from 2017 to 2019 by simple random sampling. Treatment-experienced patients, pregnant/postpartum females, children, and foreigners were excluded. Metabolic syndrome was defined according to the 1999 WHO Clinical Criteria. Percentages, means, and T-test values were computed ($P < 0.05$).

Results

Among 218 case records, 83% were male, 13.8% were >50 years and the mean age was 36 ± 11 years. 1 in 3 have received secondary education (A/L) while 81.2% were employed. The habits of smoking, alcohol, and substance use were prevalent in 33.9%, 49.5%, and 9.2% respectively. Mean CD4 was 402 ± 264.8 cells/ μ L and 2/3rd had CD4 <500 .

Overall, 9.6% had metabolic syndrome, 9.9% of males and 8.1% of females. The mean body mass index was 21.754 ± 2.6595 kg/m², and the mean difference in males and females was significant ($t = -2.045$, $df = 216$, $p = 0.042$), whereas 32.6% were obese or overweight. Preexisting hypertension, dyslipidaemia, and diabetes mellitus were observed in 7.3%, 2.3%, and 6.4% respectively. High fasting blood glucose and blood pressure were noted in 7.8% and 3.7%. Increased total cholesterol, and triglycerides were seen in 23.8% and 25.3% while 18.9% had less high-density lipoproteins. (Missing data in fasting blood glucose and fasting lipids were 16.52 % and 23.85% respectively) Elevated alanine transaminase and serum creatinine were prevalent in 22.5% and 8.8%.

Conclusions

Even though this study cohort was comprised mainly of young adults, NCD risk factors were quite prevalent, denoting the necessity of vigilant monitoring and timely interventions to prevent NCDs among Sri Lankan adults with HIV.

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Abstract

Characteristics of gender, ethnicity, risk factors and in hospital outcome of patients with acute coronary syndrome presenting to District General Hospital Nuwara Eliya

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Keywords: acute coronary syndrome, outcome, demography, risk factors, ethnicity

Introduction

Nuwara Eliya has a unique ethnic diversity and cold climate when compared to the other parts of Sri Lanka.

Objective

The study aimed to characterize the demographic distribution, risk factors, and clinical outcomes of patients with acute coronary syndrome (ACS).

Methodology: A descriptive cross-sectional study was conducted prospectively by using an interviewer-administered structured questionnaire. Data was collected from 420 patients over a five-month period and was analysed by using SPSS version 27.0.1.

Results

The mean age of ACS patients was 59 years. There was a male preponderance (64.6%). Notably, there was a higher prevalence of Tamil ethnicity (57%) among ACS patients, despite the proportion of Sinhala and Tamil ethnicities being equivalent in the broader Nuwara Eliya population. There was no significant association between gender and ethnicity in ACS. Hypertension, diabetes mellitus, smoking, and high-risk alcohol consumption were significantly associated with ACS. Heart failure exhibited a significant association with ACS, with a particularly high prevalence (72%) among ST-segment elevation myocardial infarction (STEMI) patients. Mortality rates differed across ACS types, with 4% mortality observed among non-ST-segment elevation myocardial infarction (NSTEMI) patients, and 2% among STEMI patients. The study also revealed a relationship between income and body mass index (BMI).

Conclusions

In conclusion, this research offers a comprehensive understanding of ACS patient characteristics, risk factors, and outcomes within the Nuwara Eliya population.

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Abstract

Prevalence of self-reported oral health problems, oral health knowledge and perception of oral health promotion among voluntary Mothers' Support Group members in a selected Medical Officer of Health area in Kalutara District

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Keywords: mothers' Support Groups, self-reported oral problems, oral health knowledge, oral health promotion

Introduction

Dental caries, periodontal disease, and oral cancer denote public health problems compounded by dental workforce shortage. Prevention and control of those diseases through oral health promotion utilizing.

Objective

To determine the prevalence of self-reported oral health problems, oral health knowledge, and perception of oral health promotion among members of MSGs in Dodangoda Medical Officer of Health (MOH) area

Methodology

A descriptive cross-sectional study was conducted by recruiting all the MSG members in the Dodangoda MOH area with more than six months of service experience. Using an interviewer-administered, close-ended questionnaire 415 members were interviewed. The chi-square test was used to detect associations at a 5% significance level.

Results

The response rate was 99% (N=411). The prevalence of self-reported oral problems among members was 35.3% (95% CI 30.4-39.9%) and 24.8% suffered from dental pain and sensitivity. A majority (83.2%) had satisfactory oral health knowledge (mean=65.1) (SD= 13.3) (median = 65) with knowledge deficits in the areas of maternal, infant, and child oral health. Though only a few (24%) had participated in training programmes and 15.3% had engaged in oral health promotional activities, most of them (92.7%) accepted its importance. Members' good oral health knowledge was significantly associated with their higher level of education (p=0.008), participation in training programmes (p=0.009), and support given to Public Health Midwife (p=0.041).

Conclusions

MSG members can be easily utilized for oral health promotion at the grass-root level. Providing sound knowledge on the aetiology and prevention of common oral diseases is recommended.

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Abstract

Effectiveness of High-Intensity Interval Training (HIIT) in overweight individuals between 25-45yrs of age registered in Sports Medicine clinic, General Hospital Kalutara District

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Keywords: HIIT, Lipid profile, BMI, VO2max, overweight

Introduction

The prevalence of obesity and obesity-related non-communicable diseases are becoming a massive health concern in the whole world. Physical activity is recognized as an effective solution for this matter. The published data on the effectiveness of High-Intensity Interval Training (HIIT) in improving health parameters in overweight and obese individuals is sparse. Hence this study is conducted.

Objective

Introduce an effective, time-efficient exercise method to overweight individuals for their health benefit, anthropometric measures, lipid profile and cardiorespiratory fitness [VO2 max].

Methodology

This is a Quasi-experimental study which was conducted at the Sports medicine clinic, General Hospital, Kalutara. Participants have engaged in a programme of HIIT, three times per week for 6 weeks. Data collection was based on precise measurements by using structured and validated methods. Ethical clearance was obtained.

Results

The registered number for the study was 48 and only 52% completed the study. The mean age was 32 (SD=6.397) years and 64% were males. All the anthropometric measurements which were assessed (i.e. waist circumference (P<0.001), weight (P<0.001) and BMI (P<0.001), body fat percentage (P<0.001), VO2 max (P<0.001), and lipid profile (i.e. HDL (P=0.016), LDL (P<0.001), cholesterol (P<0.001), triglycerides (P<0.010) and LDL: HDL (P<0.001) had shown statistically significant improvement after the intervention with the HIIT programme.

Conclusions

This study confirms HIIT as a time-saving and effective exercise method, which helps in preventing obesity as well as non-communicable diseases. HIIT ameliorates body anthropometry, fat percentage, cardiopulmonary status, and lipid profile in overweight and obese individuals markedly. As with the majority of studies, the design of the current study is subject to some limitations. The first is the study focused on a correlational study. If it is a comparative study, comparing with other methods of training programs would have given more validity.

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Abstract

Cost-Benefit Analysis of Population Screening Program for Cardiovascular Disease in Sri Lanka

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Keywords: cardiovascular disease, screening for disease, cost-benefit analysis

Introduction

Disease screening, particularly in the context of non-communicable diseases (NCDs), plays a crucial role in disease prevention, and promoting cost-effective healthcare.

Objective

This study aims to demonstrate the costs and benefits of cardiovascular screening programme in Sri Lanka.

Methodology

National-level NCD program costs from 2016-2020 were taken from the National Multisectoral Action Plan for the Prevention and Control of NCDs (2016-2020) Sri Lanka. It was assumed that 50% of the allocations for Health system strengthening and early detection and management of NCDs were allocated for screening. The benefit was calculated using averted lost earnings due to screening. Twenty percent (20%) of the target population (>35 years) is screened annually. The high-risk CVD was based on the WHO/ISH 2007 >30% threshold. Lost earnings were calculated for a Blue and White-collar worker separately (per patient if he/she is removed from work at 50 years due to death or disability). The monetary was based on Sri-Lankan-rupees (SLR). Benefit-to-cost-ratio (BCR) was calculated.

Results

An employee who is 50 years old dies or becomes disabled, the total lost earnings for a government sector worker is Rs. 4.6 million, for an informal sector worker is Rs. 3.3 million. The Benefit-to-cost-ratio (BCR) of screening from 2016- to 2020 is; 2016-BCR 8.7, 2017-BCR 4.4, 2018-BCR 3.4, 2019 BCR 4.3, and 2020 BCR 1.1. The projected cost necessary for the screening programme in 2023 for maximum benefit (20% population) based on WHO / ISH 2007 is Rs million 1021 and if WHO ISH/2019 is implemented Rs. Million 777. 6. To screen 10 % of the target population the cost necessary is Rs. Million 510 based on WHO/ ISH 2007 and Rs. Million 389 based on WHO/2019.

Conclusions

The Benefit-to-Cost-Ratio has declined over the years as a result of the percentage of the screened population has declined. BCR from 2016 to 2019 has been nearly 4 and in 2020 the BCR has drastically dropped.

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Abstract

Knowledge Related to Poor Compliance for Diabetes Management among pregnant Type 2 Diabetes in Kurunegala District; Hospital Based Study

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Keywords: knowledge, compliance, type 2 diabetes mellitus, pregnancy, Kurunegala

Introduction

Type 2 Diabetes mellitus is a chronic non-communicable disease, which is becoming a rapidly escalating epidemic in low and middle socioeconomic communities as well as in pregnancy. People who exhibit poor compliance will contribute to less than desired control with more complications to the pregnant women and the foetus.

Objective

To determine the knowledge related to poor compliance, diabetes diet, exercises and drugs for Diabetes Mellitus, among pregnant women with Type 2 diabetes mellitus at Kurunegala district.

Methodology

A quantitative descriptive study was conducted for 6-month duration, among 200 diabetics women who followed up in Teaching Hospital Kurunegala. A self-administered questionnaire was used to collect data and analysed results by SPSS.

Results

The study sample included 200 type 2 diabetics 43.8%(n=88) were between age 21-30 and 62.2% (n=125) had only primary education. 195 (97%) were aware of a healthy diet, but knowledge of deciding the healthy diet (17.4%) was comparatively low. 182 (90.5%) knew that the pulses have benefits for a diabetic, but only 26.4% (n=53) of participants thought that a low salt diet affects the quality of life. Though 200 (100%) knew that daily meat consumption could affect health, only 24.0% (n=48) were aware that high fat alters health massively. 95% (n=191) of subjects followed prescriptions regularly, and 58.2% (n=117) were not aware of the main side effects of hypoglycaemic drugs. Only 21.4% (n=55) were administered insulin in different sites and 8% (n=16) were stopped drugs without medical advices. Participants knew that daily regular activities would reduce complications 67.7% (n=136) of diabetes mellitus in pregnancy, only 48% (96) had undergone complete end organ assessment. Awareness of place for folic acid as a method to improving foetal outcome 12.4% (n=25) is comparatively low and awareness of the importance of anomaly scan at 20 weeks of gestation was 100 (50%) average.

Conclusions

Although participants seemed to have satisfactory knowledge, there are specific areas where the knowledge is highly inadequate. It's important to provide adequate education about diabetes to improve awareness in order to minimize future complications and hazards to the mother and the foetus.

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Abstract

Are adolescent female monks in Sri Lanka having an adequate Body Mass Index (BMI); preliminary study in rural areas in Sri Lanka

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Keywords: adolescent, BMI, Female, monks, Sri Lanka

Introduction

A healthy society should cover all subgroup communities and the standard level of basic public health in a country. This depends on the coverage of all subgroups of all societies. Body mass index (BMI) is a metric used to assess the anthropometric characteristics of a population. According to this value, the whole population can be categorized into groups.

Objective

The BMI of adolescent female monks in rural areas is not properly assessed in Sri Lanka. The present study was focused to assess the pattern of BMI of adolescent female monks in rural areas in Sri Lanka.

Methodology

A descriptive cross-sectional study was designed among randomly selected 74 adolescent female monks in North Central Province. The height and weight of adolescent female monks were measured by Pre intern medical officers. Then BMI was calculated, and it was categorized into groups using standardized female BMI values. Statistical data were analysed using SPSS software.

Results

Out of the total number of 74 participants whose ages were between 11 to 18, the mean BMI was 16.75kg/m², with a standard deviation of 2.9. Early adolescents' (n=36) mean BMI was 15.5 kg/m² while middle adolescents' (n=29), and Late adolescents' (n=9) mean BMI was 17.4 kg/m² and 19.6 kg/m² respectively. Out of all participants, 51.35% (n= 38) were below the 5th percentile which indicated that the majority of participants were in the underweight category. 47.3% (n=35) from total monks were between 5th to 85th percentile and 1.35% (n=1) of them were above 85th percentile, belonging to overweight category.

Conclusions

Public health intervention should be more focused and targeted to each subgroup in rural areas in a country to make a healthy society by increasing awareness programmes and implementing new strategies to overcome underweight among adolescent female monks in Sri Lanka.

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Abstract

Knowledge, attitudes and practices towards the domestic fire accidents and factors associated with them among residents of a selected urban housing complex in Colombo

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Keywords: domestic fire accidents, fire safety, knowledge, attitudes, practices

Introduction

Domestic fire accidents are among the known man-made disasters with the most devastating events that cost lives and properties. This impact is more significant in housing complexes mainly due to the crowded environment. The literature suggests that proper knowledge, attitudes, and practices on fire safety, play a massive role in mitigating such disasters.

Objective

To assess the knowledge, attitudes, and practices towards domestic fire accidents and factors associated with them among residents of a selected urban housing complex in Colombo.

Methodology

A cross-sectional study was conducted in an urban housing complex in Colombo using a questionnaire with interviewer & self-administered components among 423 residents. The descriptive data was presented in percentages and the Chi-square test was used for the comparison of variables. A scoring system was used to measure knowledge, attitudes, and practices on fire accidents.

Results

Among the study participants, 61.9% were females and 91% of them had satisfactory knowledge. Age and the highest level of education were significantly associated with the level of knowledge. ($p < 0.05$). Furthermore 81% showed a favorable attitude level towards the prevention of domestic fire accidents. Being female and highest level of education was found to be associated with a favorable attitude. ($p < 0.05$) Also, 56% had a satisfactory practice level. It was found that the level of knowledge was significantly associated with the level of attitudes and level of practices. ($p < 0.05$)

Conclusions

This study demonstrated that the majority of the study participants had satisfactory levels of knowledge, favorable level of attitudes, and practice levels. Also, there was no fire safety management, known responsible person, fire detection systems, assembly points, or fire evacuation plan.

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Abstract

Relationship between iron deficiency anaemia and febrile convulsion in the paediatric unit of the teaching hospital

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Keywords: iron , deficiency, febrile, convulsion ,paediatrics

Introduction

Febrile convulsion occurs between the age 6 months and 60 months with a temperature of more than 38 °C that is not a result of central nervous system infection or metabolic imbalance and that occurs in the absence of a history of prior afebrile seizure. Iron deficiency anaemia is a common nutritional deficiency in children essential for proper growth and development and iron deficiency is reported to involve behavioral disorders and mental retardation.

Objective

To assess the prevalence of iron deficiency anaemia among the children admitted with febrile convulsion.

Methodology

A retrospective study was done using bed head tickets paediatric unit of Teaching Hospital Karapitiya, Sri Lanka, during 6 months period from 1st March 2023 to 1st of August 2023. Data were collected from tickets.

Results

Out of the 520 admissions, 67 (12.8%) had convulsion. Out of those 51 (9.8%) had simple febrile convulsion and 16 (31.3%) had convulsion which are not fit the criteria for febrile convulsion. 33 (64%) out of 51 admissions had iron deficiency anaemia hemoglobin less than 10g/dl, low mean cell volume, low mean cell haemoglobin and blood picture suggest iron deficiency anaemia.

Conclusions

Iron deficiency anaemia is a significant risk factor for febrile convulsion and a follow up study of patients found to be correction with iron therapy significantly reduced the recurrence.

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Abstract

Effectiveness of a Basic Life Support and First Aid Program for School Children in Kandy District, Sri Lanka

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Keywords: effectiveness, training, basic life support, first aid, school children.

Introduction

Public knowledge of Basic Life Support (BLS) and First Aid is important in areas with limited pre-hospital services such as Sri Lanka (1). By-stander-initiated cardiopulmonary resuscitation (CPR) has been shown to increase survival and neurological outcomes among out of hospital cardiac arrests (2). BLS and first aid teaching to school children is known to improve knowledge, attitudes and practices (3).

Objective

To assess the effectiveness of BLS and First Aid training for School Children in Sri Lanka.

Methodology

A descriptive-analytical study was done among school children (14 & 15 years old) in the Kandy District, Sri Lanka. This was conducted as pre-course and post-course questionnaires and on-site training sessions. The study was approved by the educational directorate along with parental consent. Participation was voluntary. The teaching session had lectures, practical demonstrations, and hands-on training. The questionnaire comprised 15 single-best-answer questions.

Results

The study population is 888. Percentage of knowledge improvement was assessed. There was a 61.5% knowledge gain regarding looking for dangers around unresponsive victims. 23% improvement was seen in recognition of a cardiac arrest. Regarding CPR, 29.8% improvement was seen on-site for cardiac massage and 37.7% improvement for technique. There was a 25.5% knowledge gain regarding turning to a recovery position. Concerning first aid, the highest gain was seen in responding to an avulsed tooth at 51.8% and 38% for response to amputated body parts. A 33.7% knowledge increase was seen for first aid in a burn. A further 27% showed a gain of knowledge for epistaxis management. The least knowledge gain was seen regarding the initiation of CPR for a victim in cardiac arrest at 9.1%. 22.5% improvement was seen regarding the management of traumatic wounds.

Conclusions

A significant knowledge improvement was seen in many teaching areas of the BLS and First Aid program among the study population.

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Abstract

An Assessment of the Inclusive Early Childhood Development Program of the Family Health Bureau in Kandy District, Sri Lanka

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Keywords: childhood developmental delays and disabilities, family health bureau, inclusive early childhood development program, child development intervention centre, Kandy District.

Introduction

Early detection and intervention for children with developmental disabilities improves the functionality of children significantly. Early interventions are low-cost, parent-mediated and, home-based provided by multidisciplinary team support. Family Health Bureau (FHB) of the Ministry of Health, Sri Lanka, introduced the Inclusive Early Childhood Development Program (IncluDe) with multi-stakeholder concurrence to fulfil this need. IncluDe program has two main components: systematically screening all children of Sri Lanka to identify developmental delays and disabilities and to provide early intervention via a multidisciplinary team. The Kandy district program was launched in March 2021, establishing the Child Development Intervention Centre (CDIC) at Rehabilitation Hospital Digana, Kandy.

Objective

This study was conducted to assess the implementation status of the IncluDe program in the Kandy district to identify the facilitators and barriers to be addressed and to suggest recommendations.

Methodology

A qualitative study was conducted by collecting data through a desk review, key informant interviews, and focus group discussions.

Results

IncluDe program in the Kandy district focusses on three primary areas: screening program for children, comprehensive multidisciplinary care at CDIC, and provision of specialized services when necessary at a tertiary care hospital. The study revealed many barriers in all service delivery areas; lack of human resources, deficiencies in the training of primary healthcare staff on screening, lack of comprehensiveness of the care given at CDIC, and, lack of a coordinated patient referral mechanism to obtain specialized care from a tertiary care hospital were identified as the priority problems for early intervention. Facilitators were the dedication of the administrative team, acceptance of the program by the field-level staff, and patient satisfaction.

Conclusions

The "IncluDe" program in the Kandy district functions with resource constraints. Thus, to achieve an effective outcome, it is essential to strengthen all facets (Screening, CDIC facilities, and tertiary care referrals) of the program.

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Abstract

Impact of COVID-19 infection on Endoscopic Gastroenterological procedures at National Hospital of Sri Lanka

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Keywords: COVID, Endoscopy, Impact, GHU, NHSL

Introduction

The COVID-19 pandemic has had a major global impact on endoscopic services. The reduced capacity, along with a public reluctance to undergo endoscopy during the pandemic, might result in excess mortality from delayed diagnosis of malignancies and other life-threatening diseases.

Objective

To assess the impact of endoscopic procedures during the COVID crisis at the Gastroenterology and Hepatology Unit (GHU) of the National Hospital of Sri Lanka (NHSL).

Methodology

Using the endoscopy database at GHU of NHSL we performed a retrospective analysis of endoscopy services and procedures for a period of one year during the - pre-COVID 1st wave which impacted Sri Lanka. Raw procedure-level endoscopic data were processed and sanitized to a pre-COVID data module incorporating all endoscopic procedures done at the GHU. Three periods were designated: Pre-COVID: from 4th August 2019 to 29th February 2020 (30 weeks), COVID impact: from 1st March 2020 to 6th June 2020 (15 weeks) and transition period from 7th June 2020 to 12th September 2020 (15 weeks). Total and procedure-specific analysis were performed.

Results

A biweekly average of 216 endoscopy procedures were performed in the pre-COVID period. Activity in the COVID-impacted period reduced to 54% of pre-COVID levels and at its lowest, the activity was only 18%, recovering to 94% of pre-COVID activity by the end of the study.

Conclusions This demonstrates the remarkable impact that the pandemic has had on endoscopic services, which has resulted in a substantial reduction in procedures and turn in the detection of disease. The true impact of this catastrophe will emerge in the coming years due to non-investigated upper and lower GI malignancies.

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Abstract

An In-Depth exploration of perceived barriers to healthy eating among overweight and obese women in a selected MOH area in Kalutara District, Sri Lanka

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Keywords: Barriers, eating, Overweight

Introduction

The worldwide epidemic of obesity is a significant factor in cardiovascular diseases. Identifying barriers to a healthy lifestyle in a specific group is vital to alleviate the weight-related burden, potentially reducing the impact of Non-Communicable Diseases on mortality and morbidity.

Objective

To describe the perceived barriers to healthy eating among 35-44 overweight and obese women.

Methodology

A Qualitative study was conducted in the Medical Officer of Health area Panadura in the District of Kalutara, Sri Lanka. The data were collected using semi-structured in-depth interviews conducted among 18 overweight & obese women. Content analysis of the qualitative data was conducted manually. Using the inductive approach to data analysis ensured that the interpretations and codes of the study were generated from the actual data.

Results

The study identified three main themes: personal, social & cultural, and environmental barriers as key factors for perceived healthy eating. Under the personal factors: Inadequate knowledge, time limitation, lack of motivation, and Inadequate cooking skills were identified as subthemes. Social and cultural barriers included two subthemes: immediate family influence and social norms while environmental barriers included two subthemes: lack of access to healthy options and high cost of healthy options.

Conclusions

Study findings offer vital insights into the challenges and barriers faced by overweight and obese women in adopting healthy eating habits within this age group. These insights can aid public health program managers, policymakers, and all stakeholders in fostering a healthier food environment and enhancing nutrition education.

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Abstract

A descriptive study on anthropometric and handprint dimensions of a young adult population in Sri Lanka

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Keywords: anthropometry, BMI, hand and handprint measures, Sri Lanka

Introduction

Anthropometry is a systematic study focused on human body measurements, encompassing various aspects like hand and foot anthropometry, prints of hand and foot, body indices, and ratios like BMI and body fat percentage. This conventional method for anthropometry measures finds diverse application in fields such as forensic medicine, anatomy, archaeology, medical research, ergonomic design, epidemiology, and nutritional assessment.

Objective

The study goals were to establish hand anthropometric measures and to determine the association between hand anthropometries and BMI among a young adult population in Sri Lanka.

Methodology

The sample comprises 122 males and 234 females in the age range of 19-28 years at the KIU campus from different disciplines. Selected hand, handprint measurements of both hands and BMI were measured using a Vernier caliper, ruler, flexible measuring tape and OMRON Karada scanner. SPSS (Statistical Packages for Social Sciences) version 28 analytical tool were applied for descriptive analysis.

Results

The mean values of age and BMI were 23.64 ± 1.39 years, and 21.84 ± 4.23 kg/m² respectively. The mean values of hand lengths of males and females were 18.34 ± 1.00 cm, and 16.89 ± 0.96 cm respectively. Among the population, most of the participants (n=198) had normal BMI values. Significant mean differences were observed between male and female hand anthropometries. However, there were no significant mean differences ($p > 0.05$) between right and left-hand anthropometries for both sexes. Furthermore, in males, a significant association was found between hand and handprint anthropometries and BMI except for palm length, ring, and little fingers. Similarly, in females, a significant association was noted between BMI selected hand and handprint measures except palm length, index, middle and little fingers in females.

Conclusions

The study has provided valuable insights into the anthropometric characteristics of hand and its association with BMI within a young adult population in Sri Lanka.

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Abstract

Exploring Knowledge, attitude, perceptions, motivation, and practices of outsourcing janitorial services at Lady Ridgeway Hospital (LRH)

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Keywords: janitorial service, outsource, LRH, knowledge, practices

Introduction

Outsourcing of non-core services is a worldwide trend that anticipates the efficiency and effectiveness of the service. Janitorial service is one of the utility services that has been outsourced in Sri Lankan hospitals. Despite the janitors' contribution to creating a clean and safe environment, they were given less recognition in the health service. Though it was said that outsourced janitorial staff failed to provide quality service, evidence is hardly any. To ensure patient safety and service efficiency cleaning staff, must be competent.

Objective

The study objective is to explore the knowledge, attitudes, perceptions, motivation level and practices of outsourced cleaners of the LRH to improve the competencies.

Methodology

An explanatory mixed design was used. Quantitative data was collected using an interviewer-administered questionnaire to assess the knowledge, attitudes, perceptions, and motivation of the 96 janitors attached to different sections of LRH. Qualitative data was collected from twelve purposively selected unit heads using an interviewer guide. In addition, the practices of janitors were directly observed using a checklist. Quantitative data were analyzed using a statistical package. Mean scores of independent variables were calculated. Each question was given marks and using original Bloom's cut-off point, categorized participants based on their level of knowledge, attitude, practices, and motivation. A score of >60% is considered to have better outcomes. Qualitative data were analyzed thematically.

Results

Most janitors were females, over 55 years old, educated up to year eight and had >22 years of experience. It revealed knowledge, attitudes, practices, motivation and their perception towards job-related factors were significantly low. ($p < 0.005$). Observational findings showed their practices were suboptimal.

Conclusions

The outsourced janitors were lacking knowledge, practices, attitudes, and motivation. Their perception towards the job was also poor. They needed training to improve competencies. Their recruitment needed to be defined.

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Abstract

A project to ensure uninterrupted service delivery in a human resource-constrained environment

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Keywords: staff shortage, caregiver training, service interruption, Sri Jayewardenepura General Hospital, unskilled recruiters

Introduction

Healthcare organizations' greatest challenge is the restriction of new recruitment and employee retention in the context of the prevailing economic crisis. Sri Jayewardenepura General Hospital (SJGH) experienced a high turnover rate of employees leading to a great deficiency, especially in the minor category.

Objective

This project aimed to reduce the adverse impact of minor staff shortages on service delivery by adapting current government policies.

Methodology

Caregiver training was initiated in collaboration with the Sri Lanka Bureau of Foreign Employment (SLBFE) aiming at unskilled recruiters waiting for foreign employment as caregivers. SJGH was registered under the Tertiary Vocational Educational Commission (TVEC) and possesses the expected standard National Vocational Qualification frame (NVQ) level 3. Adhering to TVEC's standards, a comprehensive 12-module curriculum was formulated. Through a Memorandum of understanding the roles and responsibilities of the two parties were defined. Pre-placement Key Informant Interviews (KIIs) were conducted to identify the required skills. Forty trainees were trained by competent trainers for forty-five days with real practical exposure in respective units.

Results

Service delivery disturbances of SJGH were minimized. The evaluation found that all forty trainees were competent in caregiving. Post-KIIs revealed high satisfaction levels of the patients and unit heads regarding the performance of the trainees. Assigned duties were well conducted by them adopting the rules and norms of the hospital. Trainees are also satisfied with an obtained positive experience. SLBFE possesses a competitive advantage over their employees.

Conclusions

This cost-effective intervention assured uninterrupted service. Therefore, it can be recommended as an applicable alternative to mitigate service disruption due to the scarcity of staff. As a relief for the current financial crisis, foreign currency inflow can be encouraged by deploying these skilled workers in foreign countries.

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Abstract

Delays In Diagnosing Lung Cancer: A Sri Lankan Experience

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Keywords: lung cancer, diagnosis delay

Introduction

The majority of lung cancers are diagnosed at an advanced stage globally. A recent Sri Lankan study revealed that more than 90% of lung cancer patients are treated with palliative intent.

Objective

We aimed to describe the possible delays in diagnosing lung cancer and their underlying reasons.

Methodology

A cross-sectional study was conducted among lung cancer patients attending the National Cancer Institute, Sri Lanka over a period of six months (from September 2022 to February 2023). An interviewer-administered questionnaire and data extraction sheets were used to collect data.

Results

Out of 101 lung cancer patients, 78.2% (n=79) were males. The mean (SD) age was 60.9 (11.8) years. 66 (65.3%) were smokers and 13 (12.9%) had a family history of lung cancer. Cough (n=63, 75.0%) was the predominant presenting symptom. Adenocarcinoma (n=56, 66.7%) was the commonest histological subtype. The majority (n=60, 59.4%) had more than one month delay from the first symptom to the first medical visit. Lack of awareness of lung cancer was claimed as the reason for the delay by almost all (n=59, 98.3%). 59 (58.4%) had more than two weeks delay from the first medical visit to performing CXR. The commonest cause for this delay was the prolonged antibiotic treatment (n=29, 49.2%). The majority (n=59, 58.4%) had more than four weeks delay from the first medical visit to performing a CT scan. There were no statistically significant associations between the presence of different symptoms and delay in seeking medical advice (p>0.05) or delay in performing CXR.

Conclusions

There is an unacceptable delay in seeking medical care and performing CXR in lung cancer patients. We recommend addressing these issues by implementing a national lung cancer pathway and conducting public awareness programs.

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Abstract

Characteristics and associated pre-hospital care factors with the injury severity of the patients attending National Hospital Kandy following road traffic accidents

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Keywords: road traffic accidents, pre-hospital care, injury-severity, transportation, injury - characteristics

Introduction

Road traffic accidents (RTA) related morbidities have reached an extraordinary epidemic level in Sri Lanka. Current patterns and trends in outcomes and RTA-related characteristics should be described and it is important to find the association and correlation between the severity of the injuries and pre-hospital care factors. These findings are essential to improve pre-hospital care in Sri Lanka and RTA prevention programs.

Objective

Objectives were to describe characteristics of RTA-related incidents, injuries, and pre-hospital care factors and to describe the association and correlation between the injury severity and pre-hospital care factors.

Methodology

A descriptive, cross-sectional study was conducted on 225 RTA victims, selected by consecutive sampling method, using an interviewer-administered questionnaire. Socio-demographic profile and RTA-related characteristics were described using descriptive statistics and pre-hospital care factors associated with injury severity were described using a chi-square test at a 95% confidence interval placing the p-value at 0.05 and correlations were identified using the Spearman test.

Results

The majority of the victims (69.5%) were males and Sinhalese (92%), the median age was 40 (SD=18.91). Most of them were back-seat passengers (28.8%) and most of the incidents happened during daytime. The positively associated pre-hospital care factors with the injury severity were the mechanism of transport (p=0.002), type of transport (p=0.011), training status of the transporter (p=0.002), and the care given prior to transport (0.011). The time to reach the hospital was positively correlated (p=0.021) with the injury severity.

Conclusions

Prevention programs should be focused on males and mechanisms should be developed to train people to transport victims and improve skills in pre-hospital care and victims should reach hospitals without delay.

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Abstract

Risk Factors of Severe Leptospirosis in District General Hospital, Kalutara Sri Lanka

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Keywords: leptospirosis, severe, mild, Kalutara, risk factors

Introduction

Leptospirosis is a considerable public health concern specially in the wet zone of Sri Lanka. Kalutara District is one hot spot for this zoonotic disease with a cumulative incidence of 99-113 cases per 100 000. Risk factors and predictors of this disease are poorly understood in the national context. Our objective was to assess the risk factors of the severe leptospirosis disease in Kalutara District General Hospital which receives the vast majority of patients from all over the Kalutara Divisional Secretariat Divisions.

Objective

To assess the risk factors of severe leptospirosis disease in the Kalutara district, Sri Lanka.

Methodology

A retrospective observational case-control study was carried out at the District General Hospital Kalutara with 142 patients who were clinically suspected of having leptospirosis from December 2021 to April 2022. A consecutive sampling technique was used. Cases were patients with severe leptospirosis, defined as having either acute renal failure requiring dialysis, shock treated with vasoactive drugs, alveolar haemorrhage, bleeding requiring blood transfusion, respiratory insufficiency needing mechanical ventilation or death during hospitalization, and controls were ones with mild symptoms. The Bed Head Tickets were used to extract the needed data and necessary information was extracted from the patients using an interviewer-administered questionnaire and a data collection form.

Results

There were 37.3% cases and 63.7% controls in the two groups with 3 deaths (case fatality rate 2.1%). Risk factors profoundly associated with the disease were smoking (OR = 3.59 [CI 1.57–8.2]), and alcoholism (OR = 4.74 [CI 2.21–10.17]). Lack of awareness and delay in admission to the hospital were significantly correlated with the severity of the disease ($p < 0.05$).

Conclusions

The findings of our study revealed smoking, alcoholism, and CKD as risk factors for severe leptospirosis in the Kalutara DS division.

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Abstract

Clinical Audit on patients left against medical advice from Base Hospital Eravur, Sri Lanka

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Keywords: medical advice, missing, LAMA

Introduction

A patient who chooses to leave the hospital before the healthcare team recommends to discharge from the hospital is known as left against medical advice (LAMA). This affects both patients and healthcare workers. This may lead to an increased risk of adverse outcomes including mortality. It was noticed number of patients with LAMA was high in base hospital (BH) Eravur.

Objective

To describe patient LAMA from BH Eravur.

Methodology

A descriptive cross-sectional study was done at BH Eravur using secondary data extraction from Bed head tickets of the third quarter of 2022. Data was analyzed descriptively using SPSS25.

Results

Among the total admissions patients LAMA was 13.34%. Among the Patients who went on LAMA from the male ward 35%, the female ward 26.6%, the Emergency treatment unit 19%, Paediatric ward 14%. From the maternity ward only 4% and the psychiatric ward less than 1% went LAMA. Different types of minor injuries have been the most frequent reason for admission 35.5% among patients LAMA ($p=0.023$). Further, 60% of patients with LAMA were admitted after outpatient department (OPD) services closed.

Conclusions

The LAMA rate in this setting is much higher than in the global setting. It shows minor injuries that would have been treated at OPD were accounted for LAMA. The prevalence of LAMA is high in this setting. Also, it is high among patients admitted after the outpatient department closed. It is recommended to increase the opening hours of the outpatient department. Establishing preliminary care unit services where patients can stay for few hours and get discharged. Further studies are needed to explore the reasons of LAMA, consequences of LAMA and the magnitude of the problem.

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Abstract

Musculoskeletal disorders, associated factors and health-seeking behaviour among small scale handloom weavers in Kalmunai Regional Directorate of Health Service area

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Keywords: musculoskeletal disorders, prevalence, associated factors, small-scale handloom weavers, occupational health

Introduction

Musculoskeletal disorders (MSDs) are a major health issue among physically demanding working populations especially among small-scale handloom weavers (SSHW) who practice traditional and highly labor-intensive manual operations.

Objective

This study was conducted to determine the prevalence of musculoskeletal disorders (MSDs) and associated factors among small-scale handloom weavers in Kalmunai, Regional Directorate of Health Service (RDHS) in Sri Lanka.

Methodology

A workplace-based cross-sectional study was conducted among SSHW registered in the department of rural industry in the Kalmunai RDHS area. Two-stage cluster sampling was done, and a validated, pre-tested interviewer-administered questionnaire was used for data collection of 606 samples. A workplace was considered as a cluster with ten weavers. Analysis was done using odds ratio (95% CI) and chi-square test.

Results

With a response rate of 100%, the study population consisted of 70.1% males and the median age was 56 years. The MSD prevalence was 82.3% (C.I. 1.79- 1.85) during the preceding three months and 63.9% (C.I. 1.60- 1.68) for the last work week. The commonest site was lower back (79.32%). Sex (OR 0.59, χ^2 - 4.35, p < 0.001, age (OR- 3.4, χ^2 - 32.94, C.I. 2.21- 5.24), transport (OR 0.5, χ^2 - 6.63, C.I.-0.29- 0.86), experience (OR- 6.67, χ^2 - 64.73, C.I.-4.02- 11.06), work hours (OR- 0.46, χ^2 -11.724, CI:0.29-0.72,) and resting hours (OR- 0.56, χ^2 - 5.66, CI:0.34-0.91) were significantly associated with MSD symptoms at least in a single body site.

Conclusions

The prevalence of MSDs was high among SSHW and associated with socio-demographic and physical factors. MSDs among SSHW should be considered an occupational health priority and preventive measures should be implemented by addressing physical and ergonomic demands and improving the knowledge and awareness of both the employers and employees.

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Abstract

Do antenatal mothers compliant to nutritional supplements provided by the government?

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Keywords: compliance, supplements in pregnancy, nutritional supplements, factors associated with compliance, antenatal clinic services

Introduction

Micronutrients and food supplements together are called Nutritional supplements (NS). They are provided to pregnant women free of charge, by the government. Compliance with NS benefits mother and baby reducing maternal anaemia, low birth weight, and congenital anomalies.

Objective

To determine the compliance with NS and factors associated with compliance among pregnant women attending antenatal clinics in the Medical Officer of Health area, Kolonnawa (General Objective).

Methodology

A descriptive cross-sectional study among 271 pregnant women was conducted. A sample was selected according to probability proportionate to the size of clinic visits using the attendance registers of clinics. Every third woman fulfilling the inclusion criteria was recruited. A pretested interviewer-administered questionnaire with a scoring system was used to assess compliance. Factors associated were assessed using chi-square test for significance.

Results

The mean age of the study participants was 28.39 years (SD= 5.49 years), with the mean POA at booking visits of 8.22 weeks (SD=3.6). There was no statistically significant association with most of the socio-demographic and antenatal characteristics of the participants ($p>0.05$). However, between ethnicity and compliance, it was significant ($p=0.008$). Among women who had good compliance (28%, $n=76$) had good; knowledge, attitude, and practices 36.1% ($n=26$), 31.1% ($n=59$), and 40.7% ($n=57$) respectively. The association between practices related to NS with compliance was statistically highly significant ($p<0.001$) while service-related factors with compliance were statistically not significant ($p>0.05$).

Conclusions

The majority of pregnant women had poor compliance with micronutrients and food supplements. Even those who were compliant did not have satisfactory knowledge, attitudes, and practices. Hence, there is a need to empower them to be compliant with the supplements and find out the reasons for noncompliance.

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Abstract

An audit on glycemic control of patients receiving variable rate intravenous insulin infusion at critical care

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Keywords: VRIII, glycemic control, critical care, blood glucose monitoring, hyperglycemia, hypoglycemia, JBDS guidelines.

Introduction

Fluctuating blood sugar is a common problem in critically ill patients in ICU. Variable Rate Intravenous Insulin Infusion (VRIII), earlier known as sliding scale insulin, has been used to achieve normoglycemia in intensive care units (ICU). Joint British Diabetes Society guidelines (JBDS) state that it should be used in the right context and has been shown to improve outcomes. The purpose of this audit was to evaluate the appropriate use of VRIII and timelines of glycaemic monitoring in critical care patients in the ICU.

Objective

To determine the appropriate use of VRII, glycaemic variability while on therapy and glycaemic monitoring during VRII therapy. The occurrence of hypoglycaemia and hyperglycaemia was evaluated with response time for each action.

Methodology

This retrospective single-centre clinical audit was conducted in the ICU at Glangwili General Hospital in the United Kingdom from the 1st of January 2022 to 1st of July 2022. Data were extracted from the digital medical records of 51 patients who received VRII therapy.

Results

The majority of patients (96%) received VRIII for severe illness to achieve glycaemic control and the median duration was 15 hours. Out of 51 patients, 17.6% (n=9) received hourly blood sugar monitoring while 52.9% (n=27) monitored every 2 hours. Out of 1011 RBS values, 52.7% (n=533) observed hyperglycaemia (blood sugar >10mmol/L), while 46.6% (n=471) achieved optimal blood sugar control (6-10mmol/L). Hypoglycaemia (blood sugar <4mmol/L) occurred in only 0.7% (n=7) of cases. Five patients (9.8%, had both hyperglycaemia and hypoglycaemia concurrently. Prompt responses to were observed in hypoglycaemia and hypoglycaemia however mean time for response was 4.4 minutes (SD 4.1) in hypoglycaemia while 11.0 minutes (8.2) in hyperglycaemia.

Conclusions

The audit findings indicate areas for improvement in adherence to JBDS guidelines and measures to expedite the response to high blood sugar levels are recommended.

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Abstract

Requirement to appoint MD qualified all medical trainees to Quality Governance units in NHS Trusts during their foreign trainees

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Keywords: Governance, Safety, Quality, Trainees, NHS

Introduction

Quality Governance involves having the necessary structures, processes, standards, and oversight in order to ensure that safe, person-centered, and effective services are delivered. National Health Service (NHS) England is one of the leading developed countries to offer high-quality and safe service to patients. The Quality Governance Section plays a major role in every NHS hospital for offering this excellent service.

Objective

To identify the key functions of the quality governance unit in HUTH and emphasize the value of its exposure to all foreign trainees.

Methodology

During a period of 3 months, focal group discussions and key informant interviews were conducted with responsible leaders at the quality governance team at HUTH. Additional information was collected through studying institutional and national policies, frameworks, and guidelines and by participating in workshops, incident reviews, quality and safety-related meetings, and clinical audits and surveys.

Results

The quality governance unit is the backbone of the institute with a qualified and experienced director, directly responsible to the Chief Executive of the Trust. The unit offers safe, high-quality healthcare services. The main responsibility is to develop quality and safety-related policies, guidelines, and quality strategic plans to adhere to national requirements with the help of other professionals in the Trust. The safety team of the unit is responsible to collect, discuss, analysis and implement preventive measures for all incidents within the organization liaising with clinicians and patients. Regular clinical audits and surveys are carried out by the compliance and effectiveness team to ensure patient safety within the organization.

Conclusions

Patient safety is ensured at NHS Trust through the system established at quality governance units. It is recommended to allocate each MD-MD-qualified foreign trainee to the quality governance section for at least 2-month periods in order to improve patient safety in Sri Lanka.

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Abstract

Clinical audit of adult pain management in the Emergency Department of Teaching Hospital Peradeniya

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Keywords: analgesia, pain-management, pain-score, documentation, pain assessment

Introduction

"Pain" is the most common reason to seek care at the Emergency Department (ED)s. Recognition and alleviation of pain should be a priority when treating the ill. This process should be started at triage, ensuring adequate analgesia is provided at all times. It is necessary to audit the status of pain management and identify the gap between the standard practice of the Royal College of Emergency Medicine best practice guidelines and the current practice.

Objective

To describe the current practice of recording and management of pain at the ED of Teaching Hospital Peradeniya and identify the gap between standard Royal College of Emergency Medicine best practice guidelines and the current practice.

Methodology

The audit was conducted using 100 bed head tickets with a consecutive sampling method. Descriptive statistics were used to describe the demography of the patients and the current practice and recording of pain management. A teaching session was done as an intervention and re-auditing was conducted to complete the cycle.

Results

None of the patient's pain was documented as a pain score and 88% of patients have received analgesia at some point. The pain assessment was done in 28% of the patients according to the best practice guidelines and 80% of the patients received correct first-line analgesia. Only 22% of the patients underwent a second assessment at any point and out of them, 18% had it correctly and 72% had the correct second-line drug. All the parameters improved (Documentation by 40%, initial pain assessment by 30%, Second pain assessment by 40%) after the intervention.

Conclusions

Regular audits and training in pain relief is essential to ensure timely and effective management.

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Abstract

Modified Carbapenem Inactivation Method (mCIM) as a tool of antibiotic stewardship for Gram-negative bacteremia in Teaching Hospital Kandy

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Keywords: CRE, Carbapenem resistance, Carbapenemase vs non-carbapenemase, CIM test

Introduction

Carbapenem-resistant Enterobacterales (CRE) is one critical threat to human health. CRE detected through disc diffusion (DD) or Minimum Inhibitory Concentration (MIC), is mediated through carbapenemase production or means like ESBL/Amp C coupled with porin loss. Characterization of the resistant mechanisms in CREs is not routinely done by clinical microbiology laboratories. CIM is a simple, cost-effective, and highly sensitive and specific test for detecting carbapenemases.

Objective

To assess mCIM and eCIM as a tool for detecting carbapenemase producers among Enterobacterales and *Pseudomonas* spp and identify demography, infectious syndrome, and diversity of bacterial species responsible for Carbapenem resistance.

Methodology

This was a laboratory-based descriptive cross-sectional study conducted over 4 months. 34 Gram-negative blood culture isolates resistant to Carbapenem antibiotic on DD or MIC speciated using VITEK 2 or Chromogenic agar was tested with mCIM and eCIM test. Demographic and clinical data were collected from bed head tickets. Isolates confirmed as carbapenemase negative were tested with a combination disc of antibiotics (COMBI DISC D 72C) to detect the presence of ESBL, AmpC, or porin loss.

Results

In this study, 58.4% were Male (n=21) and 41.6% (n=15) were Female. The median age was 58 years (ranging day 5 to 80 years). There were 24 *Klebsiella pneumoniae* (66.6%), 6 *Escherichia coli* (16.6%), 4 *Pseudomonas aureginosa* (11%), 1 *Stenotrophomonas* spp. and 1 *Chryseobacterium* spp. (both 5.5%) isolates. Out of 34 eligible isolates tested with the mCIM test, 6 (17.6%) were negative and 28 (82.4%) were positive for carbapenemases. 23 (82%) were MBL producers and 5 were Serine Carbapenemase producers (18%).

Conclusions

06 (out of 34) were negative for carbapenemase production. MBL is the predominant type of carbapenemase. mCIM and eCIM are good tests to incorporate into a clinical microbiology laboratory to make decisions.

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Abstract

Awareness of autism and the associated factors among mothers of one year old babies visiting MCH centers in Colombo Municipal Council (CMC)

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Keywords: Autism, Awareness on autism, CMC area, Knowledge on autism, mothers

Introduction

Autism refers to a group of clinical conditions, characterized by a typical pattern of behaviours, and abnormalities in social interaction and communication. This study is focused on awareness of autism among the mothers of less than 2-year-old babies.

Objective

To assess the awareness of autism, knowledge level on autism, and the associated factors among mothers of one-year-old children visiting MCH (maternal and child health) centres in CMC.

Methodology

This is a descriptive cross-sectional study, carried out among 363 mothers who came for their children's JE vaccination at one-year completion, selected by systematic sampling methods. Data was collected by an interviewer-administered questionnaire. Data analysis was done using SPSS 26. Ethical clearance was obtained from the Postgraduate Institute of Medicine, Colombo. Awareness of autism and the associating factors were assessed using Chi-square test and the knowledge level was assessed by giving a knowledge score, the association of the knowledge score and the factors were assessed using an independent sample t-test and one-way ANOVA.

Results

Among 363 participants, the majority of them were between 20-29 years old, (n=195, 53.4%), only 35.5% (n=129) aware of autism, knowing the association of mental retardation (n=88, 68.2) not knowing genetically association of autism (n=30, 23.3%), 59.7% (n=77) of them knew availability of treatment for autism, fair level of knowledge (n=61, 47.3%). The educational level of mothers showed a significant association with awareness of autism (p<0.001) as well as knowledge score on autism.

Conclusions

The study findings indicate that only one-third of mothers were having awareness of autism. Even among them, the knowledge level of autism is very poor. Awareness of autism have to be given to the mothers to help to identify children with autism in early stage and to seek prompt treatment.

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Abstract

Dietary knowledge, adherence and perceived diet barriers among patients with type 2 diabetes attending the diabetic clinic at Base Hospital Galgamuwa

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Keywords: 'Dietary knowledge', 'Adherence', 'Diet barriers', 'Perceived barriers', 'Type 2 diabetes'

Introduction

For successful dietary management in type 2 diabetes, patients should have good dietary knowledge and high dietary adherence. But, diet barriers can prevent them from adhering to the recommendations.

Objective

To assess the dietary knowledge, adherence, and perceived diet barriers among patients with type 2 diabetes attending diabetic clinic at Base Hospital Galgamuwa.

Methodology

A descriptive cross-sectional study was carried out in the diabetic clinic at Base Hospital Galgamuwa. A sample of 422 patients who attended the clinic during the months of February and March 2021, was selected using a systematic sampling method. A validated interviewer-administered questionnaire with a scoring system was used for data collection. Total scores were calculated for dietary knowledge, adherence, and perceived diet barriers separately. Based on cutoff values, dietary knowledge was categorized as 'Good', 'Average', and 'Poor'. Dietary adherence was categorized as 'High' and 'Low'. The level of diet barriers was categorized as 'High' and 'Low'. Statistical associations between independent and dependent variables were assessed using Odds Ratio and Chi-square test.

Results

The response rate was 97.1% (n=410). Only 35.9% (n = 147) had 'Good', while 39.8% (n = 163) had 'Average' and 24.3% (n = 100) had 'Poor' dietary knowledge. A majority had 'Low' dietary adherence (63.7 %, n = 261) and 'Low' level of diet barriers (64.1%, n = 263). High level of diet barriers was significantly associated with low dietary adherence (OR = 2.09, 95% CI = 1.34 – 3.26).

Conclusions

Only one-third of the participants had good dietary knowledge. Dietary adherence was low in about two-thirds of the participants. But, only one-third of the participants had high levels of diet barriers. Dietary education given at the clinic should be revisited and improved. Further studies should explore the gaps in dietary adherence and diet barriers.

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Abstract

Work-life balance and its associated factors among medical officers in the Colombo district

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Keywords: Work-life balance, medical officers, job satisfaction, quality of life, Colombo district

Introduction

Work-life balance is the amount of time you spend doing your job compared with the amount of time you spend with your family doing things you enjoy.

Objective

To identify the level of work-life balance and to determine the association between the factors influencing it among medical officers in the Colombo district.

Methodology

The study was done in selected “Base Hospitals and above” in the Colombo district during September and October of 2022. A stratified random sampling technique was used. Participants were selected from selected hospitals according to the proportion. A pre-validated self-administered questionnaire developed using the Kobocollect tool was used. Intrusion of personal life into work, intrusion of work into personal life, work enhancement by personal life, and personal life enhancement by work were the dependent variables. A chi-square test at 5% significance level was used with the Odds Ratio as the effect measure.

Results

The sample included 197 medical officers with a response rate of 94.7%. The mean (SD) age of the participants was 33(5) years. Among them, 48.2% (n=95) had good work-life balance. Among the participants, 62.4% (n=123) had less intrusion of work into personal life, 65.5% (n=129) had less intrusion of personal life into work, 36.0% (n=71) had more work enhancement by personal life, and 66.0% (n=130) of them had more personal life enhancement by work. Personal life enhancement by work significantly associated with age less than 33 [p=0.006, OR(95% CI)=2.70 (1.29-4.84)], preliminary grade [p=0.009, OR(95%CI)=2.28 (1.22-4.26)], doing day shift [p=0.007, OR(95%CI)=2.65 (1.29-5.45)], and work experience less than five years [p=0.002, OR(95%CI)=2.85 (1.44-5.75)]. There is no significant association between other factors.

Conclusions

The skills of medical officers in work-life balance must be improved. Measures should be taken by the hospital administration to facilitate the work environment to improve the quality of life of medical officers. Further research with multivariable analysis must be promoted in detecting significant predictors of the work-life balance of medical officers.

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Abstract

Prevalence and risk factors of falls among community-dwelling older adults in Sri Lanka; A systematic review

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Keywords: Community-dwelling, falls, older adults, prevalence, risk factors

Introduction

Falls are a leading cause of injury, disability, and premature death among older adults worldwide. In busy clinical settings in Sri Lanka, fall risk in older adults is not routinely assessed. To plan for preventive strategies, fall risk, and contributory factors need to be identified.

Objective

This systematic review determined the prevalence and risk factors of falls among community-dwelling older adults in Sri Lanka.

Methodology

Original studies published during the last 10 years were searched in PUBMED and Cochrane using the key terms “falls” and “prevalence” and “risk factors” and “elderly” or “older adults” and “Sri Lanka”. The PRISMA guidelines were followed in selecting articles. Case reports, conference reports, review articles, meta-analyses, and non-English articles were excluded.

Results

The original search retrieved eleven articles and only 03 were included, based on selection criteria. They included a total of 2010 community dwelling older adults aged ≥60 years.

First author (Publication yr) Rate of falls (95% CI)/1000-yr

Ranaweera (2013)

Gunawardena (2014)

Gamage (2019) Prevalence 258

Incidence 492 (448-536)

Prevalence 508 (400-636)

Prevalence 343 (290-400)

The common risk factors identified were; falls in the previous year (OR=4.65), disability level (OR=2.04), house risk level (OR=1.68), old older age (OR=3.4), female gender (OR=3.0), being employed (OR=3.6), diabetes mellitus (OR=2.7), balance or gait problems (OR=4.2), antihypertensive medication (OR=0.2) and use of at least one long-term medication (OR=3.5).

Conclusions

Approximately every third of older adults in the community has experienced at least a single fall while the female gender, disability, comorbidities, and medications are significant contributory factors. These findings call for community-based interventions to prevent falls among older adults in Sri Lanka.

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Abstract

Leprosy patients' relatives' attitude towards Leprosy in Batticaloa district

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Keywords: Leprosy, Batticaloa, Stigma, Relatives, Attitude

Introduction

Leprosy is an infectious disease caused by *Mycobacterium leprae* and is acquired through droplets, affecting primarily skin and nerves. Visible deformities contribute to intense social stigma and social discrimination of the patients.

Objective

To assess the attitude of close relatives of leprosy patients towards leprosy in Batticaloa District.

Methodology

Community-based descriptive cross-sectional study was conducted among 427 close relatives of diagnosed leprosy cases in all Medical Officer of Health areas (14) in Batticaloa district. The sample size was calculated using a standard formula and a Stratified sampling method was used. Data collection was done from November 2022 to February 2023, by the investigators using a pretested interviewer-administered questionnaire. Descriptive statistical analysis was done using SPSS 25.

Results

The mean age of relatives of leprosy-diagnosed patients was 38.1 (SD=11.7). The majority (84.3%, n=360) were female. Nearly 30% (n=126) of relatives had ordinary level and above education. More than half of the participants' knowledge (55.5%, n=237) of leprosy was unsatisfactory. 70% (n=312) of relatives were stigmatized following diagnosis and among them, (n=288, 67.4%) felt depressed. Nearly 76% of relatives (n=324) refused to shake hands with leprosy patients and felt ashamed to talk about the diagnosed case in the family. The Majority (n=367, 84%) denied marrying an ex-leprosy patient. The majority (n=278, 65%) felt getting a job for ex-leprosy patients is difficult.

Conclusions

Stigma following diagnosis of leprosy is still highly prevalent among close relatives in the Batticaloa district.

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Abstract

Pathological factors predicting involvement of non-sentinel lymph node metastasis in breast cancer

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Keywords: Sentinel lymph node, Axillary clearance, Breast cancer, Lymphovascular invasion, HER2 receptors

Introduction

Breast cancer is the most common cancer of females in Sri Lanka (26%) according to the National Cancer Control Programme. Sentinel lymph node biopsy (SLNB) is the standard way of axillary staging in patients with clinically negative axillary lymph nodes. Axillary clearance is done for clinically positive axilla or SLNB-positive patients.

Objective

This study aims to assess tumour characteristics and any correlation between histological type, receptor status, and lymphovascular invasion as predictors of non-sentinel lymph node metastasis in patients who underwent axillary clearance following positive SLNB.

Methodology

A retrospective cross-sectional study was conducted using the data collected from patients at Apeksha Hospital, Maharagama. All the patients who underwent axillary clearance following positive SLNB over 5 years are included in the study (n=73). Data analysis was done by using SPSS.

Results

The mean age of the patients who underwent sentinel node biopsy was 53.43 (± 10.6). And it ranged from patients with ages 32 years to 76 years. 47.9% of patients had T2 tumours while T1 tumours were 43.8%. The most common histological type was ductal carcinoma (90.4%). Estrogen(ER), progesterone(PR) and HER2 receptor positivity were 27.4%, 23.3% and 23% respectively. 26% of patients had lymphovascular at the time of surgery. 29 patients (39.7%) had non-sentinel lymphnode(NSLN) metastasis in axillary clearance.

There is no statistically significant association between NSLN metastasis and histology of the carcinoma. There is no significant association between both ER and PR receptor positivity and NSLN metastasis. Only the positive HER2 receptors and lympho-vascular invasion are statistically significantly associated with NSLN metastasis. ($p < 0.05$).

Conclusions

HER2 receptor level positivity and lymphovascular invasion can be used as predictors for NSLN metastasis in breast cancers.

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Abstract

Audit of Antipsychotic Prescription in Dementia Patients at Ministry Psychiatry Unit, Colombo South Teaching Hospital (CSTH)

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Keywords – Dementia, BPSD, antipsychotics, psychiatry, audit

Introduction

Antipsychotics have a role in the management of behavioural and psychological symptoms of dementia (BPSD). Rational use of antipsychotics in Dementia is crucial due to the potential adverse effects.

Objective

To assess the antipsychotic prescription patterns and follow-up procedures in dementia patients and compare with the guidelines outlined in the National Institute for Health and Care Excellence (NICE).

Methodology

The audit was a retrospective review of clinic records of all patients with newly diagnosed dementia who attended the ministry psychiatry clinic, CSTH over a period of one year (August 2022- July 2023).

Results

Total of 64 dementia patients with BPSD were included, mean age 78.0 years, females (75.86%), Alzheimer's disease 48.27%, vascular dementia 27.59%. Of 64, 29(45.31%) were given antipsychotics, indications being irritability and psychosis (48.27%), aggression (24.14%), wandering (34.48%), poor sleep (31.03%), and sexual disinhibition (0.06%). Quetiapine in 72.41%, risperidone (24.13%), haloperidol (0.03%). There was evidence of assessing causes for BPSD, use of non-pharmacological methods, or patient education before starting antipsychotics. Six (20.69%) defaulted follow up after initial diagnosis, 13 (44.83%) attended two, and 7 (24.13%) attended three visits within a 4-6-week interval as recommended.

Conclusions

Quetiapine was the predominant choice, although NICE guidelines recommend risperidone. Use of antipsychotics for managing poor sleep, is not the recommended first-line approach. Staff training in the management of BPSD and the prescription of antipsychotics in dementia is strongly recommended.

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Abstract

Concurrent circulation of dengue serotype 1, 2, and 3 among acute febrile patients and its associated sociodemographic characteristics in Sri Lanka during 2022 and 2023

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Keywords: Dengue, serotypes, concurrent circulation, Sri Lanka, sociodemographic characteristics

Introduction

Sri Lanka (SL) is a country with high dengue endemicity, causing significant morbidity and mortality. All four serotypes were detected in SL with changes in prevalent dengue-serotype (DENV) from time to time, hence causing severe dengue.

Objective

To analyse the concurrent circulation of dengue serotypes among acute febrile patients and associated sociodemographic characteristics in SL during 2022 and 2023.

Methodology

A retrospective analysis at the Department of Virology, Medical Research Institute, SL. All samples tested for dengue-serotypes from January 2022 to July 2023 were included. Dengue serotyping was performed by commercially validated multiplex real-time PCR assay. Data were analysed using descriptive statistics.

Results

Out of 342 tested samples, 232(68%) were positive for at least one dengue serotype. Overall, the most prevalent serotype was DENV2 (50%) followed by DENV3 (29%), DENV1 (16%) and DENV4 (1%). However, DENV3 was 43% and DENV2 was 39% from October 2022 to July 2023 while it was 19% for DENV3 and 57% for DENV2 from January 2022 to September 2022.

Dual serotypes were detected in seven patients. DENV1 and 2, DENV 1 and 3, DENV2 and 3, and DENV2 and 4 combinations were positive in two, two, two, and one patient respectively. None were positive for both DENV1 and 4. Males (56%) were predominant in total dengue-serotype positives with the age range of eight days to 73 years (mean-24, median-20, mode-13, IQR-29 years). Individual serotype was characterized with male predominance and the mean, and median ages of each serotype were between 20-30 years. The majority (92%) of DENV1, 2, and 3 positive patients were from the Western province except for DENV4 in which, two out of three were from the Eastern province.

Conclusions

The most prevalent dengue serotype was DENV2 until September 2022 and DENV3 thereafter. This co-circulation can cause severe dengue due to cross-reactive antibodies. No significant differences in sociodemographic characteristics were observed between each dengue-serotype.

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Abstract

Knowledge, Attitudes, Practices and Online Learning Experiences regarding COVID-19 and related Infection Control Measures in dental practice among Dental Surgeons in Northwestern Province

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Keywords: COVID-19, knowledge, attitude and practices, infection control, dental surgeon

Introduction

Dental surgeons were among the professions with the highest risk of contracting Corona Virus Disease-19 (COVID-19) due to the nature of the Aerosol Generating Procedures (AGPs). Therefore, in order to mitigate the impacts of COVID-19 transmission, it is crucial to have thorough, evidence-based knowledge, attitudes, and practices.

Objective

The objective of this study was to assess the knowledge, attitudes, practices and perceptions about online learning regarding COVID-19 and related infection control measures in dental practice among dental surgeons in Northwestern Province (NWP).

Methodology

A descriptive cross-sectional study amongst all dental surgeons (141) in NWP. A pre-tested self-administered questionnaire was used to assess knowledge, attitude, practices, and perceptions on online learning regarding COVID-19 and related infection control measures in dental practice.

Results

Most dental surgeons were knowledgeable on incubation period 128 (94.1%), most common symptoms 133 (97.8%) of COVID-19. Overall good practices were observed in 85.7% (95%CI: 83.1-88.1). Most 61 (44.9%) always gave instructions to patients on hand hygiene, 102 (75%) always practiced hand hygiene before and after examining every patient, 92 (67.6%) had negative attitudes towards COVID-19 and infection control measures, only 44 (32.4%) had positive attitudes. The majority 96 (70.6%) used Facebook to obtain information, WhatsApp 93 (68.4%) and Television 90 (66.2%). During the COVID-19 pandemic the participation in online webinars was 64.7% (n=88).

Conclusions

Dental surgeons had good knowledge, but significant gaps in attitudes and practices indicating an urgent need to their attitudes and practices through continuous professional development programs and in-service training.

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Abstract

Incidence of Gastro-oesophageal Junction Adenocarcinomas and their association with Barrett's Oesophagus- a single unit experience

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Keywords: Gastro-oesophageal, Adenocarcinoma, Tumours, Barrett's Oesophagus, Gastric Cancer

Introduction

The Incidence of Adenocarcinoma of the Gastro-oesophageal Junction (GOJ) is rising dramatically with Sri Lanka following a similar trajectory. Barrett's Oesophagus has been consistently considered a precursor to the development of adenocarcinoma in at least 10% of cases. Screening and surveillance of those diagnosed with Barrett's Oesophagus is the mainstay in early diagnosis and treatment of GOJ Adenocarcinomas.

Objective

This study aims at describing the epidemiological pattern and the association with Barrett's oesophagus among Sri Lankan patient with GOJ tumours.

Methodology

The observational study retrospectively looked at 190 patients with GOJ cancer managed by a single unit for a period of 23 years (2000-2022). Patients ranged from 22 to 84 years in age (mean- 57 years) with the majority recruited being male (75%). Epidemiological trends were analysed in 5-year intervals. Histologic diagnosis of Barrett's was cross-referenced against GOJ Adenocarcinoma tumours.

Results

When analysed at 5-year intervals, the incidence of GOJ adenocarcinomas showed an upward trend (31.7% of all Gastric cancer patients between 2000 to 2006, 19% in 2007 to 2011, 45.9% in 2012 to 2017 and 74.1% in 2018 to 2022. Only 2 patients (4%) in a cohort of 49 patients between 2018 to 2022 had Barrett's oesophagus. Further, the mean BMI of the same cohort of patients was found to be 20 (n=03) with the highest being 23.

Conclusions

The incidence of Adenocarcinoma of the GOJ in Sri Lanka is rising dramatically. However, Barrett's oesophagus is not the main causative/predisposing factor in the Sri Lankan setting, nor is obesity correlated. Therefore, routine screening for Barrett's oesophagus is unlikely to reduce the burden.

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Abstract

Associations between time interval from onset of symptoms of Appendicitis to appendectomy and postoperative complications

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Keywords: Appendicitis, Appendectomy, Clavein-dindo classification, Postoperative complications, Comprehensive complication index (CCI)

Introduction

Acute appendicitis is one of the common causes of acute abdomen with the individual lifetime risk of appendectomy being 8.6% and 6.7% for males and females respectively. Many studies have observed that a delay between the onset of symptoms to surgery has a direct impact on postoperative complications.

Objective

This study was conducted to find a relationship between the time interval from the onset of symptoms of appendicitis to appendectomy and postoperative complications and to find whether the delay has an impact on the duration of the surgery.

Methodology

A prospective observational study was conducted among 31 people and data analysis was done by using SPSS to determine time-dependent associations between delay of surgery and complication. The postoperative complications were graded according to the clavein-dindo classification and comprehensive complication index (CCI).

Results

In this study population mean age is 24.32 with a range of 6 to 65 years. The percentage of patients who underwent appendectomy within <24hrs, 24-48hrs, and > 48hrs respectively 13%, 19%, and 68%. During the study, we noted that patients who have undergone appendectomy after 48 hours of the onset of symptoms tend to develop more complications (25.80%) than the other two categories. The commonest complication noted in this population is surgical site infections which require intravenous antibiotics.

Also, we have identified that delayed presentation has caused a prolonged duration of surgery. Among the patients who underwent surgery after 48hrs, 6 patients (19.35%) took >61min and 8 patients (25.80%) took 31-60min to complete the surgery.

Conclusions

According to this study, the extended time interval from onset of symptoms to appendectomy has proven to increase the postoperative complications and duration of surgery in acute appendicitis.

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Abstract

Anti-Ageing Effect of Yoga on middle-aged people – A Systematic Review

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Keywords: Anti-ageing, yoga, antioxidant

Introduction

Ageing is a natural process of cell injuries, associated with the accumulation of oxygen-derived free-radicals in the body. However, people are more concerned to combat the signs and effects of ageing, and consequently global anti-ageing market was more demanding, and it was US \$ 63.01 billion in the year 2022. Against this backdrop scientific reviewing of the anti-ageing effect of yoga is imperative instead of other positive health outcomes of yoga.

Objective

To review the evidence regarding the mechanisms of the anti-ageing process stimulated through regular yoga programmes for middle-aged people.

Methodology

PubMed, Google Scholar, and Web of Science were searched from the year 2000 to 2022 and the Cochrane risk-of-bias tool was used by three independent reviewers to mitigate the bias. PRISMA method was used to conduct and report the review.

Results

Twelve studies were included with a total sample size of 480 and study periods ranged from twelve weeks to two years. Asana, pranayama, and meditation were the main interventions, and every study has maintained a control group. All the yoga interventions were done in prescribed regimens. The level of antioxidants (glutathione, vitamin C, and E), length of leukocyte telomere, and β endorphins which contribute to anti-ageing process were significantly increased in yoga groups. Conversely, the level of homocysteine, malondialdehyde, and cortisol which contribute to the ageing process was significantly reduced in that group. Three studies have concluded the positive association between leukocyte telomere length and total antioxidant state which is crucial to neutralize the free radical to protect the cells.

Conclusions

Involving yoga on a regular basis during a period of time (minimum 12 weeks) has a beneficial effect to delay ageing due to the presence of anti-ageing biomarkers in the body particularly among middle age.

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Abstract

An overview of overweight and obese patients attending the medical nutrition clinic at Teaching Hospital Anuradhapura

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Keywords: Obesity, Sri Lanka, Anuradhapura district, plate model, weight reduction

Introduction

The Prevalence of overweight and obesity among Sri Lankan adults was 39.6% and 12.0% in 2021, with a rising trend. This trend is seen even among the rural communities, reflecting the double burden of malnutrition. Medical nutrition therapy with the “Plate model” has been used for modification of cardiometabolic risk factors in cardiac rehabilitation programs.

Objective

To assess the outcome of the plate model as a dietary intervention among patients with overweight and obesity attending the Medical Nutrition Clinic (MNC) at Teaching Hospital Anuradhapura.

Methodology

A retrospective descriptive study was conducted using secondary data from 546 overweight and obese patients (n=546) who attended the MNC from January – December 2022. Inclusion criteria captured all above 18 years of age who attended the MNC at least once. All clinic attendees were counselled regarding the “plate model” on their first visit. Descriptive statistics were used to analyze data.

Results

The majority (81.14 %) of the clinic attendees were females. The mean age was 46.7 years. The majority (39.19%) belonged to obesity class 1 followed by overweight (37.00%). The majority's (80%) occupation was related to agriculture. 53.00% defaulted to follow-up while 35.53% had subsequent clinic visits for less than 3 months. Among the follow-up (n= 256) majority (76.56%) lost less than 5% of weight, and 17.5% lost weight between 5 – 10%. Among those who had optimal weight loss (>10%) majority (14%) were followed up to 6 months and belonged to obesity class 1(41.17%).

Conclusions

The study suggests that the “plate model” along with regular and close monitoring is an effective method of weight reduction. Results also indicated the need for increasing awareness on the importance of clinic follow-up. Further research is needed to evaluate the reasons for higher number of defaulters.

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Abstract

Leptospirosis case analysis during July 2023 – June 2023 at Base Hospital Udugama; Institutional survey

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Keywords: Leptospirosis, Morbidity, Udugama, Death, Exposure

Introduction

Leptospirosis is a zoonotic, bacterial disease associated with agriculture-related occupations such as paddy cultivation. Each year average of 1,03 million persons are infected and 58,900 deaths occur globally. Sri Lanka is considered a hot spot for leptospirosis and the estimated annual incident rate is 52.1 per 100000 population and 750 annual deaths (CFR-1-2%). The southern province is a more susceptible region for Leptospirosis. However, due to underreporting, true Leptospirosis burden has not been reported.

Objective

Aim is to determine true leptospirosis demographics among diagnosed cases at Base Hospital Udugama during the period of July 2022- June 2023.

Methodology

This was a retrospective descriptive survey. All admissions from July 2022 to June 2023 were assessed. Checklist was used to collect data, days of presentation, residential MOH area, clinical manifestations, management, development of complications, contact history, patient outcome etc.. Statistical analysis was done using SPSS -25 for descriptive statistics and finding significant associations.

Results

Amongst 17,184 admissions during study period, 142 cases with Leptospirosis. Two re-admissions were excluded. Eligible 140 sample was selected for further analysis. Of this, majority were male (87.1%, n=122). The mean age was 44.17 years (SD=16.63). Age ranges from 15 years to 85 years. Considering the length of hospital stay, 62.8% (n=88) of cases stayed 3-5 days in the hospital. Associated co-morbidities were reported among 10.7% (n=15) of cases. A significant number of patients (76.4%, n=107) reported a contact/exposure history of Leptospirosis. Around 7% (n=10) of cases exhibited multiple complications of the disease and it was significantly associated with the age of the patient.

Conclusions

Some important information could not be extracted from the retrospective survey and it is important to collect real-time responses to draw valuable inferences from the primary levels of management.

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