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# 4<sup>TH</sup> MULTIDISCIPLINARY RESEARCH CONFERENCE 2025 (MRC 2025)

Proceedings – Book I (Nursing)

Inspiring Excellence in Innovation through  
Multidisciplinary Research  
25<sup>th</sup> October 2025

Organized by: KIU, Sri Lanka



## Proceedings

# The 4<sup>th</sup> Multidisciplinary Research Conference 2025 (MRC 2025)

*“Inspiring Excellence in Innovation through Multidisciplinary Research”*

25<sup>th</sup> of October 2025 | Colombo, Sri Lanka

Committee of the 4<sup>th</sup> Multidisciplinary Research Conference 2025  
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## Disclaimer

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### 4<sup>th</sup> Multidisciplinary Research Conference 2025 - Nursing

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Ms. S. J Thilagaraj





## Message from the President

**Dr. Jagath Seneviratne**  
President, KIU University

Research is the foundation upon which knowledge evolves and societies progress. A university's strength is measured not only by the degrees it awards, but by the questions it dares to ask and the discoveries it brings to the world. At KIU, we consider research an essential pillar of academic growth, one that cultivates critical thinking, nurtures innovation, and empowers individuals to contribute meaningfully to their fields.

In an era defined by rapid technological change and complex global challenges, the value of research becomes even more profound. It provides the tools to understand emerging realities, the evidence to guide decisions, and the insight to shape sustainable futures. Whether in the sciences, humanities, or applied disciplines, rigorous inquiry remains a universal catalyst for advancement.

As an institution committed to academic excellence, KIU continues to encourage work that expands perspectives, challenges assumptions, and strengthens scholarly dialogue. The pursuit of knowledge is a responsibility shared by all who engage in academia, and it is through this collective effort that we elevate the intellectual landscape of our nation.

Research does not merely produce answers, it opens pathways. And it is these pathways that lead us toward deeper understanding, greater innovation, and a more informed society.



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**Message from the Vice Chancellor  
and the Chief Advisor  
of the  
4<sup>th</sup> Multidisciplinary Research  
Conference 2025**

**Dr. Sajeewanie Liyana-arachchi**

Vice Chancellor, Conference Advisor  
Multidisciplinary Research Conference – 2025  
KIU, Sri Lanka



Distinguished Guests, Esteemed Academics, Researchers, and Participants,

It is with great pride and immense pleasure that I warmly welcome you all to the 4<sup>th</sup> Multidisciplinary Research Conference (MRC) 2025, organized by KIU Sri Lanka. As the Conference Advisor, it is both an honour and a privilege to inaugurate an event that stands as a testament to our unwavering commitment to advancing knowledge, fostering collaboration, and promoting innovation across disciplines.

The theme of the conference, "Inspiring Excellence in Innovation through Multidisciplinary Research," underscores the vital role of cross-disciplinary collaboration in driving groundbreaking discoveries. By fostering synergies across diverse fields, we aim to inspire transformative ideas and impactful research that transcends traditional boundaries. Over the course of this conference, we will witness an impressive array of research presentations addressing critical global challenges across technology, health sciences, social innovation, and sustainability. I encourage all participants to engage actively, share your perspectives, and maximize the networking opportunities available.

I take this opportunity to express my sincere appreciation to the Conference Chair, the Organizing Committee, and all academic and administrative teams whose dedication, professionalism, and meticulous planning have made this conference a reality. Your collective efforts have ensured that MRC 2025 continues to serve as a dynamic platform for knowledge exchange, critical dialogue, and academic inspiration.

To our distinguished speakers, researchers, and participants, I extend my best wishes for a productive and intellectually enriching conference. May your contributions today inspire new directions in research, ignite innovative thinking, and strengthen our collective pursuit of knowledge for the betterment of society. Thank you for being part of this remarkable academic journey. Together, let us continue to shape a future defined by discovery, collaboration, and transformative impact.

I wish you all a productive, insightful, and inspiring conference.



## Message from the Orator

**Snr. Prof. Ajantha S. Dharmasiri**

Orator

Multidisciplinary Research Conference – 2025  
KIU, Sri Lanka

I am indeed delighted to share my thoughts, when the KIU is organizing its fourth Multi-Disciplinary Research Conference with the apt theme, “Inspiring excellence in innovation through multi-disciplinary research”. It is a significant step taken by a non-state higher education provider to promote research with intellectual richness and industry relevance.

“Innovation is the ability to see change as an opportunity, not a threat”, so said Steve Jobs. In painfully moving beyond a planetary pandemic, economic resurgence of Sri Lanka has become an increasingly challenging endeavour. Innovation on multiple fronts can play a pivotal role there. The support needed by comprehensive research to take data-driven decisions is felt more than any other time. Such efforts should be made in connection with the rapid technological advances around the globe. Referring to global research with local relevance is the starting point. Conducting local research with global reach is the continuous progression.

As we are aware, management research falls into the broader category of social research. Whilst positive initiatives are being taken, current situation with respect to research in Sri Lanka is far from a satisfactory level. We have an acute gap to bridge with regard to the current and desired levels of engaging in management research, with publishable quality and practical relevance. The significant step of conducting the conferences of this nature needs to be commended in this context.

May I take this opportunity to thank the MRC team for their committed collaboration in vibrantly showcasing the solid research findings. Let me wholeheartedly wish this prestigious event a phenomenal success.



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## Message from the Keynote Speaker

**Dr. Malmi Kiriwandalage**

Keynote speaker

Multidisciplinary Research Conference – 2025

KIU, Sri Lanka



Dear Esteemed Researchers, Distinguished Guests, and Enthusiastic Students,

It is with immense pleasure and honor that I address you today as the keynote speaker for the Multidisciplinary Research Conference 2025, hosted by the prestigious KIU University in Sri Lanka. As a Solar System Ambassador at NASA's Jet Propulsion Laboratory and an aspiring astrobiologist, I am particularly thrilled to be part of an event that champions the very essence of exploration and discovery across diverse fields. This conference serves as a vital platform, bringing together brilliant minds from various disciplines to share their insights, present groundbreaking research, and ignite collaborative endeavors. The interdisciplinary nature of our discussions here is paramount, as the most profound breakthroughs often emerge at the intersections of different fields, much like how astrobiology draws upon biology, chemistry, geology, and astronomy to unravel the mysteries of life beyond Earth.

This conference represents an unparalleled learning opportunity. Whether you are presenting your latest findings, attending a stimulating session, or engaging in informal discussions, every interaction here is a chance to expand your horizons. The knowledge exchange facilitated by such gatherings is invaluable, offering fresh perspectives and inspiring new lines of inquiry. Furthermore, the networking opportunities at this event are just as significant. Building connections with fellow researchers, potential mentors, and future collaborators can open doors to exciting new projects and career paths. I strongly encourage everyone to seize these opportunities, engage actively, and forge relationships that will undoubtedly enrich your academic and professional journeys for years to come.

I would like to extend my deepest gratitude to the dedicated team at KIU University for their exceptional efforts in organizing this Multidisciplinary Research Conference 2025. The meticulous planning and tireless work involved in bringing together such a diverse and accomplished group of individuals are truly commendable. Your commitment to fostering a vibrant research culture and providing a platform for intellectual exchange is evident, and it is a testament to KIU University's leadership in promoting academic excellence in Sri Lanka. I am confident that this conference will be a resounding success, leading to significant advancements and inspiring the next generation of researchers to push the boundaries of knowledge. Thank you for inviting me to be a part of this remarkable event.



## Message from the Conference Chairperson

**Prof. Anuradhi S. Hapuarachchi**

Conference Chairperson

4<sup>th</sup> Multidisciplinary Research Conference – 2025  
KIU, Sri Lanka

It is with immense pride and gratitude that I extend my heartfelt appreciation to all who contributed to the success of the KIU Multidisciplinary Research Conference (MRC) 2025. This conference stands as a testament to the power of collaboration, knowledge-sharing, and innovation across diverse academic disciplines.

MRC 2025 was more than an academic gathering it was a celebration of intellectual curiosity and research excellence. The wide spectrum of research presented by scholars from medicine, management, technology, humanities, and beyond, reflects KIU's commitment to fostering a vibrant and inclusive research culture. The participation of international dignitaries further highlighted the global relevance of our efforts.

As Chairperson, I am truly inspired by the dedication of our researchers, students, keynote speakers, and organizing teams. Each presentation, discussion, and interaction added a new layer of insight and opened doors to future exploration.

This conference souvenir captures the spirit and substance of MRC 2025. May it serve as a record of our achievements and a reminder of the collective responsibility we hold to pursue knowledge that drives sustainable development and meaningful impact in society.

Let us continue to challenge boundaries, break silos, and lead with purpose.



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## Message from the Conference Co-Chairperson

**Dr. Anuradha Thennakoon**

Conference Co-Chairperson

4<sup>th</sup> Multidisciplinary Research Conference – 2025

KIU, Sri Lanka



I warmly welcome you to the 4<sup>th</sup> Multidisciplinary Research Conference - KIU 2025, the Annual International Conference of KIU. With a record number of participants expected this year, we are delighted to see that these annual conferences are becoming more and more advanced and gain substantial popularity every year.

The theme for this year's conference is "*Inspiring Excellence in Innovation through Multidisciplinary Research*," which I firmly believe to be timely and relevant. I hope that this conference will allow participants a productive discourse not only in managing academic objectives but also in addressing contemporary challenges across various disciplines.

Essentially, the purpose of this conference is to share and exchange valuable information. Through these discussions, different recommendations and solutions can be developed as experts from various fields gather together to examine problems and explore emerging trends in multidisciplinary research.

This conference would not be possible without the generous support of the entire KIU community, our sponsors and well-wishers. I am truly grateful to all organizing committee members, faculty coordinators, session chairs, and volunteers whose dedicated efforts have made this event possible. Most importantly, I thank you, the participants, for enriching this conference by your presence and contributions.

The broad scope of this event provides a unique meeting ground for researchers spanning multiple disciplines. I hope fruitful collaborations will be established while sharing knowledge through meaningful academic exchange. Finally, I extend my best wishes to all participants on their outstanding research contributions and look forward to a successful and enriching conference experience.



## Message from the Conference Co-Chairperson

**Mr. Akila R. Jayamaha**

Conference Co-Chairperson

4<sup>th</sup> Multidisciplinary Research Conference – 2025  
KIU, Sri Lanka

It is with great pride and enthusiasm that I extend my warmest greetings to all the stakeholders of the Multidisciplinary Research Conference (MRC) 2025, under the theme *“Inspiring Excellence in Innovation through Multidisciplinary Research.”* This conference stands as a vibrant platform that brings together scholars, professionals, and students from diverse fields to exchange ideas, challenge conventions, and chart new directions for the future of research and innovation. In an era where the boundaries between disciplines are rapidly dissolving, the importance of collaborative inquiry cannot be overstated. The challenges that we encounter in terms of health, education, technology, or the environment are inherently interconnected. Addressing them demands not isolated expertise, but the synergy of multidisciplinary perspectives.

As we reflect upon the conference theme, it is fitting to a motto lived by Florence Nightingale: *“It is better to die in the surf, heralding the way to a new world, than stand idly on the shore.”* These words capture the essence of courage, purpose, and transformative vision that have defined the nursing profession since its inception. Today, as healthcare evolves amidst global challenges, the nursing community continues to “stand in the surf,” facing waves of complexity with resilience and compassion. Whether in patient-centered care, evidence-based practice, or health systems research, nurses remain at the forefront of progress bridging science and humanity. Your contributions not only heal individuals but also reshape the very fabric of health and wellbeing in society.

Through your research, innovation, and dedication, you herald the way toward a “new world” one grounded in scientific integrity, ethical practice, and interdisciplinary collaboration. I encourage each of you to use this conference as a springboard to share your discoveries, to question boldly, and to connect meaningfully with peers across disciplines. The insights born here will ripple far beyond the conference halls into hospitals, classrooms, laboratories, and communities across Sri Lanka and beyond. May this gathering ignite in all of us a renewed commitment to excellence. Together, let us continue to innovate, inspire, and lead undaunted by the surf, united in our mission to shape a better, healthier, and more sustainable world.

With my sincere appreciation to the organizing committee, presenters, and participants, I wish MRC 2025 every success. May it be a beacon of inspiration for all who dare to move beyond the shore.



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## Message from the Conference Co-Chairperson

**Ms. Nadeeka Ranadeva**  
Conference Co-Chairperson  
4<sup>th</sup> Multidisciplinary Research Conference – 2025  
KIU, Sri Lanka



Dear Esteemed Participants,

It is with great pleasure and enthusiasm that I welcome you to the 4<sup>th</sup> Multidisciplinary Research Conference 2025 organized by KIU. The theme of this year, "*Inspiring Excellence in Innovation through Multidisciplinary Research*," reflects our shared commitment to fostering collaboration and creativity across diverse fields to address the emerging challenges of our world.

In an age where knowledge transcends disciplinary boundaries, this conference provides an ideal platform for scholars, researchers, and professionals to share insights and explore solutions that contribute meaningfully to both national and global development. I am particularly proud of the growing strength of research in the health sciences and the dedication of our academic community in driving evidence-based innovation and sustainable practices.

As we gather to exchange ideas and present research findings, I encourage all participants to engage deeply, question curiously, and collaborate widely. Together, we can nurture a culture of critical inquiry and knowledge creation that shapes a better future.

On behalf of the organizing committee, I extend my sincere appreciation to all presenters, reviewers, and contributors for their commitment. May this conference ignite new partnerships, inspire fresh perspectives, and strengthen the spirit of multidisciplinary scholarship.

Wishing you a successful and enriching conference experience!



## Message from the Conference Co-Chairperson

**Ms. Thakshila Dushyanthi**

Conference Co-Chairperson

4<sup>th</sup> Multidisciplinary Research Conference – 2025

KIU, Sri Lanka

Dear Esteemed Participants,

It is with great pleasure and enthusiasm that I warmly welcome all participants of the 4<sup>th</sup> Multidisciplinary Research Conference (MRC) 2025, organized by KIU. This year's theme, "Inspiring Excellence in Innovation through Multidisciplinary Research," reflects our shared dedication to fostering collaboration, creativity, and idea exchange across disciplines to tackle the complex challenges of today's world. In today's dynamic environment, where knowledge evolves rapidly and societal issues are increasingly interconnected, multidisciplinary research has become a foundation of meaningful progress. This conference provides an ideal platform for academics, researchers, and professionals from diverse fields to share their insights, discuss innovative solutions, and foster a culture of research that transcends disciplinary boundaries.

As we gather here to celebrate intellectual diversity, I encourage all participants to engage actively in scholarly discussions, exchange constructive feedback, and build lasting collaborations that extend beyond this event. Such collective efforts not only enhance the quality of academic inquiry but also contribute to national and global development. I extend my heartfelt appreciation to all distinguished speakers, presenters, reviewers, and organizing committee members for their valuable contributions. May this conference inspire innovation, collaboration, and a renewed passion for advancing multidisciplinary research.

Wishing you all a productive and inspiring conference experience!



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## Message from the Conference Co-Chairperson

**Mr. L. M. Dilantha Deva Adithiya**  
Conference Co-Chairperson  
4<sup>th</sup> Multidisciplinary Research Conference – 2025  
KIU, Sri Lanka



Dear Esteemed Participants,

It is with great pleasure and honour that I warmly welcome you to the 4<sup>th</sup> Multidisciplinary Research Conference (MRC) 2025 of KIU University. This year's theme, "Inspiring Excellence in Innovation through Multidisciplinary Research," celebrates our shared vision of advancing creativity, critical inquiry, and cross-disciplinary collaboration in the pursuit of academic and societal progress.

This year's session, bringing together the fields of Information Technology, Law, and Behavioural Sciences, embodies the very essence of multidisciplinary integration. It highlights how technology, legal frameworks, and human behaviour intersect to shape modern societies and drive meaningful innovation. By exploring this intersection, we aim to inspire novel approaches, strengthen research linkages, and create pathways for impactful, evidence-based solutions.

The Multidisciplinary Research Conference serves as a dynamic platform for scholars, professionals, and students to exchange knowledge, share research insights, and engage in constructive dialogue that transcends conventional academic boundaries. Through thought-provoking keynote addresses, research presentations, and discussions, this event fosters an environment of intellectual curiosity and collaborative excellence. As we convene today, I encourage each participant to embrace this opportunity to connect, learn, and innovate together. It is through such collaborations that we nurture a culture of academic excellence and contribute to sustainable development in our respective disciplines and beyond.

On behalf of the organising committee, I would like to extend my heartfelt appreciation to all speakers, presenters, reviewers, and participants for their invaluable contributions to making this conference a success. Let us continue to inspire excellence and innovation through the spirit of multidisciplinary research.

Wishing you all a fruitful and inspiring conference experience!



## Message from the Editor-in-Chief

**Prof. Priyanganie Senanayake**

Editor-in-Chief

Multidisciplinary Research Conference – 2025

KIU, Sri Lanka

It is with great pleasure that I present the proceedings of abstracts for the 4<sup>th</sup> Multidisciplinary Research Conference 2025, KIU Campus, Sri Lanka, centered on the theme “Inspiring Excellence through Innovation and Multidisciplinary Research.” This compilation reflects the outstanding intellectual contributions of researchers, practitioners, and scholars who are driving knowledge and innovation across diverse fields.

Our focus on multidisciplinary research tracks, Nursing, Biomedical Science, Management, Language & Education, Computer science & Engineering, and Law highlights the importance of collaboration across disciplines to address complex challenges in health, science, society and organizational practice. The abstracts included herein showcase cutting edge research, innovative methodologies, and practical insights that have the potential to transform their respective fields.

I commend all authors for their dedication, creativity, and rigorous scholarship. Their work not only advances academic inquiry but also inspires the broader community to pursue excellence through innovation. I am confident that the ideas and findings presented in this collection will spark fruitful discussions, collaborations, and future research initiatives.

On behalf of the editorial board, I extend my gratitude to all contributors, reviewers, and organizers who made this compilation possible. It is our hope that these proceedings will serve as a valuable resource and a source of inspiration for scholars, practitioners, and students alike.



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## Thanking Note from the Conference Secretary

**Ms. Chamathi Pinnawala**

Conference Secretary  
Multidisciplinary Research Conference – 2025  
KIU, Sri Lanka



It is with immense pleasure and gratitude that I thank all esteemed contributors to the 4<sup>th</sup> Multidisciplinary Research Conference 2025 for making this event a remarkable success. This milestone event has brought together researchers, academicians, and practitioners from Nursing, Health and Multidisciplinary Sciences, and Management to share knowledge, foster innovation, and advance scholarly discourse.

I extend my deepest appreciation to Senior Professor Ajantha Dharmasiri, Former Director and Chairman of the Board of Management, Postgraduate Institute of Management, University of Sri Jayewardenepura, for his inspiring oration. I am grateful to Dr. Malmi Kiriwandalage, Solar System Ambassador from NASA, USA, for her enlightening keynote address.

My profound gratitude goes to Dr. Jagath Seneviratne, President of KIU, for his visionary leadership, and to Dr. Sajeewanie Liyana-Arachchi, Vice Chancellor of KIU and Chief Advisor of MRC, for her strategic guidance.

Special recognition is due to Professor Anuradhi S. Hapuarachchi, Conference Chairperson, for her exemplary leadership. I extend my sincere appreciation to our Co-Chairpersons—Dr. Anuradha Tennakoon, Mr. Akila R. Jayamaha, Mr. Dilantha Deva-Adithya, Ms. Nadeeka Ranadewa, and Ms. Thakshila Dushyanthi for their collaborative efforts. I sincerely thank Professor Priyanganie Senanayake, Editor-in-Chief, for her meticulous oversight in curating these proceedings.

My heartfelt appreciation extends to our Technical Session Chairpersons—Professor S.S.P. Warnakulasuriya, Professor Dunusinghe G. Dharmarathne, Dr. Dineshani Hettiarachchi, and Dr. Dinithi Deva Adithya—for facilitating enriching discussions and maintaining academic excellence. I am grateful to KIU management, Deans, Heads of Departments, academic and non-academic staff, expert reviewers, the Co-Secretaries, the organizing committee, and our dedicated students for their invaluable support and tireless commitment.

To all contributing authors and participants, thank you for your intellectual contributions. I look forward to the continued growth of this platform as a catalyst for interdisciplinary research and innovation.

## Schedule of the Technical Session – Nursing

| <b>Oral Presentations - Nursing</b> |             |  |
|-------------------------------------|-------------|--|
| SN                                  | Abstract ID | Title and Author/s of the Abstract   |
| OP 01                               | AB036       | <p><b>Self-Reported Health-Promoting Lifestyle Behaviors and Their Determinant Factors among the Nursing Officers at the National Hospital Colombo, Sri Lanka</b></p> <p><i>Nadeeshani BGS, Hasanthika RMA, Upamali LAAJ, Sampath PAU</i></p>  |
| OP 02                               | AB221       | <p><b>Personal, Professional, and Work-Life Balance Factors Influencing Nurses' Retention in Selected Government Hospitals in the Jaffna District, Sri Lanka</b></p> <p><i>Wijethunga WMCC, Thenuwara THTN, Gopalamoorthy Rajeev, Luxmi Kamalarupan</i></p>  |
| OP 03                               | AB116       | <p><b>Parental Stress and Family Functioning among Parents of Children under Five Years with Autism Spectrum Disorder Treated at Ayati National Center, Ragama, Sri Lanka</b></p> <p><i>Jayasooriya JMSK, Sajeewani AP, Wickramathunga DHRA, Yasarathna HWMK, Ariyaratna THB, Sandakumari HHHS, Sewwandi KPA</i></p> |
| OP 04                               | AB170       | <p><b>Parental Knowledge, Attitudes, and Practices in Childhood Epilepsy: Implications for Health Education and Care in Sri Lanka</b></p> <p><i>Bandara HMRV, Nandasiri HDPM, Bandara HMSD, Jayaneththi JKPT, Hirusha DVAD, Priyadharshanie MN, Rodrigo GDI</i></p>  |
| OP 05                               | AB109       | <p><b>Fatigue and Caregiver Burden among Family Caregivers of Patients in Palliative Care in Teaching Hospital Rathnapura, Sri Lanka</b></p> <p><i>Millavitiya AND, Pangngnadasa LTPPC, Maithreepala AWPP, Niranjala HHDA, Inusha KHP, Karunarathna TPNP, Kariyawasam KHAY</i></p>                                   |

|       |       |   |
|-------|-------|---|
| OP 06 | AB119 | <p><b>Prevalence of Digital Eye Strain-Related Complaints among Undergraduates at a Selected University in Sri Lanka</b></p> <p><i>Chandrasiri IWNN, Dilshani HLM, Priyadarshani HPN, Sudasinghe RD, Geethma KGS, Edirisuriya MD, <u>Senarath NSASN</u></i></p>                           |
| OP 07 | AB134 | <p><b>Knowledge of Breast Cancer among First-Degree Relatives of Patients at Teaching Hospital Karapitiya, Sri Lanka</b></p> <p><i>Lakshika KHR, Rajapaksha RPMU, Edirisinghe NPKG, Dishni WAN, Hanshani KMC, <u>Maduwanthi WH</u>, Karunarathna TPNP, Senarath NSASN</i></p>             |
| OP 08 | AB130 | <p><b>Health-Related Quality of Life and Symptom Burden among Patients with Chronic Kidney Disease in the Teaching Hospital Rathnapura, Sri Lanka</b></p> <p><i>Premawijaya KANP, <u>Thilakarathna KAU</u>, Abeyrathna GKCK, Lakmali KDA, Bandara MMMH, Maduwanthi WH, Perera ACH</i></p> |
| OP 09 | AB108 | <p><b>Patient Safety Culture and its Associated Factors among Health Professionals at District General Hospital, Embilipitiya</b></p> <p><i><u>Nisansala MAS</u>, Priyangani SR, Shanthi APD, Gamage GC, Weerasinghe WGD, Kariyawasam KHAY, Thilakarathna HMCRK</i></p>                   |
| OP 10 | AB128 | <p><b>Work Life Balance and its Associated Factors among Nurses Working at District General Hospital, Vavuniya, Sri Lanka.</b></p> <p><i>Bandara PHMC, Kumudunee RAH, Wijerathne WGTS, Wickramarachchi LIS, <u>Thilagaraj SJ</u>, Kariyawasam KHAY, Thilakarathna HMCRK</i></p>           |

## Schedule of the Technical Session – Nursing

| <b>Poster Presentations – Panel 01</b> |             |  |
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| SN                                     | Abstract ID | Title and Author/s of the Abstract   |
| PP 01                                  | AB008       | <p><b>Postoperative Quality of Life among Patients Who Underwent Cataract Surgery at Wijaya Kumaratunga Memorial Hospital, Sri Lanka</b></p> <p><i>Jayathissa ARNS, Semasinghe SBMA, Wanigasundara WMKD, Ayomi AWPI, Bandara BCI, Fernando CA, Jayamaha AR</i></p>   |
| PP 02                                  | AB024       | <p><b>Assessment of Postoperative Pain Intensity and Complications Following Cataract Surgery: A Cross-Sectional Study from Sri Lanka</b></p> <p><i>Jayathissa ARNS, Semasinghe SBMA, Wanigasundara WMKD, Ayomi AWPI, Bandara BCI, Fernando CA, Jayamaha AR</i></p>  |
| PP 03                                  | AB055       | <p><b>Prevalence and Factors Associated with Psychological Distress among Patients with Substance Use Disorders in a Selected Hospital in Sri Lanka</b></p> <p><i>Kumari Nwas, Hasani EWN, Sumanarathna EASK, Amani KGD, Siriwardhana BCI, Gamage PMW, Abeyrathna WMDN, Jayamaha AR</i></p>                      |
| PP 04                                  | AB093       | <p><b>Factors Associated with Medication Adherence and Asthma Control among Adult Patients Attending Selected Hospitals in Gampaha District, Sri Lanka</b></p> <p><i>Purnima PAEL, Karunanayaka KPHJ, Priyadarshani DWR, Dineshika WD, Kumari WMU, Gamage PMW, Jayamaha AR</i></p>                               |
| PP 05                                  | AB098       | <p><b>Knowledge, Attitudes, and Practices Regarding Chronic Wound Care among Patients Attending the Surgical Units in District General Hospital, Embilipitiya, Sri Lanka</b></p> <p><i>Anjalika PML, Ramanayake RMGKEM, Kumari WARS, Gamage DNP, Gunarathna RMKT, Karunarathna TPNP, Thilakarathna HMCRK</i></p> |
| PP 06                                  | AB107       | <p><b>Obesity and Associated Lifestyle Factors among Nurses in Teaching Hospital, Kalutara, Sri Lanka</b></p> <p><i>Dinushika OVDP, Abeysinghe AMTN, Wanniarachchi GL, Samarathunga SASP, Jayasundara SS, Karunarathna TPNP, Kariyawasam KHAY</i></p>  |

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| PP 07 | AB129 | <p><b>Quality of Life and its Associated Factors among Patients Diagnosed with Chronic Kidney Disease at National Nephrology Specialized Hospital, Polonnaruwa, Sri Lanka</b></p> <p><i>Gangodawila PDK, Subasinghe GMS, Gunawardhana SDJ, Wickramasinghe DMDR, Wanasinghe WAUA, Thilagaraj SJ, Thilakarathna HMCRK, Kariyawasam KHAY</i></p> |
| PP 08 | AB135 | <p><b>Physical Activity and Sleep Quality among Patients with Asthma Exacerbation Attending Selected Hospitals in Gampaha District, Sri Lanka</b></p> <p><i>Priyadarshani DWR, Purnima PAEL, Karunanayaka KPHJ, Dineshika WD, Kumari WMU, Thilagaraj SJ, Gamage PMW, Jayamaha AR</i></p>  |
| PP 09 | AB190 | <p><b>The Risk for Pressure Ulcers and Associated Factors among Patients Admitted to the Intensive Care Units at Teaching Hospital, Karapitiya, Sri Lanka</b></p> <p><i>Wickramasinghe MWKT, Lakmali YWP, Gamage HGUH, Wijayanthi HWI, Sirimanna SI, Kanchana KTG, Thilakarathna HMCRK</i></p>  |
| PP 10 | AB106 | <p><b>Social Media Usage and Internet Addiction among Pregnant Women Attending an Antenatal Clinic at a Selected Maternity Hospital in Sri Lanka</b></p> <p><i>Piyathissa GVG, Herath HMSS, Shironi NBK, Kalansooriya R, Gunarathna WPRU, Karunarathna TPNP, Kariyawasam KHAY</i></p>   |
| PP 11 | AB097 | <p><b>Knowledge and Determinants of Participation in Well-Women Clinics among Women Over 35 Years in a Selected MOH Area of the Central Province, Sri Lanka</b></p> <p><i>Rasika RPS, Disanayaka BMPD, Disanayaka BDNDK, Gunarathne MWHJK, Kalugalla KGIA, Madhuwanthi RM, Jayamaha AR</i></p>  |
| PP 12 | AB115 | <p><b>Knowledge and Practices on Pharmacovigilance and Reporting Adverse Events among Nurses at Colombo South Teaching Hospital in Sri Lanka</b></p> <p><i>Rajapakshe BGMM, Renuka BBJA, Manamperi DPK, Dissanayake CD, Udayangani PTS, Madhuwanthi RM, Jayamaha AR</i></p>   |

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| PP 13 | AB087 | <p><b>Digital Health Literacy and its Influencing Factors among Nurses at the National Hospital in Sri Lanka</b></p> <p><i>Ranasinghe MUL, Gunawardhana HPPS, Madushani BASS, Nilushika RD, Ranasinghe RATS, <u>Madhuwanthi RM</u>, Warnakulasuriya SSP</i></p>  |
| PP 14 | AB051 | <p><b>Awareness and Associated Factors Regarding Hospital Waste Management among Nursing Officers at a Selected Base Hospital in Nuwara Eliya District, Sri Lanka</b></p> <p><i>Dissanayake RGA, Ranasinghe DGW, Rathnayaka RMSN, Morawaka Arachchi SMAL, Weerasooriya WARS, <u>Karunarathna TPNP</u>, Thilakarathna HMCRK</i></p>                       |
| PP 15 | AB104 | <p><b>Work-Life Balance on Life Satisfaction among Nurses in National Hospital of Sri Lanka</b></p> <p><i>Weerakoon WMAS, Karunasena HMCU, Sathyanji DKS, Karunarathna TPNP, <u>Kariyawasam KHAY</u></i></p>   |
| PP 16 | AB139 | <p><b>Dysmenorrhea and Self-managing Practices among Nursing Students at a Selected Nursing College in Sri Lanka</b></p> <p><i>Jayawardana PKK, Wimalasena RIDS, Hansini MDC, Leelarathna TWOL, Balasooriya UPKM<sup>1</sup>, <u>Madhuwanthi RM</u>, Jayamaha AR<sup>1</sup></i></p>   |
| PP 17 | AB178 | <p><b>Depression, Anxiety, and its Associated Factors among Patients with CKD undergoing Renal Replacement Therapy at National Nephrology Specialized Hospital in Polonnaruwa</b></p> <p><i>Gangodawila PDK, Subasinghe GMS, Gunawardhana SDJ, Wickramasinghe DMDR, Wanasinghe WAUA, <u>Thilagaraj SJ</u>, Thilakarathna HMCRK, Kariyawasam KHAY</i></p> |
| PP 18 | AB188 | <p><b>Quality of Life and its Associated Factors among Patients with Cardiovascular Diseases Attending to Teaching Hospital Kalutara, Sri Lanka</b></p> <p><i>Arachchige ACK, Jayamali GKD, Lakmali DMD, <u>Thilakarathna HMCRK</u>, Senarath NSASN</i></p>  |

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|-------|-------|--|
| PP 19 | AB025 | <p><b>Prevalence and Reporting Practices of Workplace Violence among Nursing Officers at Monaragala District Hospital, Sri Lanka</b></p> <p><i>Prasadini MAV, Rathnayaka RMCYP, Sandamali EKD, Sewwandi KWW, Maduwanthi WS, <u>Pinnawala PACP</u>, Fernando CA, Jayamaha AR</i></p>                            |
| PP 20 | AB192 | <p><b>Knowledge and Practices Regarding Colostomy Care among Pediatric Nurses at Lady Ridgeway Hospital, Sri Lanka</b></p> <p><i>De Silva LAVAIGU, Kaluarachchi KAIG, Pathirana NTK, Jayasinghe NP, Darshani MN, <u>Thilakarathna HMCRK</u>, Kanchana KTG</i></p>  |
| PP 21 | AB193 | <p><b>Work-related Stress and Associated Factors among Nurses Working in Medical Units of the National Hospital, Sri Lanka</b></p> <p><i>Dileka WGP, Samarathunga PK, Rajapaksha RMPK, Irugalbandara IBVDN, Erandika PWH, Wijethunga WMCC, Karunarathna TPNP, <u>Thilakarathna HMCRK</u>, Kanchana KTG</i></p> |
| PP 22 | AB204 | <p><b>Assessment of Medication Adherence and Quality of Life among Patients with Tuberculosis at the National Hospital for Respiratory Diseases, Welisara, Sri Lanka</b></p> <p><i>Hansani MGL, Udayangani WSN, Padmakumara AHGCG, Kithmini TAD, Thiwanika EKS, <u>Gamage PMW</u>, Jayamaha AR</i></p>         |

## Schedule of the Technical Session – Nursing

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| PP 02                                  | AB010       | <p><b>Level of Addiction and Associated Factors for Mobile Phone Usage among Young Adults in Southern Province, Sri Lanka</b></p> <p><i>Wickramanayaka LD, Prasanthi YSC, Weerasinghe WGGWPK, Rajapakshe JAPIK, Upeksha SHD, Perera ACH</i></p>   |
| PP 03                                  | AB013       | <p><b>Caregiver Strain Among Family members of Patients with Chronic Kidney Disease in a Selected Hospital, Sri Lanka</b></p> <p><i>Edirisinghe MIK, Gamage WMSN, Senanayake LTS, Fernando WAS, Ranasinghe WSLD, Upeksha SHD, Meegoda MKLD</i></p>  |
| PP 04                                  | AB017       | <p><b>Assessment of Risk Factors for Non-Communicable Diseases among Patients Attending the Outpatient Department Clinics in a Selected Hospital in Sri Lanka</b></p> <p><i>Mihirani WB, Jayawickrama ORM, Darshani WMP, Subasinghe SKAM, Maduwanthi MMD, Upeksha SHD, Perera ACH</i></p> |
| PP 05                                  | AB018       | <p><b>Assessment of the Level of Stress, its Associated Factors, and Coping Strategies among Final Year Undergraduate Students at KIU, Sri Lanka</b></p> <p><i>Ruwanthi AI, Nanaykkara IT, Jayaweera JDD, Nirosha RRP, Wijesinghe TM, Upeksha SHD, Perera ACH</i></p>                     |
| PP 06                                  | AB019       | <p><b>Attitudes and Barriers Toward Higher Education among Undergraduate Nursing Students at a Selected Higher Education Institute in Sri Lanka</b></p> <p><i>De Silva WHT, Wishwamali KDD, Wimalarathna SHRS, Dirmalika GWD, Jayasinghe PNH, Upeksha SHD, Perera ACH</i></p>             |

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| PP 07 | AB020 | <p><b>Attitudes and Associated Factors Toward Family Involvement in Diabetic Care among Nurses at a Selected Hospital in Sri Lanka</b></p> <p><i>Gunawardhana WGPD, Sandamali NVAN, Heiyanthuduwa SD, Karunathilaka HPSS, Karunarathna AARM, Upeksha SHD, Amarasekara AATD</i></p>  |
| PP 08 | AB021 | <p><b>Awareness of Electronic Documentation among Nursing Undergraduates in a Selected University in Sri Lanka</b></p> <p><i>Senevirathna DID, Kandewatta IPA, Thisera PMJC, Prasadini KKM, Jayarathna KGDM, Upeksha SHD, Perera ACH</i></p>  |
| PP 09 | AB031 | <p><b>Perceived Spiritual Wellbeing and Depression among the Elderly: Insights from a Hospital-Based Study in Colombo District</b></p> <p><i>Peiris WHN, Maheshika JAD, Mihirani MAR, Abeykoon WMCN, Sandaleka WPP, Abeyrathna WMDN, Keerthirathne WAP</i></p>  |
| PP 10 | AB043 | <p><b>Perceived Stress and Associated Factors among Nursing Professionals: A Study From a Selected Hospital in Jaffna, Sri Lanka</b></p> <p><i>Galhena GRJ, Karunarathna WADH, Adikari AADPD, Menuwara HKNT, Karunarathna KHND, Abeyrathna WMDN, Keerthirathne WAP</i></p>  |
| PP 11 | AB099 | <p><b>Knowledge, Attitude and Practice on Chronic Kidney Disease and its Associated Factors among Patients Attending the Base Hospital Thambutthegama, Sri Lanka</b></p> <p><i>Senewirathna WGNK, Weerathunga NP, Jayasena MRVSA, Jayaweera PGNM, Karunarathna SATN, Wijethunga WMCC, Edirisuriya MD, Senarath NSASN</i></p>        |
| PP 12 | AB100 | <p><b>Assessment of Nurses' Practices Towards Medication Administration Rights and Contributing Factors for Medication Errors among Patients with Cancer at the National Cancer Institute, Sri Lanka</b></p> <p><i>Bathila RKKAW, Premathilaka HPW, Ravihari GDS, Kumari GKS, Gunasena KAMT, Edirisuriya MD, Senerath NSASN</i></p> |
| PP 13 | AB101 | <p><b>Perceived Health Hazards and Occupational Health Safety Practices among Nurses at the National Hospital of Sri Lanka</b></p> <p><i>Pabasara VGM, Sandamali WLADM, Priyani RSR, Basnayake M, Zoysa KSD, Wijethunga WMCC, Edirisuriya MD, Senarath NSASN</i></p>  |

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| PP 14 | AB175 | <p><b>Public Survey on Knowledge on the Use Of Vitamins and Dietary Supplements among Adults, Sri Lanka</b></p> <p><i>Karunarithna PASK, Kalugalage HC, Wilegoda WGIM, Weerathunga DDDS, Ariyawansha AGRN, Thilagaraj SJ, Senerath NSASN</i></p>   |
| PP 15 | AB102 | <p><b>Knowledge and Attitude on Secondary Prevention of Cardiovascular Diseases among Adult Patients Attending the Cardiology Clinic at a Selected Hospital, Sri Lanka</b></p> <p><i>Aranayaka AKS, Kariyapperuma DAM, Umaamahesan B, Vijayakumar K, Wijethunga WMCC, Edirisuriya MD, Senarath NSASN</i></p> |
| PP 16 | AB105 | <p><b>An Alarming Burden: Prevalence and Determinants of Psychological Distress Among Fishermen in Southern Sri Lanka</b></p> <p><i>Kumari AAR, Udayangi HKH, Malkanthi HI, Kaluarachchi VI, Mala LAD, Rathnakumari KN, Perera ACH</i></p>   |
| PP 17 | AB111 | <p><b>Factors Associated with Awareness of Immunization among Mothers Attending a Selected Well-Baby Clinic in Sri Lanka</b></p> <p><i>Pathirana KPSS, Jayasingha NP, Lasanthika HR, Athukorala KADAN, Rathnakumari KN, Sandakumari HHHS</i></p>   |
| PP 18 | AB113 | <p><b>Perceived Adverse Effects of Anti-Cancer Chemotherapy among Patients Undergoing Cancer Treatments at Selected Hospitals in Sri Lanka</b></p> <p><i>Jayasooriya WMUS, Ranasinghe WHSJ, Ranabahu RMCJ, Dinuranga KAT, Ranabahu RMPD, Thilagaraj SJ, Senarath NSASN</i></p>                               |
| PP 19 | AB114 | <p><b>Prevalence And Determinants of Contraceptive Utilization among Pregnant Women Attending an Antenatal Clinic In Hambantota, Sri Lanka</b></p> <p><i>Lakmali WLPI, Merenchi OL, Jayasingha BAIH, Ranasinghe AKNM, Dilrukshi PMA, Rathnakumari KN, Sandakumari HHHS</i></p>                               |
| PP 20 | AB131 | <p><b>Knowledge of Cancer Risk Factors, Warning Signs and Preventive Practices among Outpatients Attending Base Hospital Tangalle, Sri Lanka</b></p> <p><i>Manori AGK, Gunasekara AGRL, De Silva KHTUL, Manjula LKG, Edirisooriya MD, Maduwanthi WH, Senarath NSASN</i></p>                                  |

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| PP 21 | AB133 | <p><b>Evaluation of Nurses' Knowledge on Oral Drug Dosage Calculation at Selected Hospitals in Sri Lanka</b></p> <p><i>Wijerathna MPH, Gamlath MGRAP, Rajapaksha RDIP, Saram EMN, Maheshwari NMD, <u>Maduwanthi WH</u>, Karunarathna TPNP, Senarath NSASN</i></p> |
| PP 22 | AB083 | <p><b>Psychosocial Well-being in Cancer Patients: Assessing Hope, and Life Satisfaction</b></p> <p><i>Rajapaksha RMLUK, Kaushalya OD, Jayawera DMGSM, Sandeepa R, Ekanayake EMAP, <u>Rathnakumari KN</u>, Sandakumari HHHS</i></p>                                |



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# Multidisciplinary Research Conference 2025

**Proceedings** MRC 2025 - Book I



**Oral Presentations  
Nursing**

OP 01 AB036

## Self-Reported Health-Promoting Lifestyle Behaviors and Their Determinant Factors among the Nursing Officers at the National Hospital Colombo, Sri Lanka

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**Introduction:** At the National Hospital Colombo, Sri Lanka (NHCSL), some nurses have been experiencing various disabilities and chronic health problems over time. Their challenges in adopting Health Promoting Lifestyle Behaviors (HPLB) may be a contributing factor to these health issues. However, there is a lack of scientific evidence regarding the engagement of nurses at NHCSL in HPLB practices.

**Objective:** This study aimed to assess the self-reported HPLB of nursing officers and its determinant factors at NHCSL.

**Methodology:** A cross-sectional study involving 374 nursing officers from the NHCSL was conducted using a simple random sampling method. Data collection employed a self-administered, Walker's Health-Promoting Lifestyle Profile II (HPLP-II), comprising a 52-item questionnaire rated on a 4-point scale (1-4), covering domains such as health responsibility, physical activity, nutrition, spiritual growth, interpersonal relations, and stress management. Statistical analysis was performed using one-way ANOVA tests and descriptive statistics via SPSS version 25. Ethical approval was obtained from both ethics' committees of the National Hospital (Ref: AAJ/ETH/COM//2025/Feb) and KIU (Ref: KIU/ERC/24/422). The survey was conducted from February to March 2025.

**Results:** In this study, 90.4% of the participants were female, with an average age of 37 years. A notable 77.3% were married, and 41.4% held Grade II positions. The mean total score on the HPLP-II scale across all participants was 125.32 (SD = ±3.29). The domain with the highest mean score was stress management (2.52), while the lowest mean was found in the physical activity domain (2.32). ANOVA analyses revealed that there were significant mean differences among the groups based on gender ( $p = 0.012$ ), position ( $p = 0.016$ ), working experience ( $p = 0.037$ ), age ( $p = 0.019$ ), working unit ( $p = 0.041$ ), chronic illnesses ( $p = 0.002$ ), and commuting distance ( $p = 0.003$ ) in relation to the total score on the HPLP-II scale for all participants.

**Conclusion:** The assessment of the HPLP-II among nurses at NHCSL indicated a moderate overall mean total score. To enhance health promotion initiatives for nurses, it is advisable to implement motivational and awareness programs. Additionally, nurse administrators should focus on establishing screening programs, fostering supportive and stress-free work environments, and providing hostel facilities to reduce commuting times. These strategies are essential for improving nurses' HPLB.

**Keywords:** Determinant factors, Health Promoting Lifestyle Behaviors, National Hospital Colombo, Nursing officers.

## Personal, Professional, and Work-Life Balance Factors Influencing Nurses' Retention in Selected Government Hospitals in the Jaffna District, Sri Lanka

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**Introduction:** Retention of skilled nurses is crucial for quality healthcare, yet workforce stability in Sri Lanka remains a challenge. Evidence on how personal, professional, and work-life factors influence nurse retention in government hospitals in Sri Lanka is limited.

**Objectives:** This study aims to assess the influence of personal factors, professional factors, and work-life related factors on nurses' retention in selected government hospitals in the Jaffna District.

**Methodology:** A descriptive cross-sectional study was conducted among 282 nurses from Teaching Hospital Jaffna, Base Hospital Chavakachcheri, Base Hospital Point Pedro, and Base Hospital Thellipalai, using stratified random sampling. Data was collected using a structured self-administered questionnaire with a 3-point Likert scale (1=make me leave, 2=neutral, 3=make me retain). The instrument was validated by experts and demonstrated excellent internal consistency (Cronbach's  $\alpha = 0.903$ ). Mean scores were interpreted as 1.00-1.49 = high intention to leave, 1.50-2.49 = neutral, and 2.50-3.00 = high intention to retain. Data was analyzed using SPSS version 26, employing descriptive statistics, chi-square tests, and independent t-tests ( $p < 0.05$ ). Ethical approval was obtained from the Ethical Review Committee, Faculty of Medicine, University of Jaffna.

**Results:** Majority of participants were female (68.8%,  $n=194$ ), with a mean age of  $33.28 \pm 7.05$ . Retention intention was significantly higher among nurses with greater job satisfaction ( $2.41 \pm 0.59$ ) compared to those with lower satisfaction ( $1.71 \pm 0.60$ ), work-life balance factors ( $2.42 \pm 0.58$  vs.  $2.10 \pm 0.58$ ), and family responsibilities ( $2.31 \pm 0.60$  vs.  $1.99 \pm 0.61$ ; all  $p < 0.01$ ). Professional development factors such as career-building opportunities ( $2.47 \pm 0.60$  vs.  $2.00 \pm 0.58$ ), training participation ( $2.48 \pm 0.57$  vs.  $2.03 \pm 0.59$ ), and support from senior staff ( $2.38 \pm 0.61$  vs.  $2.05 \pm 0.57$ ; all  $p < 0.001$ ) were also significant predictors. Work-life balance showed strong effects, with higher scores for scheduling satisfaction ( $2.51 \pm 0.56$ ), control over workload ( $2.45 \pm 0.57$ ), and time-off opportunities ( $2.39 \pm 0.60$ ) among nurses intending to stay ( $p < 0.001$ ).

**Conclusion:** These findings underscore the need for context-specific workforce strategies that prioritize job satisfaction, professional growth, and work-life balance to enhance nurse retention in government hospitals of the Jaffna District.

**Keywords:** Nurse retention, Personal factors, Professional development, Work-life balance

OP 03 AB116

## Parental Stress and Family Functioning among Parents of Children Under Five Years with Autism Spectrum Disorder Treated at Ayati National Center, Ragama, Sri Lanka

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**Introduction:** Autism spectrum disorder is a neurodevelopmental condition that affects social communication and behavior, creating significant challenges for both affected children and their families. Globally, the prevalence of autism has been increasing, with an estimated 1 in 100 children affected, posing a growing public health and social concern worldwide.

**Objectives:** To assess parental stress and family functioning among parents of children under five years with autism spectrum disorder treated at the Ayati National Center, Ragama, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted at the Ayati National Center with 150 parents of children under five years with autism spectrum disorder, selected through convenience sampling. Data collection involved a pretested, interviewer-administered, adapted questionnaire covering demographics, parental stress scale, and family functioning. Statistical analysis was performed using SPSS version 25, applying descriptive statistics and inferential tests. Ethical Approval was obtained from the ERC of KIU, and permission was obtained from Ayati National Center, Ragama, Sri Lanka.

**Results:** The study sample included 130 mothers (87%) and 20 fathers (13%). The findings revealed that 74% of parents experienced moderate stress, while 24% reported high stress levels, and 2% had low stress levels. Parental stress was found to be significantly associated with the child's age ( $p < 0.001$ ) and parental education level ( $p = 0.011$ ). In terms of family functioning, 96.0% of families reported an impact on their overall family function, with the child's age being the most significant influencing factor ( $p = 0.001$ ). Among the affected families, the highest mean scores were reported in social impact ( $41.69 \pm 6.41$ ) and financial impact ( $11.65 \pm 1.81$ ), indicating these as the most challenging aspects of raising a child with autism.

**Conclusion:** This study highlights the impact of autism spectrum disorder on parental stress and family functioning, emphasizing the need for educational support, mental health assistance, and future research on long-term intervention effectiveness.

**Keywords:** Autism spectrum disorder, Ayati National Center, Family functioning, Parental stress

OP 04 AB170

## Parental Knowledge, Attitudes, and Practices in Childhood Epilepsy: Implications for Health Education and Care in Sri Lanka

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**Introduction:** Epilepsy is a chronic neurological disorder affecting millions worldwide yet in Sri Lanka parental awareness on pediatric epilepsy remain understudied. Misconceptions and myths can negatively affect the overall care outcomes, highlighting the need to assess parental awareness.

**Objective:** To assess parents' knowledge, attitudes and practices regarding epilepsy among parents with epileptic children aged 6 to 12 attending the neurology clinic, Lady Ridgeway Hospital, Colombo.

**Methodology:** A descriptive cross-sectional study was conducted among 422 parents from December 2024 to January 2025. Primary caregiver was selected using systematic random sampling method. Pretested interviewer administered questionnaire addressing knowledge, attitudes and practices used for data collection. Cut off scores adopted from previous literature categorized <50% as poor, 50-69% as good and ≥70% as excellent. Ethical approval was obtained from ERC, Faculty of Medicine, KDU (RP/S/2024/15). Data were analyzed using SPSS version 25. Descriptive statistics summarized findings and chi-square tests used to assess associations ( $p < 0.005$ ).

**Results:** The mean age of parents were  $36 \pm 6.4$  years (mothers) and  $38 \pm 6.9$  (fathers), with mothers being the majority. Primary source of health information of the majority were health professionals (86.8%,  $n= 366$ ). Overall, 67.8% ( $n= 286$ ) of parents had excellent knowledge. Correct emergency practices were identified in 95.5% ( $n= 403$ ). Harmful practices like offering food and drinks right after an epileptic seizure were reported by 52.3% ( $n= 221$ ). Attitudes were excellent at 70.4% ( $n= 297$ ), however 91.5% ( $n= 386$ ) believed constant adult supervision was mandatory and 62.6% ( $n= 264$ ) restricted any kind of stressful activities. Higher maternal education ( $p=0.002$ ) and income ( $p=0.002$ ) were associated with better knowledge.

**Conclusion:** Even though parental overall knowledge and practices were satisfactory, still some harmful practices and misconceptions identified. The findings highlighted the continuous and focused educational interventions to improve care for children with epilepsy.

**Keywords:** Attitudes, Children, Epilepsy, Parents, Practices

OP 05 AB109

## Fatigue and Caregiver Burden among Family Caregivers of Patients in Palliative Care in Teaching Hospital Rathnapura, Sri Lanka

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**Introduction:** Family caregivers provide essential physical, emotional, and social support to patients in palliative care. However, they often experience fatigue and caregiver burden, which can negatively affect both caregiver well-being and patient care. Limited evidence exists on these challenges in the Sri Lankan context.

**Objectives:** This study aimed to assess the level of fatigue and caregiver burden among family caregivers of patients in palliative care in Teaching Hospital Rathnapura, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 120 family caregivers selected through convenience sampling from the patients attending palliative care clinic of Teaching Hospital Rathnapura. Data were collected using a pre-tested, interviewer-administered questionnaire comprising socio-demographic data, Fatigue Assessment Scale (10-21 no fatigue, 22-34 mild-moderate,  $\geq 35$  severe fatigue), and Zarit Burden Interview (0-21 no/mild, 22-40 mild-moderate, 41-60 moderate to severe,  $>60$  severe). Analysis was performed using SPSS version 25, employing descriptive statistics, chi-square tests and Pearson correlation. Ethical approval was obtained from KIU (KIU\_ERC\_25\_005).

**Results:** Majority were females (70.8%,  $n=85$ ), primarily spouses (34.2%,  $n=41$ ) or children (33.3%,  $n=40$ ) of the patients. The mean ZBI score was  $38.2 \pm 13.9$ , indicating mild to moderate burden; 15% experienced moderate to severe burden, while only 1.7% reported severe burden. The mean FAS score was  $23.7 \pm 8.4$ , with 54.2% ( $n=65$ ) showing mild to moderate fatigue and 7.5% ( $n=9$ ) severe fatigue. Caregiver burden and fatigue showed a significant association ( $p<0.001$ ) and a moderately strong positive correlation ( $r = 0.611$ ,  $p<0.001$ ).

**Conclusion:** The study highlights that family caregivers of palliative care patients at Teaching Hospital Rathnapura face considerable levels of both fatigue and caregiver burden, with a strong interrelationship between the two. These findings underscore the urgent need for targeted interventions such as routine screening, psychosocial support programs, respite care services, and caregiver education to reduce burden, alleviate fatigue, and improve overall quality of life for caregivers while enhancing patient care.

**Keywords:** Caregiver burden, Family caregivers, Fatigue, Palliative care

OP 06 AB119

## Prevalence of Digital Eye Strain-related Complaints among Undergraduates at a Selected University in Sri Lanka

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**Introduction:** Increased use of digital devices has resulted in several ocular and visual symptoms, conjointly known as digital eye strain (DES) or computer vision syndrome (CVS). The incidence is gradually increasing, and university students are at risk of getting possible adverse effects due to frequent use of digital devices for education-related activities.

**Objectives:** This study aims to assess the prevalence of digital eye strain-related complaints and their associated factors among undergraduates at a selected university in Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 416 undergraduates at KIU, following the stratified sampling method and different degree programs considered as strata. A researcher-developed, pre-tested, and self-administered questionnaire consisting of baseline characteristics, prevalence of complaints of digital eye strain and possible contributing factors. Data was collected using a Google Form distributed on online platforms. Data analysis followed by descriptive and inferential statistics using SPSS version 25 as a statistical tool. The study was ethically approved (KIU-ERC-24-043).

**Results:** The study included 416 participants, and the mean age of the study sample was  $29.44 \pm 3.72$ . The majority were female (83.3%) and nursing undergraduates (58.5%). The common ocular symptoms included headache (100%), itching (93.5%), burning sensation (92.8%), intolerance to the light (91.1%) and tired eyes (90.1%). Double vision (4%) and vision impairment (5.3%) were also reported. Common non ocular complaints included wrist/finger pain (99%), neck and shoulder pain (98%). Also, 99.3% use digital devices more than 5 hours each day. Further, seating positions were not at eye level (78.8%), viewing distance less /or equal to 50 cm (87.5%), 52% avoided light reflecting (52%) were observed as risk factors. Also, half of the students were never aware of DES, and only 11.8% of students rarely practiced the 20/20/20 rule. Statistical significance was observed between symptoms of DES, the level of screen, breaks, contrast of the device, viewing distance, and working hours ( $p < 0.05$ ).

**Conclusion:** DES is highly prevalent among undergraduate students, and a wide range of related risk factors was observed. Strategies need to be implemented to minimize the related complications.

**Keywords:** Computer vision syndrome, Digital Eye Strain, Digital devices

OP 07 AB134

## Knowledge of Breast Cancer among First - Degree Relatives of Patients at Teaching Hospital Karapitiya, Sri Lanka

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**Introduction:** First-degree relatives (FDRs) of breast cancer patients are at increased risk of developing the disease due to shared genetic and environmental factors. Their level of knowledge regarding breast cancer risk factors, signs and symptoms, and diagnostic methods plays a vital role in early detection and prevention.

**Objectives:** To assess the level of knowledge regarding breast cancer among first-degree relatives of patients with breast cancer attending the oncology clinic at Teaching Hospital Karapitiya,

**Methodology:** A descriptive cross-sectional study was conducted among 178 first-degree relatives of breast cancer patients attending the oncology clinic at Teaching Hospital Karapitiya, Participants were selected through simple random sampling. Data were collected using a pre-tested, interviewer-administered structured questionnaire developed from published literature and validated by a panel of oncology and nursing experts. Knowledge was assessed under three domains, risk factors, signs and symptoms, and diagnostic methods and categorized as poor ( $\leq 50\%$ ), moderate (51–75%), or good ( $>75\%$ ). Data were analyzed using descriptive statistics and Chi-square tests with SPSS version 26. Ethical clearance was obtained from the KIU Ethics Review Committee (KIU/ERC/24/112).

**Results:** Based on study findings 178 participants, 61.8% were females (n=110) and 56.7% (n=101) were aged between 31–40 years. Regarding knowledge of risk factors, 19.7% (n=35) were poor, 50.0% (n=89) moderate, and 30.3% (n=54) good knowledge. For signs and symptoms, 11.8% (n=21) showed poor, 34.8% (n=62) moderate, and 53.4% (n=95) good knowledge. Knowledge of diagnostic methods was relatively low—only 36.0% (n=64) had good knowledge. Statistically significant associations were found between knowledge levels and age ( $p=0.046$ ), gender ( $p=0.012$ ), education ( $p=0.001$ ), occupation ( $p=0.042$ ), income ( $p=0.000$ ), and relationship to the patient ( $p=0.000$ ).

**Conclusion:** More than half of the participants had good knowledge of signs and symptoms, yet notable gaps persisted regarding risk factors and diagnostic methods. Socio-demographic factors significantly influenced knowledge levels, underscoring the need for targeted educational interventions to enhance early detection and reduce breast cancer risk.

**Keywords:** Awareness, Breast cancer, First-degree relatives, Knowledge, Sri Lanka

## Health-related Quality of Life and Symptom Burden among Patients with Chronic Kidney Disease in the Teaching Hospital Rathnapura, Sri Lanka

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**Introduction:** Chronic Kidney Disease (CKD) is a major non-communicable disease affecting physical, psychological, and social well-being. Symptom burden in CKD can impair daily functioning and reduce health-related quality of life (HRQOL). Despite its prevalence in Sri Lanka, studies addressing symptom burden and HRQOL is limited.

**Objectives:** This study aimed to assess the symptom burden, health-related quality of life, and their association among CKD patients attending Teaching Hospital Rathnapura.

**Methodology:** A descriptive cross-sectional study was conducted among 422 adult CKD patients at Teaching Hospital Rathnapura, selected via simple random sampling. Data was collected using a validated, pre-tested interviewer-administered questionnaire (sociodemographic data, KDQOL-36, and Symptom Burden Scale). The KDQOL-36 (0–100) assessed HRQOL; scores  $\geq 70$ , 50–69, and  $< 50$  indicated good, moderate, and poor QOL. The Symptom Burden Scale rated 12 symptoms (0–4 each); totals 0–16, 17–32, and 33–48 indicated mild, moderate, and severe burden. Data was analyzed in SPSS v26 using descriptive and inferential statistics. Pearson correlation showed higher symptom burden associated with lower HRQOL ( $r = -0.265$  to  $-0.219$ ,  $p < 0.01$ ).

**Results:** The study included 422 CKD patients with a mean age of 53.44 years (SD = 10.24). Most were female (231, 54.7%), married (380, 90%), Buddhist (327, 77.5%), and Sinhalese (332, 78.7%). Participants had varying disease durations and treatment stages, with many attending the nephrology clinic and dialysis unit. Health-related quality of life (HRQOL) assessed by KDQOL showed moderate general health perception (Mean = 31.40, SD = 5.38) and total HRQOL scores (Mean = 115.47, SD = 17.38; 67.13%, SD = 10.11%). Common physical and psychological symptoms were fatigue (224, 53%), itching (245, 58%), bone/joint pain (224, 53%), and psychological distress (219, 52%), with over one-fifth reporting severe intensity. These findings indicate that both physical and psychological symptoms substantially reduce HRQOL in CKD patients.

**Conclusion:** CKD patients in Rathnapura experience moderate HRQOL and substantial symptom burden, underscoring the need for routine symptom assessment, psychosocial support, and patient-centered interventions to enhance care and outcomes.

**Keywords:** Chronic Kidney Disease, Health-Related Quality of Life, Sri Lanka, Symptom Burden

OP 09 AB108

## Patient Safety Culture and its Associated Factors among Health Professionals at District General Hospital, Embilipitiya, Sri Lanka

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**Introduction:** Patient safety culture (PSC) is a critical determinant of healthcare quality. It aims to prevent avoidable harm during care delivery. A strong PSC enhances teamwork, communication, and proactive error management.

**Objective:** To assess the level of PSC and its associated factors among doctors and nurses at District General Hospital, Embilipitiya, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 62 doctors and 143 nurses using pre-tested, self-administered Hospital Survey on Patient Safety Culture (HSOPSC). The survey assessed perceptions related to unit safety, communication, hospital management, supervision, and reporting. Domain scores were converted to a 0–100 scale, and PSC levels were classified as poor (<40), moderate (40–60), or good (>60). Frequency, Percentage, and Chi-square tests ( $p < 0.05$ ) were conducted in SPSS v25. ERC approval was obtained from KIU ERC.

**Results:** Among doctors, 57% ( $n=35$ ) were female; 66% ( $n=41$ ) had 1–5 years of experience; 69% ( $n=43$ ) worked >40 hours/week and all held bachelor's degrees or above. Among nurses, 91% ( $n=130$ ) were female; 36% ( $n=51$ ) had 1–5 years of experience; and 74% ( $n=106$ ) worked >40 hours/week. Only 30% ( $n=43$ ) had bachelor's degrees or above. Nurses reported higher mean scores than doctors for unit perception ( $72.93 \pm 12.09$  vs.  $61.56 \pm 17.17$ ), management ( $64.76 \pm 19.25$  vs.  $60.93 \pm 23.97$ ), and total PSC ( $59.97 \pm 15.17$  vs.  $53.23 \pm 21.63$ ) respectively, but had lower mean communication scores ( $47.16 \pm 19.80$  vs.  $55.99 \pm 20.29$ ). Overall, 41% of nurses and 36% of doctors had a good PSC. Among doctors, workload was associated with unit safety ( $p=0.001$ ) and working unit with total PSC ( $p=0.029$ ). Among nurses, working hours were associated with unit safety ( $p=0.005$ ), management perception ( $p=0.001$ ), and total PSC ( $p=0.001$ ), while working unit was linked to communication ( $p=0.031$ ), management perception ( $p=0.002$ ), and total PSC ( $p=0.017$ ).

**Conclusion:** PSC demonstrated strengths in teamwork and unit-level safety but perceived weaknesses in communication, especially among nurses. Addressing workload, optimizing staffing patterns, and fostering non-punitive reporting may improve PSC. Further research should explore causal pathways and assess targeted interventions.

**Keywords:** Doctors, HSOPSC, Healthcare quality, Nurses, Patient safety culture

OP 10 AB128

## Work life balance and its Associated Factors among Nurses Working at District General Hospital, Vavuniya, Sri Lanka

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**Introduction:** Work-life balance (WLB), the balance between work and personal life, is vital for nurses' well-being and patient care, but evidence from regional Sri Lankan hospitals is limited.

**Objectives:** To assess work-life balance and its associated factors among nurses working at District General Hospital, Vavuniya, Sri Lanka.

**Methodology:** A descriptive cross-sectional quantitative study was conducted at District General Hospital, Vavuniya using total population sampling including all 211 nurses. Data were collected through a researcher-developed, and pre-tested structured questionnaire (Cronbach's Alpha=0.857) instruments include socio-demographic characteristics, important antecedents to WLB, general WLB questions and job stress questions. Responses were rated on a 5-point Likert scale. The mean scores were categorized as very low (1.0–1.79), low (1.8–2.59), moderate (2.6–3.39), high (3.4–4.19), and very high (4.2–5.0). Data were analysed using SPSS Version-25 with descriptive and inferential statistics as correlational and regression analysis. Ethically approved KIU Ethics Review Committee (KIU/ERC/24/193)

**Results:** Among 211 nurses 51.7% female (n=109); majority aged 31–40 years (n=90, 42.7%), married (60.7%, n=128), and diploma holders (66.4%, n=140), with 36.0% (n=76) having 6–10 years of experience. Excessive workload (M=4.23, SD=0.67) and long working hours (M=4.15, SD=0.72) had the highest mean scores, while supervisory support (M=2.75, SD=0.94) and family-friendly policies (M=2.45, SD=0.96) were rated low. Workload ( $r=0.612$ ,  $p<0.001$ ) and long working hours ( $r=0.568$ ,  $p<0.001$ ) were positively correlated with stress, whereas supervisory support ( $r=-0.327$ ,  $p<0.001$ ) and family-friendly policies ( $r=-0.415$ ,  $p<0.001$ ) were negatively correlated with stress. Regression analysis showed workload ( $\beta=-0.458$ ,  $p<0.001$ ) as the strongest negative predictor of WLB, while family-friendly policies ( $\beta=0.425$ ,  $p<0.001$ ) were the strongest positive predictor.

**Conclusion:** Workload and long hours impaired nurses' WLB, while support and policies improved it. Enhancing supportive measures is recommended.

**Key words:** Associated Factors, Nurses, Work life balance



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**Poster Presentations  
Nursing – Panel 01**

PP 01 AB008

## Postoperative Quality of Life among Patients Who Underwent Cataract Surgery at Wijaya Kumaratunga Memorial Hospital, Sri Lanka

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**Introduction:** Cataract surgery is among the most common ophthalmic interventions globally, performed to restore vision impaired by lens opacification. Beyond visual improvement, successful outcomes depend on overall patient quality of life. Understanding postoperative quality of life is essential for comprehensive patient-centered care and identifying areas for improvement in surgical protocols and follow-up care.

**Objective:** To assess the postoperative quality of life among patients who underwent cataract surgery at Wijaya Kumaratunga Memorial Hospital, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 375 consenting adult patients who underwent cataract surgery. Ethical approval was obtained from the ethics review committee of KIU (KIU\_ERC\_25\_032). Participants were recruited [2-weeks post-surgery], through simple random sampling using the surgery register as the sampling frame. Patients with a history of ocular trauma, advanced diabetic retinopathy, other serious eye diseases or additional eye surgeries during the same timeframe were excluded. Data was collected using a pretested interviewer-administered questionnaire, which included demographic information and the validated WHOQOL-BREF (26-item) quality of life tool. Items 1 and 2 are scored individually, while the remaining 24 items are scored on a 1-5 scale and then transformed into a 0-100 scale across four domains. Higher scores indicated a better quality of life. IBM SPSS (vs. 25) was used to perform statistical analysis (mean and standard deviation).

**Results:** Most participants were female (65%, n=245), with a mean age of 37±7 years. Half the participants underwent surgery in their left eye (50%, n=188), while only 6% (n=24) had surgery in both eyes. Half (50%, n=188) the participants rated their overall quality of life as good and were satisfied with their health (47%, n=175). The mean WHOQOL-BREF domain scores were 69.63±14.94 for physical health, 66.93±14.86 for psychological health, 73.24±19.38 for social relationships and 63.30±14.91 for environmental health.

**Conclusion:** Postoperative quality of life was moderately high (60-79), with the highest scores in social relationships and the lowest in the environmental domain. Findings emphasize the need to address both clinical and broader psychosocial factors during postoperative care.

**Keywords:** Cataract surgery, Ophthalmic surgery outcomes, Patient reported outcomes, Postoperative Quality of Life, Sri Lanka, WHOQOL – BREF

PP 02 AB024

## Assessment of Postoperative Pain Intensity and Complications Following Cataract Surgery: A Cross-Sectional Study from Sri Lanka

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**Introduction:** Cataract surgery is one of the most frequently performed ophthalmic procedures worldwide for addressing visual impairment. While widely regarded as safe and effective, postoperative pain and complications remain a concern affecting patient comfort, recovery, and satisfaction. Understanding postoperative pain intensity and complications is essential for optimizing pain management protocols and improving patient outcomes.

**Objective:** This study aimed to assess the postoperative pain intensity and complications 24h-post cataract surgery at the surgical ward, Wijaya Kumaratunga Memorial Hospital, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 375 consenting adult patients who underwent cataract surgery at Wijaya Kumaratunga Memorial Hospital, Sri Lanka. Participants were selected via simple random sampling. Individuals with a history of eye trauma, advanced diabetic retinopathy, significant ocular diseases, or concurrent eye surgeries were excluded. Data was collected via an interviewer-administered questionnaire capturing demographic details, the validated pain scale - Visual Analog Scale (VAS, 0-10), administered 24h post-surgery, 0 (No pain) to 10 (worst imaginable pain) and an assessment of postoperative complications. Pain was categorized as; no pain (0-1), mild pain (2-3), moderate pain (4-6), and severe pain (7-10). Complications were assessed on a 5-point Likert scale (0-5); not at all, mild, moderate, severe, and very severe.

**Results:** Most participants who underwent cataract surgery were married (94%, n= 352) females (65%, n=245), with a mean age of 37±7 years. The majority reported "No pain" (62%, n=231), 28.5% of participants (n=107) reported "Mild" pain; 9% (n=34) participants reported "Moderate" pain, while only few (0.8%, n=3) reported "Severe pain". The average VAS score was 2.43±1.35. The minimum and maximum reported pain scores were 1 and 7, respectively. Most participants reported very severe redness / swelling (31%, n=117), severe sensitivity to light (28.5%, n=107), moderate floaters in vision (26%, n=96), and mild tearing / dry eye symptoms (24%, n=90).

**Conclusion:** While postoperative pain levels were minimal, the significant occurrence of postoperative symptoms highlights the need for comprehensive patient monitoring and education. Current analgesic protocols appear adequate, but holistic postoperative care strategies should address both pain and ocular symptoms to enhance patient recovery and satisfaction.

**Keywords:** Cataract surgery, Ophthalmic surgery outcomes, Patient reported outcomes, Postoperative Quality of Life, Sri Lanka, Visual Analog Scale

## Prevalence and Factors Associated with Psychological Distress among Patients with Substance Use Disorders in a Selected Hospital in Sri Lanka

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**Introduction:** Psychological distress with substance use disorders (SUDs) are a significant global concern. In Sri Lanka, SUDs are linked with increased psychological distress, greater substance use severity, stigma, unemployment, and limited family support.

**Objective:** To determine the prevalence and factors associated with psychological distress among patients with SUDs in a selected hospital in Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted involving 100 patients attending the Substance Abuse Clinic, National Institute of Mental Health (NIMH), Sri Lanka. Data were collected using a simple random sampling method, and an interviewer-administered questionnaire composed of the Kessler 6 Psychological Distress Scale, Drug Abuse Screening Test-10, Perceived Stigma of Substance Abuse Scale, and Partnership, Growth, Affection, and Resolve Scale. Data was analyzed using descriptive and inferential statistics with IBM SPSS version 25. Ethical clearance was obtained from the Ethics Review Committee, KIU, Sri Lanka (KIU/ERC/24/316).

**Results:** Majority of participants were male (65%), aged 26-35 years (35%), and single (45%). Half were unemployed, and 55% had studied up to O/Ls. The mean Kessler-6 score was 3.62, with 80% experiencing psychological distress; 30% mild and 25% moderate-to-severe. Chi-square tests revealed significant associations between psychological distress and gender ( $p = 0.003$ ), age ( $p = 0.015$ ), and civil status ( $p = 0.021$ ). Psychological distress was more common among unemployed participants (50%) and those with poor family support (40%). Pearson's correlation showed a moderate positive correlation between psychological distress and substance use severity ( $r = 0.65$ ,  $p < 0.001$ ), while family support was negatively correlated with both psychological distress ( $r = -0.42$ ,  $p = 0.008$ ) and substance use severity ( $r = -0.37$ ,  $p = 0.014$ ).

**Conclusion:** Psychological distress among SUDs patients is significantly associated with male gender, younger age, single status, lower education, unemployment and poor family support. Integrated family-centered interventions addressing these vulnerabilities are urgently required.

**Keywords:** Prevalence, Psychological Distress, Substance Use Disorder (SUD)

PP 04 AB093

## Factors Associated with Medication Adherence and Asthma Control Among Adult Patients Attending Selected Hospitals in Gampaha District, Sri Lanka

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**Introduction:** Optimal asthma control requires consistent medication adherence, yet evidence on adherence patterns, control, and sociodemographic determinants in Sri Lanka is limited.

**Objective:** To assess medication adherence, asthma control, and descriptive patterns related to adherence and control among adult patients attending selected hospitals in the Gampaha District, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 394 adults diagnosed with asthma at the outpatient asthma clinics of the National Hospital for Respiratory Diseases (NHRD) and Wathupitiwala Base Hospital in Sri Lanka, recruiting 300 and 94 patients, respectively, with the distribution based on patient volume, ensuring both a diverse national case mix and a substantial local population. Convenience sampling was used, and data was collected through a pretested, interviewer-administered questionnaire, which included sociodemographic information, the Morisky Medication Adherence Scale (MMAS-8), and the Asthma Control Questionnaire (ACQ). Descriptive statistics, including frequencies, percentages, means, and standard deviations, were analyzed using SPSS version 25. Ethical approval (Reference No: KIU/ERC/24/302) and institutional permissions were obtained.

**Results:** Participants were predominantly female (52.0%), aged 41–50 years (28.4%), and of Sinhala ethnicity (61.7%). Most were married (63.7%) and educated up to GCE O/L (24.9%). Low medication adherence was observed in 59.2%, medium in 37.8%, and high in 3.0% (mean MMAS-8 score = 4.1, SD = 1.91). Poor asthma control, assessed via ACQ, was reported in 63.2% of participants. Low adherence was more common among older participants, those with lower education, and residents of suburban or rural areas, while patterns also varied by ethnicity, marital status, and occupation. Participants with low adherence more frequently reported poor asthma control compared to those with medium or high adherence.

**Conclusion:** Low medication adherence and poor asthma control were common, with sociodemographic patterns highlighting high-risk groups. Interventions targeting adherence in these groups may improve asthma control and reduce exacerbation risk in Sri Lanka.

**Keywords:** Asthma control, Medication adherence, MMAS-8, Sri Lanka

PP 05 AB098

## Knowledge, Attitudes, and Practices Regarding Chronic Wound Care among Patients Attending the Surgical Units in District General Hospital, Embilipitiya, Sri Lanka

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**Introduction:** Chronic wounds, defined as those failing to heal within three months, are commonly linked to diabetes, vascular diseases, pressure injuries, and aging-related factors. The incidence of chronic wounds is increasing due to lifestyle factors such as obesity and diabetes.

**Objective:** This study aimed to assess the knowledge, attitudes and practices (KAP) regarding chronic wound care among patients attending surgical units in District General Hospital, Embilipitiya.

**Methodology:** A quantitative cross-sectional study was conducted among 150 adults ( $\geq 18$  years) admitted to surgical wards at District General Hospital, Embilipitiya, using simple random sampling. Data was collected via a researcher-developed questionnaire. Data was analyzed using descriptive statistics and chi-square tests in SPSS v25. Ethical clearance was obtained from KIU ERC (KIU/ERC/24/042).

**Results:** Of the 150 participants, most were male (59%,  $n=88$ ), aged 30–39 years (29%,  $n=43$ ), and married (70%,  $n=105$ ). Nearly one-third had only primary education (27%,  $n=40$ ), worked in the government sector (27%,  $n=41$ ), earned below LKR 10,000 monthly (29%,  $n=44$ ), and 32% ( $n=48$ ) had diabetic ulcers. The mean knowledge score was 13.33 (SD  $\pm 4.56$ , range 5–28), with the majority (76.0%,  $n=114$ ) demonstrating moderate knowledge. The mean attitude score was 19.93 (SD  $\pm 2.57$ , range 9–27), with 70.0% ( $n=105$ ) having a moderate attitude. The mean practice score was 7.93 (SD  $\pm 2.45$ , range 3–16), where 60.0% ( $n=90$ ) demonstrated moderate practice. Chi-square tests revealed significant associations between knowledge and marital status ( $p=0.016$ ), monthly income ( $p=0.040$ ), and practice levels and monthly income ( $p=0.050$ ). A strong positive correlation was found between knowledge and practice scores ( $r=0.601$ ,  $p<0.001$ ).

**Conclusion:** Knowledge was significantly associated with better practices, emphasizing the need for specific educational interventions to enhance self-care. Targeted education and financial support to improve chronic wound care knowledge and practices, particularly in resource-limited settings, are recommended to bridge knowledge gaps and improve chronic wound management outcomes.

**Key words:** Chronic wounds, Knowledge, Attitudes, and Practices (KAP), Wound care

PP 06 AB107

## Obesity and Associated Lifestyle Factors among Nurses in Teaching Hospital, Kalutara, Sri Lanka

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**Introduction:** Obesity is a significant global public health concern, affecting individuals across all professions, including healthcare workers. Nurses, due to the demanding nature of their work, may be particularly vulnerable to lifestyle-related health risks.

**Objective:** To assess the prevalence of obesity and examine daily lifestyle factors among nurses at Teaching Hospital Kalutara, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 279 nurses selected through simple random sampling. Data was collected via a self-administered questionnaire, incorporating anthropometric measurements (BMI), dietary habits, physical activity (IPAQ), sleep quality (PSQI), and perceived stress levels (PSS-10). Descriptive and inferential statistical analyses (Chi-square and correlational analysis) were performed to determine prevalence rates and associations between lifestyle factors and obesity. Ethical approval was obtained from the Ethics Review Committee at KIU (ERC/25/004).

**Results:** Participants were predominantly females (89.6%, n=250) and the mean age was 34.5 years (SD = 6.8). Most nurses had extensive work experience, with 71.3% (n=199) having more than 10 years. The mean BMI was 25.02 (SD = 4.3), indicating an overall overweight population. Lifestyle assessment revealed that 62% (n=173) consumed only two meals per day, 41.6% (n=116) rarely ate fruits or vegetables, and 18.6% (n=52) consumed fast food daily. The mean physical activity levels were 1078.8 MET minutes per week (SD = 960.3) and low in 36.6% (n=102) of nurses, while 58.8% (n=164) were moderately active. Sleep quality was universally poor, with a mean PSQI score of 17.1 (SD=6.8). The mean stress level was 18.09 (SD=5.15) and the majority had moderate level of stress 86.7% (n=242). Significant correlations were observed between poor sleep quality and higher BMI ( $r = -0.136$ ,  $p = 0.023$ ) and between stress and poor sleep ( $r = 0.351$ ,  $p < 0.001$ ).

**Conclusion:** The study demonstrates a high prevalence of overweight and obesity among nurses, driven by suboptimal dietary patterns, sedentary behavior, poor sleep, and moderate stress. Implementation of workplace interventions, including structured meal breaks, sleep hygiene education, and stress management programs, is recommended to enhance nurses' health, productivity, and overall well-being.

**Keywords:** BMI, Lifestyle, Nurses, Obesity, Sleep Quality, Sri Lanka, Stress

## Quality of Life and its Associated Factors among Patients Diagnosed with Chronic Kidney Disease at National Nephrology Specialized Hospital, Polonnaruwa, Sri Lanka

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**Introduction:** Chronic kidney disease (CKD) significantly impairs quality of life (QoL), but evidence from specialized nephrology settings in Sri Lanka, remains limited. Understanding factors associated with QoL can guide interventions to improve patient outcomes.

**Objective:** To assess the Quality of Life and its associated factors among patients diagnosed with chronic kidney disease at National Nephrology Specialized Hospital, Polonnaruwa, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 301 adult patients who are with CKD and undergoing hemodialysis or peritoneal dialysis at the National Nephrology Specialized Hospital, Polonnaruwa, Sri Lanka. The population was recruited through simple random sampling. Data was collected via interviewer-administered questionnaires. The data collection tool included socio-demographic data, and the Kidney Disease Quality of Life-36, scored from 0-100, with higher scores indicating better quality of life. Ethical approval was obtained from the KIU Ethics Review Committee (KIU\_ERC\_24\_217), and written informed consent was secured. Data were analyzed using SPSS version 25 with descriptive statistics, correlational analysis and chi-square tests.

**Results:** Majority of participants were male (n=186, 61.8%) and aged 40-59 years (n=138, 45.8%), married (86.7%, n=261), Sinhala (87.7%, n=264), Buddhist (81.4%, n=245), and living in nuclear families (67.4%, n=203). Most had completed up to O/L education (44.9%, n=135), were unemployed (43.5%, n=131), and received government welfare benefits (79.7%, n=240). The mean QoL score obtained was 40.1. QoL demonstrated a moderate negative correlation with anxiety levels ( $r = -0.353$ ,  $p < 0.01$ ) and a weaker negative correlation with depression levels ( $r = -0.271$ ,  $p < 0.01$ ), indicating that QoL reduces with increasing depression and anxiety levels. Statistically significant associations were observed between QoL and gender ( $p < 0.001$ ), religion ( $p = 0.081$ ), race ( $p = 0.019$ ), education ( $p = 0.020$ ), and employment status ( $p < 0.001$ ).

**Conclusion:** QoL among CKD patients was influenced by psychological and sociodemographic factors. Enhancing mental health support and addressing sociodemographic vulnerabilities through targeted interventions is recommended to improve overall well-being.

**Keywords:** Anxiety, Chronic Kidney Disease, Depression, Quality of Life

PP 08 AB135

## Physical Activity and Sleep Quality Among Patients with Asthma Exacerbation Attending Selected Hospitals in Gampaha District, Sri Lanka

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**Introduction:** Asthma is a chronic respiratory disease that significantly affects health and well-being. Sleep disturbances are frequently reported among asthma patients, while physical activity is believed to influence sleep quality. However, evidence from Sri Lanka on this relationship remains scarce.

**Objective:** To determine the association between sleep quality and physical activity, among patients with asthma exacerbations attending selected hospitals in Gampaha District, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 394 patients with asthma exacerbations, recruited through systematic sampling. Data were collected using a structured questionnaire, which included demographic and clinical details, the Pittsburgh Sleep Quality Index (PSQI), and the International Physical Activity Questionnaire (IPAQ)–Short Form. Descriptive statistics, Spearman’s rank correlation, and Chi-square tests were applied. Study was ethically approved by KIU Ethics Review Committee (KIU/ERC/24/302) and data was collected with permission from hospital authority.

**Results:** The mean age of participants was 50 years (SD=12.94), with 52% being female. Most were Sinhalese (61.7%) and married (63.7%). The mean global PSQI score was 6.57 (SD=3.16), above the clinical cutoff of 5, indicating poor sleep quality. Overall, 61.4% (n = 242) were classified as poor sleepers. Physical activity levels varied widely (M=1,114.21, SD=1,745.40 MET-min/week), with walking contributing the least (M = 94.91 MET-min/week). A significant positive weak correlation was observed between physical activity and PSQI scores ( $\rho = 0.286$ ,  $p < 0.001$ ), suggesting that higher activity levels were associated with poorer sleep quality. Chi-square analysis further confirmed a significant association between physical activity categories and sleep quality ( $\chi^2(2, N=394) = 44.95$ ,  $p < .001$ ), with poor sleep most prevalent among participants with high activity (87%).

**Conclusion:** Poor sleep quality was highly prevalent among asthma patients. Interventions to improve sleep should consider the intensity and timing of physical activity, promoting balanced exercise routines specific to individual needs.

**Key words:** Asthma exacerbation, Physical activity, Sleep quality

PP 09 AB190

## The Risk For Pressure Ulcers and Associated Factors Among Patients Admitted to The Intensive Care Units at Teaching Hospital, Karapitiya, Sri Lanka

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**Introduction:** Pressure ulcers (PUs) are a critical global health concern, arising from prolonged pressure on skin and tissues and leading to complications such as sepsis. They impose a substantial financial and caregiving burden on healthcare systems, where prevention is more cost-effective than treatment. Critically ill patients admitted to Intensive Care Units (ICUs) are particularly vulnerable due to immobility, and invasive interventions.

**Objectives:** To assess the risk of PUs and associated factors among patients admitted to the Neurosurgical (NS) ICU and Emergency Trauma Centre (ETC) ICU at Teaching Hospital Karapitiya (THK), Sri Lanka

**Methodology:** A descriptive cross-sectional study was conducted among 97 patients aged  $\geq 18$  years admitted to NS/ICU and ETC/ICU, using consecutive sampling method. Demographic and clinical data were collected from patient records, and the Braden Scale was used for direct patient assessment. Data were analyzed using SPSS v25.0 with descriptive statistics and Chi-square tests ( $p < 0.05$ ). Ethical approval was obtained from KIU ERC (ERC No: KIU/ERC/24/089) and permission from the acting director, THK

**Results:** Among 97 participants, the majority were male (65%,  $n=63$ ), aged 55-64 years (26%,  $n=25$ ) and had normal BMI (18.5-24.9) (50%,  $n=48$ ). Trauma was the leading cause of admission (41%,  $n=40$ ). Hypertension (30%,  $n=29$ ) and diabetes (21%,  $n=20$ ) were the most common comorbidities. Only 3% ( $n=5$ ) had a previous history of PUs. The mean Braden scale score was  $11.62 \pm 4.2$  (95% CI: 10.8–12.4). Most patients were at very high (38%,  $n=37$ ) or high risk (26%,  $n=25$ ) for PUs. Only 8% ( $n=8$ ) were at no risk. Risk was significantly associated with education ( $p=0.005$ ), admission reason ( $p=0.048$ ), and current medications ( $p=0.008$ ).

**Conclusion:** The majority of ICU patients at THK were at high or very high risk of developing PUs. Routine Braden Scale screening on ICU admission is recommended, followed by targeted preventive measures for high-risk groups, including patients with lower education levels, trauma-related admissions, and those on specific medications.

**Keywords:** Braden Scale, Intensive Care Unit, Pressure Ulcers, Teaching Hospital Karapitiya

PP 10 AB106

## Social Media Usage and Internet Addiction among Pregnant Women Attending an Antenatal Clinic at a Selected Maternity Hospital in Sri Lanka

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**Introduction:** Social media plays a central role in daily life, supporting communication, information sharing, and networking, but excessive use may negatively affect mental health and well-being. Pregnant women, being particularly vulnerable due to physical and psychological changes, require careful attention to their social media and internet use to promote maternal well-being.

**Objective:** To assess the social media usage and internet addiction among pregnant women attending the antenatal clinic at the German–Sri Lanka Friendship Hospital for Women, Galle.

**Methodology:** A descriptive cross-sectional study was conducted among 384 pregnant women selected through convenient sampling. Data were collected via an interviewer-administered questionnaire comprising socio-demographic details, the Social Media Use Scale (SMUS), and the Internet Addiction Scale. The SMUS contains 22 items rated on a 5-point Likert scale from 1 (never) to 5 (very often). Higher scores indicate greater levels of social media use. The CIAS consists of 26 items rated on a 4-point Likert scale, yielding a total score between 26 and 104, where higher scores reflect more severe internet addiction; scores  $\geq 64$  is classified as internet-addicted. Statistical analyses, including descriptive and inferential methods (Correlational analysis), were performed using SPSS version 25. Ethical approval was obtained from the Ethical Review Committee of KIU (KIU/25/113).

**Results:** The mean age was 30.8 years (SD=6.9); 29.2% (n=112) were in their first pregnancy. The mean SMUS was 15.03+1.57, indicating a moderate level of social media use. Considering the overall use of social media, 51.3% of participants reported fewer social media usage (n = 197), while 48.7% (n = 187) reported high social media usage. The mean IAS score of the participants was 68.10 (SD = 5.45). Based on the overall Internet Addiction Scale distribution, participants scoring  $< 64$  were categorized as not internet-addicted and those scoring  $\geq 64$  as internet-addicted, with 81.5% (n=313) classified as internet-addicted. A very weak, non-significant correlation existed between social media use and Internet addiction ( $r=0.058$ ,  $p=0.260$ ).

**Conclusion:** In conclusion, the study highlights the growing concern of internet addiction among pregnant women and suggests that social media use and internet addiction may function as separate behavioral patterns. These findings underscore the need for targeted interventions and awareness programs in antenatal care to promote healthier digital habits and safeguard maternal well-being.

**Keywords:** Antenatal care, Internet addiction, Pregnant women, Social media

## Knowledge and Determinants of Participation in Well-Women Clinics among Women Over 35 Years in a Selected MOH Area of the Central Province, Sri Lanka

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**Introduction:** Well-Women Clinics (WWCs) provide essential preventive health services for early detection and management of reproductive health issues among women. Despite their availability, participation rates, particularly among women over 35 years, remain suboptimal in many regions of Sri Lanka. Hence, understanding the factors influencing their attendance is vital for improving service utilization and women's health outcomes.

**Objective:** This study aimed to assess the knowledge and determine factors associated with WWC attendance in the Ambagamuwa Medical Officer of Health (MOH) area, Central Province, in Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 396 women conveniently selected from the Ambagamuwa MOH area. A researcher-developed, pre-tested, interviewer-administered questionnaire was used to collect data. There were three subscales: awareness, services, and community-related factors that affect clinic participation, and responses were obtained using a five-point Likert scale. Knowledge levels were categorized as low (<50%), moderate (50–75%), and high (>75%). Data was analyzed using descriptive statistics and inferential statistics in SPSS version 26. The ethical approval was obtained from the ERC, KIU (KIU\_ERC\_24\_74).

**Results:** A majority (90.4%, n=358) were 45 years old, 97.0% (n=384) were married, and 26.8% (n=106) had completed A/L as the highest level of education. Most (95.5%, n=378) lived with the family, while 68.7% (n=272) perceived independent decision making. Nearly half of the women attended WWC (46.2%, n=183) while 53.8% (n=213) did not attend. In comparison, attendees expressed 40.5% (n=74) of good, 28.9% (n=53) of moderate, and 30.6% (n=56) of poor knowledge on WWCs, while non-attendees expressed 31.9% (n=68) of good, 50.3% (n=107) of moderate, and 17.8% (n=38) of poor knowledge. Moreover, knowledge was significantly associated with clinic attending status ( $p<0.001$ ). Additionally, age cohort ( $p<0.001$ ), services provided by the WWCs ( $p=0.003$ ), and community-related factors ( $p=0.023$ ) were significantly associated with clinic attendance.

**Conclusion:** Overall, findings revealed that a majority of women have an average knowledge regarding WWCs with certain associated factors. Hence, strategies should be developed to increase awareness while enhancing the quality of services provided through WWCs.

**Keywords:** Determinants, Knowledge, Well Women Clinic, Women

PP 12 AB115

## Knowledge and Practices on Pharmacovigilance and Reporting Adverse Events among Nurses at Colombo South Teaching Hospital in Sri Lanka

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**Introduction:** Pharmacovigilance refers to activities of detection, assessment, understanding, and prevention of adverse drug effects, which are essential for ensuring patient safety. Nurses, being primary caregivers, play a critical role in identifying and reporting such events. However, limited awareness and suboptimal reporting practices can compromise effective pharmacovigilance.

**Objective:** This study aimed to assess the knowledge and practices on pharmacovigilance and reporting adverse events among nurses at Colombo South Teaching Hospital in Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among a random sample of 310 nurses in Colombo South Teaching Hospital in Sri Lanka. An adopted and pre-tested, self-administered questionnaire was used to collect data. There were two sections to assess knowledge and practices on pharmacovigilance and reporting adverse events. A mean score was calculated to determine the level of knowledge and practice on a 0-8 scale and was determined as poor or good based on the mean value. Data was analyzed using descriptive statistics and inferential statistics in SPSS version 26. The ethical approval was obtained from the ERC, KIU (KIU\_ERC\_24\_96), and relevant authorities.

**Results:** A majority (90.4%, n=280) were 45 years, 93.5% (n=290) were female, and 59.4% (n=184) had completed a bachelor's degree as the highest level of education. Most (41.9%, n=130) had more than 10 years of experience, while 66.1% (n=205) had 37-56 working hours per week. The mean knowledge score was  $5.85 \pm 1.07$ , and 81.7% (n=192) had good knowledge. Moreover, 85.2% (n=264) knew about adverse drug reaction reporting, while 83.8% (n=260) knew about Pharmacovigilance. Regarding adverse events reporting, 69.2% (n=214) demonstrated good practice, while 30.1% (n=93) expressed poor practices.

**Conclusion:** Overall, findings revealed that a majority of nurses have good knowledge and practice level on pharmacovigilance and reporting adverse events. Strengthening awareness campaigns, simplifying reporting systems, and fostering a supportive reporting culture could further enhance pharmacovigilance practices among nurses.

**Keywords:** Adverse events, Knowledge, Nurses, Pharmacovigilance, Practice

PP 13 AB087

## Digital Health Literacy and its Influencing Factors among Nurses at the National Hospital in Sri Lanka

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**Introduction:** Digital Health Literacy (DHL) among health professionals has emerged as a significant concern in rapidly advancing technology-driven healthcare. Nurses constitute the largest segment of the global healthcare workforce, and their ability to access, understand, evaluate, and apply digital health is essential for safe, efficient, and quality care. However, this concern is not adequately addressed in the Sri Lankan context.

**Objective:** To assess digital health literacy and its influencing factors among nurses at the National Hospital in Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 393 registered nurses at the National Hospital in Sri Lanka, using simple random sampling. A validated digital health literacy scale was used as a pre-tested self-administered questionnaire to collect data. There were 21 items, categorized under seven subscales, and responses were obtained using a five-point Likert scale. A total score (DHLS) was computed, and the higher score indicated higher desirability. Data were analyzed using descriptive statistics, and associated factors were identified using the Mann-Whitney U test and the Kruskal-Wallis test in SPSS version 26. The ethical approval was obtained from the ERC, KIU (KIU\_ERC\_24\_131).

**Results:** Majority (72.8%, n=286) were Females, aged between 26-35 years (40.7%, n=167), and 55% (n=216) worked less than 36 hours per week. Nurses expressed a desirable level of digital literacy in operational skills (67.9%, n=264), evaluating data reliability (68.2%, n=265), determining data relevancy (62.9%, n=245), navigation skills (63.9%, n=249), adding content (66.1%, n=257), and protecting privacy, while information searching was average (59.7%, n=232). Statistically significant difference in DHL was observed across gender (p=0.006), working hours per week (p <0.001), experience (p <0.001), and level of education (p <0.01).

**Conclusion:** Overall, findings revealed that an average level of DHL with significant differences among demographics. These findings suggest the requirement of targeted training programs to strengthen nurses' DHL and address gaps linked to gender, working hours, experience, and education level.

**Keywords:** Digital Health Literacy, Factors, Nurses

PP 14 AB051

## Awareness and Associated Factors Regarding Hospital Waste Management among Nursing Officers at a Selected Base Hospital in Nuwara Eliya District, Sri Lanka

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**Introduction:** Hospital waste management is crucial for patient safety, healthcare worker protection, and minimizing environmental hazards. As the largest group of healthcare providers directly involved in waste segregation and safe handling, nurses play a key role in hospital waste management, making it essential to examine their awareness in local healthcare settings.

**Objective:** This study aimed to assess the awareness and associated factors regarding hospital waste management among nursing officers at Dikoya Base Hospital in Sri Lanka.

**Methodology:** A quantitative descriptive cross-sectional study was conducted among 109 nursing officers at Dikoya Base Hospital, selected using total population sampling. Data were collected using a researcher-developed and validated self-administered questionnaire, which included socio-demographic details, awareness, and practices on waste disposal, interpreted using Bloom's cut-off points. Data were analysed using descriptive statistics and multiple linear regression with SPSS software (version 25). Ethical approval was obtained from the KIU Ethics Review Committee (KIU\_ERC\_24\_156).

**Results:** Among the 109 nursing officers, the majority were female (n= 84, 77%) aged 21-30 years (n= 60, 55%), holding a diploma in nursing (n= 65, 60%), with 1-5 years of experience (n= 62, 57%). The total awareness scores regarding hospital waste management ranged from 0 to 16, with a mean score of  $8.54 \pm 0.715$ , indicating a moderate level of awareness (60-79%). Multiple regression analysis revealed that the model significantly predicted awareness scores ( $F(14,94) = 4.011, p < 0.001$ ), explaining 37.4% of the variance ( $R^2 = 0.374$ ). Among the predictors examined, gender ( $\beta = 0.196, p = 0.024$ ), tetanus vaccination ( $\beta = 0.252, p = 0.010$ ), availability of institutional guidelines ( $\beta = 0.225, p = 0.032$ ), and pre-service/ in-service training ( $\beta = 0.290, p = 0.007$ ) were significantly associated with awareness. Other variables, including age, education, working experience, and knowledge scores, were not significant predictors ( $p > 0.05$ ).

**Conclusion:** Awareness of hospital waste management among nursing officers was moderate, with gender, tetanus vaccination, institutional guidelines, and training significantly influencing awareness. Strengthening training and ensuring access to updated guidelines are essential to promote safer waste management practices.

**Keywords:** Awareness, Hospital Waste Management, Nursing Officers, Sri Lanka

## Work Life Balance on Life Satisfaction among Nurses in National Hospital of Sri Lanka (NHSL)

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**Introduction:** Nurses face unique challenges in balancing demanding professional responsibilities with personal life, making work-life balance (WLB) a key determinant of job satisfaction, quality of work life, and overall life satisfaction (LS). Poor WLB can lead to burnout, reduced performance, and diminished well-being.

**Objective:** To assess the association between work life balance and life satisfaction among nurses in National Hospital of Sri Lanka

**Methodology:** A descriptive cross-sectional design was adopted, involving 214 nurses selected through simple random sampling from NHSL. Data were collected using a validated self-administered questionnaire which consisted of socio demographic data, questionnaire for Self-Assessing Your Work-Life Balance, and Life-Satisfaction Questionnaire-9 (LISAT-9). The Work-Life Balance questionnaire consists of 45 items scored from 0 to 5, with “0” marked as “no comment.” The total score is calculated by summing the responses and divided by the number of questions answered, resulting in a final score between 0 and 5. Scores of 4.0–5.0 indicate good balance, 3.0–3.9 indicate borderline balance, and 0.0–2.9 indicate poor balance. The LISAT-9 includes nine items rated from 1 (very dissatisfying) to 6 (very satisfying), with higher scores reflecting greater overall life satisfaction. Descriptive statistics and Pearson correlation were used for analysis. The ethical approval was obtained from the Ethics Review Committee of Kiu (KIU/25/160).

**Results:** Majority were females (80.4%, n=172) and the mean age was 28.8 (SD=8.2) years. Nearly half of the participants (48.6%, n = 104) had 1–5 years of work experience. The mean work-life balance score among participants was  $2.86 \pm 0.44$ , indicating a generally low balance with scores skewed toward the lower end. The majority of participants (60.28%, n = 129) reported poor work-life balance, while 39.72% (n = 85) had a borderline balance, and none (0%, n = 0) achieved a good work-life balance. The mean LS score was 33.93 (SD = 10.20), indicating moderate satisfaction. A weak positive correlation was found between WLB and LS ( $r = 0.134, p < 0.05$ ), suggesting that even modest improvements in WLB could enhance LS.

**Conclusion:** The findings reveal a substantial proportion of nurses experiencing poor WLB, with a measurable impact on LS. Healthcare organizations should prioritize interventions such as flexible scheduling, mental health support, and family assistance programs to promote sustainable WLB, thereby improving nurse well-being, retention, and patient care quality.

**Keywords:** Healthcare Professionals, Life Satisfaction, Nurses, Work-Life Balance

PP 16 AB 139

## Dysmenorrhea and Self-Managing Practices among Nursing Students at a Selected Nursing College in Sri Lanka

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**Introduction:** Dysmenorrhea, known as menstrual cramps, is considered the most common global gynecological condition affecting women worldwide. It not only causes physical discomfort but also significantly disrupts daily activities and quality of life. Although the study field is well investigated internationally, it is less investigated in the local setting.

**Objective:** This study aimed to assess dysmenorrhea and self-management practices among nursing students at Nursing College Rathnapura, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 201 nursing students selected conveniently at the Nursing College, Rathnapura, in Sri Lanka. A researcher-developed and pre-tested self-administered questionnaire was used to collect data. There were two sections to assess dysmenorrhea and self-management techniques. Data was analyzed using descriptive statistics in SPSS version 26. The ethical approval was obtained from the ERC, KIU (KIU\_ERC\_24\_125).

**Results:** A majority (73.1%, n=147) were 22-35 years, and 50.2% (n=101) were in their second year. Most (67.2%, n=135) had reached menarche between 12-14 years of age, and 59.7% (n=120) had a family history of dysmenorrhea. Among all, 71.1% (n=142) experienced dysmenorrhea, while 48.3% (n=97) expressed moderate pain. Regarding self-management practices, 93.5% (n=188) used pharmacological management while only 6.5% (n=13) used non-pharmacological management. Using opioids (47.8%, n=96) is the most used self-management method, and 71.4% (n=142) had medication when needed.

**Conclusion:** Dysmenorrhea was found to be highly prevalent among young students, with most experiencing moderate pain and relying mainly on pharmacological pain management methods. The limited use of non-pharmacological strategies highlights the need for awareness programs and guidance from healthcare providers to promote safer, balanced approaches to pain relief and reduce dependence on opioids.

**Keywords:** Dysmenorrhea, Practice, Self-management, Students

PP 17 AB178

## Depression, Anxiety and its Associated Factors among Patients with CKD undergoing Renal Replacement Therapy at National Nephrology Specialized Hospital in Polonnaruwa

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**Introduction:** Chronic Kidney Disease (CKD) imposes a substantial psychological burden, with depression and anxiety being common but often underrecognized complications. Research on the prevalence and factors associated with depression and anxiety in CKD patients remains limited. Identifying their prevalence and associated factors is essential for comprehensive patient care.

**Objective:** To determine the prevalence of depression and anxiety and its associated factors among patients with CKD undergoing Renal Replacement Therapy (RRT) at National Nephrology Specialized Hospital in Polonnaruwa.

**Methodology:** A descriptive cross-sectional study was conducted among 301 patients receiving dialysis at the National Nephrology Specialized Hospital, Polonnaruwa, Sri Lanka. Participants were recruited through simple random sampling. Data was collected using a structured questionnaire. Depression and anxiety were assessed using the Beck Depression Inventory (BDI; 0-13= minimal, 14-19= mild, 20-28= moderate, 29-63= severe) and the Beck Anxiety Inventory (BAI; 0-7= minimal, 8-15=mild, 16-25= moderate, 26-63= severe). Descriptive statistics summarized the data, and Chi-Square tests assessed associations between demographic factors and participants' anxiety and depression levels, performed using SPSS version 26.

**Results:** The study included 301 patients, predominantly male (61.8%, n=186), married (86.7%, n=261), Sinhala (87.7%, n=264), Buddhist (81.4%, n=245), and living in nuclear families (67.4%, n=203). Most had completed up to O/L education (44.9%, n=135), were unemployed (43.5%, n=131), and received government welfare benefits (79.7%, n=240). Anxiety was prevalent, with 86.7% experiencing at least moderate levels (moderate 47.8%, n=144; potentially concerning 38.9%, n=117). Severe depression affected 79.1% (n=238) and was higher among unemployed individuals ( $p<0.001$ ) and those receiving welfare benefits ( $p=0.040$ ). Anxiety was associated with religion ( $p=0.006$ ), education ( $p=0.001$ ), and employment ( $p<0.001$ ).

**Conclusion:** Depression and anxiety are highly prevalent among CKD patients on RRT and are influenced by sociodemographic factors. Routine screening with validated tools and timely interventions are essential to improve psychological well-being.

**Keywords:** Anxiety, Chronic Kidney Disease, Depression

PP 18 AB188

## Quality of Life and its Associated Factors among Patients with Cardiovascular Diseases Attending to Teaching Hospital Kalutara, Sri Lanka

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**Introduction:** Cardiovascular disease (CVD) is the leading cause of mortality worldwide, accounting for 15.6 million deaths (29.6% of all deaths) in 2010. Beyond its impact on survival, CVD significantly impairs health-related quality of life (HRQoL). Despite the high burden of CVD in Sri Lanka, limited research has examined HRQoL among affected patients, highlighting an important knowledge gap for guiding targeted intervention

**Objective:** To evaluate HRQoL and its associated factors among patients with CVD attending to Teaching Hospital, Kalutara, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 200 randomly selected patients attending the outpatient clinic of the Teaching Hospital, Kalutara. Data were collected using a pre-tested, interviewer-administered, validated EQ-5D-5L questionnaire. Statistical analysis was performed using SPSS v25.0, applying descriptive statistics and Chi-square tests ( $p < 0.05$ ).

**Results:** Among the 200 participants 60% ( $n=119$ ) were male, 78% ( $n=156$ ) were Sinhalese and the mean age was  $61.04 \pm 7.24$  years. Most were married (82%,  $n=164$ ), educated up to Primary level (44%,  $n=88$ ), unemployed (51%,  $n=101$ ) and living with spouse and children (55%). Lifestyle behaviours showed low prevalence of alcohol use (29.5%,  $n=59$ ), tobacco use (37%,  $n=74$ ), and smoking (28%,  $n=56$ ). The mean EQ-5D index score was  $45.3 \pm 28.0$  (range 0–100). Nearly half of the participants (48.5%,  $n=97$ ) reported poor HRQoL ( $\leq 40$ ), while only 9% achieved scores above 80, indicating that the majority experienced suboptimal QoL. Moreover, HRQoL was significantly associated with living status ( $p < 0.001$ ), education level ( $p = 0.014$ ), and employment status ( $p = 0.012$ ).

**Conclusion:** In conclusion, patients with CVD demonstrated low HRQoL, influenced by socio-demographic and lifestyle factors. These findings highlight the need for holistic interventions addressing both medical management and socio-economic determinants. Strategies such as patient education, lifestyle modification programs, psychosocial support, and targeted policies are recommended to improve HRQoL in this population.

**Keywords:** Cardiovascular diseases, Quality of life, Coronary artery disease, Sri Lanka, EQ-5D-5L

PP 19 AB025

## Prevalence and Reporting Practices of Workplace Violence among Nursing Officers at Monaragala District Hospital, Sri Lanka

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**Introduction:** Workplace violence (WPV) in healthcare settings is a growing global concern, particularly affecting nurses who often work under high-stress conditions and interact closely with patients and the public. The issue remains underreported and poorly addressed in Sri Lanka, especially in regional hospitals.

**Objective:** This study aimed to determine the prevalence of WPV and reporting practices by nursing officers at the Monaragala District Hospital, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 219 voluntary nursing officers selected through simple random sampling by distributing a tailor-made, pre-tested, interviewer-administered standard questionnaire with socio-demographics and questions to assess whether they had experienced WPV and how they proceeded with the situation. The collected data were then analyzed for descriptive statistics (frequency, percentage), and the associations between WPV and reporting WPV using IBM SPSS v.25. Ethical clearance was obtained from KIU (KIU/ERC/24/065).

**Results:** Among study participants, 65% (n=143) have faced WPV. Among them, 93% (n=133) knew the existence of WPV reporting procedures, but only 90% (n=129) knew how to follow the procedure to report properly. Of the WPV victims, 78% (n= 112) have reported their experience to the hospital administration and only 94% (n=105) of these reports have been addressed by the administration. Among the nursing officers who have experienced and reported WPV, only 79% (n=88) were satisfied with the responses they received. Statistically significant associations (p=0.001) were observed between experiencing WPV and reporting it to the hospital management. Statistically significant associations were observed with reporting the WPV to administration and getting a follow-up action from them (p<0.001) and the follow-up action being satisfactory to the victim (p<0.001).

**Conclusion:** WPV is prevalent among nursing officers in Monaragala District Hospital yet underreporting and gaps in administrative follow-up persist. The statistically significant associations highlight the importance of responses by the hospital administration in promoting reporting behavior and improving victim satisfaction.

**Keywords:** Nursing officers, Reporting violence, Workplace violence

PP 20 AB192

## Knowledge and Practices Regarding Colostomy Care Among Pediatric Nurses at Lady Ridgeway Hospital, Sri Lanka

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**Introduction:** Nurses play a central role in providing care and education for patients with colostomies, especially in pediatric hospitals. Proper care prevents stoma related complications such as skin irritations and infections, thereby ensuring patient safety and quality of life. Despite its importance, there is limited evidence on the knowledge and practices of pediatric nurses in Sri Lanka regarding colostomy care.

**Objective:** To assess the knowledge and practices regarding colostomy care among pediatric nurses at Lady Ridgeway Hospital, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 248 pediatric nurses using convenience sampling. Data was collected through a self-administered, researcher-developed questionnaire, pre-tested for clarity and understandability. Bloom's cut-off points were used to categorize knowledge and practice levels (high (80–100%), moderate (60–79%), and low (<60%)). Data were analyzed using SPSS version 25.0 with descriptive statistics and Chi-square tests. Ethical clearance was obtained from the KIU Ethics Review Committee (KIU/ERC/024/139).

**Results:** Most nurses were female (94%, n=234), with a mean age of 34.3±5.5 years. Nearly 60% (n=152) were degree holders and 92% (n=229) had no prior training in Colostomy care. Overall, 75% (n=185) demonstrated poor knowledge, 23%(n=57) average knowledge, and only 2% (n=6) had good knowledge. Regarding practice, majority (52%, n=128) had poor practice while 48% (n=120) showed good practice. Knowledge was significantly associated with working unit (p=0.005), while practice was significantly associated with both working unit (p=0.0073) and educational level (p=0.004).

**Conclusion:** This study highlights substantial gaps in knowledge and practice regarding colostomy care among pediatric nurses. Structured training programs, periodic practice evaluations, and continuous professional education are urgently needed. Emphasis on both theoretical knowledge and hands-on practice will strengthen competencies and ultimately improve pediatric patient outcomes.

**Keywords:** Colostomy care, Knowledge, Practice, Pediatric Nurses, Sri Lanka

## Work-Related Stress and Associated Factors among Nurses Working in Medical Units of the National Hospital, Sri Lanka

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**Introduction:** Work-related stress among nurses can reduce the quality of care, increase medical errors, and negatively affect professional performance, compromising patient safety.

**Objective:** To assess the level of work-related stress and associated factors among nurses in medical units of the National Hospital, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 112 nurses using proportionate sampling across medical wards. Data were collected using a pre-tested, self-administered questionnaire, including the Perceived Stress Scale (PSS-10) and a researcher-developed section assessing social, psychological, and workplace factors on a 4-point Likert scale (Never=0, Sometimes=1, Often=2, Always=3). Domain scores were categorized as: social (0-33=stressed; 34-66=non-stressed), psychological (0-10=stressed; 11-21=non-stressed), and workplace (0-7=non-stressed; 8-15=stressed). PSS-10 total scores ranged 0-40 (0-13=low, 14-26=moderate, 27-40=high stress). Data was analyzed using SPSS v26 with descriptive statistics and chi-square tests. Ethical approval was obtained (ERC No: KIU/ERC/23/223).

**Results:** Among 112 nurses, most were female (91.1%,n=102), with a mean age of  $29.4 \pm 4.2$  years; over half were single (52.7%,n=59) and had less than five years of service (85.7%,n=96). The mean PSS score was  $29.3 \pm 5.6$ , indicating high perceived stress, with 94.6%(n=106) classified as stressed. Major social stressors included criticism by physicians (72.3%,n=81), inadequate information (70.5%,n=79), and unpredictable staffing (69.6%,n=78). Psychological stressors were frequent: emotionally challenging situations (65.2%,n=73, occasionally), fear of errors (59.8%,n=67, sometimes), disagreements about patient care (79.5%,n=89, often), and decisions under pressure (67%,n=75, often). Workplace stressors included staff shortages (68.8%,n=77, sometimes), increased patient admissions (35.7%,n=40, often), inadequate coverage (25.9%,n=29, always), and limited equipment (28.6%,n=32, often). Despite the high prevalence of stress, chi-square analysis showed no significant associations between stress levels and demographic variables ( $p > 0.05$ ), likely reflecting the homogeneity of the sample and the multifactorial nature of work-related stress.

**Conclusion:** The Study indicates that Stress levels were not significantly linked to demographic characteristics, emphasizing the strong impact of work environment and psychosocial factors.

**Keywords:** Nurses, Sri Lanka, Work-related Stress

PP 22 AB204

## Assessment of Medication Adherence and Quality of Life among Patients with Tuberculosis at the National Hospital for Respiratory Diseases, Welisara, Sri Lanka

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**Introduction:** Tuberculosis in Sri Lanka poses major challenges, as prolonged treatment and socioeconomic barriers reduce adherence and Quality of Life (QoL), yet limited local evidence exists on influencing factors, highlighting critical practice and policy gaps.

**Objective:** To determine medication adherence and QoL among patients with TB at the National Hospital for Respiratory Diseases, Welisara, Sri Lanka

**Methodology:** A descriptive cross-sectional study was conducted with 256 patients diagnosed with tuberculosis at the National Hospital for Respiratory Diseases, Welisara, following a convenience sampling method. Data were collected using a pretested interviewer-administered questionnaire, including sociodemographic information, the Morisky Medication Adherence Scale (MMAS-8), and the WHO Quality of Life-BREF (WHOQOL-BREF) instrument. Descriptive statistics and inferential analyses, including Chi-square tests, independent-sample t-tests, ANOVA, and Pearson's or Spearman's correlation tests ( $p < 0.05$ ), were performed using SPSS version 26. Ethical approval was obtained from the Ethics Review Committee at KIU (Reference No: KIU/ERC/25/074), and institutional permissions were obtained.

**Results:** The majority of participants were male (65.2%) and over 60 years (30.4%); pulmonary TB (72.7%) and diabetes (54.9%) were common. The mean MMAS-8 score was  $6.06 \pm 1.55$ , indicating moderate adherence, with travel difficulties (47.0%) and treatment burden (43.5%) as leading barriers. QoL was also moderate (mean = 62.18, SD = 13.41), lowest in the environmental domain (57.03, SD = 15.27). Adherence was significantly associated with age ( $p = 0.005$ ), gender ( $p = 0.001$ ), marital status ( $p < 0.001$ ), employment ( $p = 0.044$ ), and treatment interruption ( $p = 0.006$ ). QoL was influenced by age ( $p < 0.001$ ), marital status ( $p < 0.001$ ), education ( $p < 0.001$ ), employment ( $p < 0.001$ ), income ( $p < 0.001$ ), type of TB ( $p < 0.001$ ), diabetes ( $p < 0.001$ ), and comorbidities ( $p < 0.001$ ).

**Conclusion:** Moderate adherence and QoL in Sri Lanka demand patient-centered interventions, including stronger treatment support, reduced travel barriers, psychosocial counseling, and socioeconomic assistance to improve adherence and well-being.

**Keywords:** Medication Adherence, Morisky Scale, Quality of Life, Tuberculosis, Sri Lanka



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PP 01 AB009

## Knowledge, Attitude, and Practices of Contraceptive Use Among Women Attending a Selected Hospital in Sri Lanka

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**Introduction:** Family planning (FP) plays a vital role in promoting maternal and child health, highlighting its importance in any country's healthcare system. In Sri Lanka, despite the strong focus on FP and free contraceptive services, gaps in women's knowledge, attitudes, and practices (KAP) regarding correct contraceptive use still persist.

**Objective:** This study aimed to assess the KAP of contraceptive use among women attending Base Hospital Cheddikulum in Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 312 women aged 18–55 years, selected through simple random sampling from clinics and wards. Data were collected using a pre-tested, interviewer-administered questionnaire and analyzed with SPSS version 28. Descriptive and inferential statistics were applied. KAP scores were classified as good ( $\geq 75\%$ ), moderate (50–74%), and poor ( $< 50\%$ ). Ethical approval was obtained from the KIU Ethics Review Committee (KIU/ERC/24/145).

**Results:** The mean age of  $33 \pm 8$  years; most were married ( $n=273; 87.5\%$ ) and had secondary education ( $n=136; 43.6\%$ ). Good contraceptive knowledge was observed in 84.6% ( $n=264$ ), and 98.1% ( $n=306$ ) had heard of at least one method, mainly oral pills ( $n=80; 25.6\%$ ). Positive attitudes were reported, scoring 68.9% ( $n=215$ ). Overall, good contraceptive practices were observed among 80.6% ( $n=252$ ). The current main contraceptive practice is usage of condoms scoring 62.8% ( $n=196$ ). Reported practicing barriers included partner opposition ( $n=92; 29.5\%$ ). Only 27.2% ( $n=85$ ) had regular consultations. Level of education was significantly associated with knowledge of contraceptive use ( $p=0.001$ ). Ethnicity ( $p=0.03$ ), religion ( $p=0.03$ ), and educational status ( $p=0.02$ ) were associated with attitude on contraceptive use.

**Conclusion:** The findings underscore that the knowledge and attitudes toward contraception are good; gaps in usage, partner support, and counseling remain, requiring improved education and engagement.

**Keywords:** Attitudes, Contraceptive Knowledge, Family Planning, Reproductive Health, Sri Lanka, Women

## Level of Addiction and Associated Factors for Mobile Phone Usage Among Young Adults in Southern Province, Sri Lanka

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**Introduction:** Mobile phone addiction refers to excessive, uncontrolled phone use that disrupts daily life and harms mental, physical, social, and academic well-being. Among young adults in Sri Lanka, this growing dependence has become a significant public health concern.

**Objective:** To assess the level of mobile phone addiction and its associated factors among young adults in the Southern Province of Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 396 young adults aged 18–25 years from Galle, Matara, and Hambantota districts, selected through stratified random sampling using the electoral register. Data were collected via a pre-tested online questionnaire covering socio-demographics and the Smartphone Addiction Scale – Short Version (SAS-SV). Gender-specific cut-offs ( $\geq 31$  for males,  $\geq 33$  for females) identified moderate-to-high addiction. Data were analyzed with SPSS v25 using descriptive statistics and binary logistic regression. Ethical approval was granted by the KIU Ethics Review Committee (KIU/ERC/23/111).

**Results:** The mean age of participants was  $21.8 \pm 1.9$  years, with 68.3% females ( $n=270$ ) and 31.7% males ( $n=126$ ). Over half (52.2%,  $n=207$ ) were A/L students. Facebook (73.5%) was the most used platform. Mobile phone use exceeded 4 hours daily in 60.4% of participants, with 76.1% mainly using phones between 6:00 p.m. and midnight. The mean SAS-SV score was  $19.71 \pm 6.52$ , and 56.1% ( $n=222$ ) demonstrated moderate-to-high addiction, with a higher prevalence among females (61.1%) compared to males (38.9%). Logistic regression revealed that daily mobile phone use  $>4$  hours (OR=2.34, 95% CI: 1.41–3.89,  $p=0.001$ ) and lack of regular physical activity (OR=1.87, 95% CI: 1.05–3.34,  $p=0.032$ ) were significant predictors of moderate-to-high addiction, after adjusting for age, gender, and education level.

**Conclusion:** Mobile phone addiction among young adults in the Southern Province is high, mainly linked to excessive use and physical inactivity. Promoting time management, digital literacy, and active lifestyles is essential to reduce addiction and enhance well-being.

**Keywords:** Digital Health, Excessive Screen Time, Mobile Phone Addiction, Social Media Habits, Smartphone Overuse, Young Adults

PP 03 AB013

## Caregiver Strain Among Family Members of Patients with Chronic Kidney Disease in a Selected Hospital, Sri Lanka

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**Introduction:** Caring for patients with Chronic Kidney Disease (CKD) imposes substantial emotional, physical, and financial strain on family caregivers, which can adversely affect both caregivers' well-being and patient outcomes. Assessing caregiver strain is essential to identify high-risk groups and design interventions that enhance the quality of life for both caregivers and patients, particularly in resource-limited settings like Sri Lanka where evidence is limited.

**Objective:** To assess the level of strain and contributing factors among family caregivers of CKD patients at Anuradhapura Teaching Hospital, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 171 family caregivers selected through stratified random sampling based on patients' treatment modality. Data were collected via a pretested, structured, interviewer-administered questionnaire incorporating the Modified Caregiver Strain Index to assess total and domain-specific (emotional, physical, financial) strain. Data was analyzed using descriptive and inferential statistics in SPSS v27. Ethical approval; KIU/ERC/24/419.

**Results:** Among 171 participants, the mean age of caregivers was  $44.8 \pm 9.6$  years, the majority were female ( $n=96,56.1\%$ ), and more than half were spouses of the patients ( $n=89,52.0\%$ ), followed by parents ( $n=47,27.5\%$ ). Most had secondary education ( $n=59,34.5\%$ ). The mean total caregiver strain score was  $52.31 \pm 11.35$ , with 132 (77.2%) experiencing moderate strain and 21 (12.3%) experiencing high strain. Moderate emotional strain was observed in 136 (79.5%), and financial strain in 109 (63.7%). Significant associations were found between physical strain and employment status ( $p=0.001$ ), financial strain and education level ( $p=0.002$ ), and emotional strain and caregiver-patient relationship ( $p=0.003$ ).

**Conclusion:** Caregiver strain among family members of CKD patients is considerably high, primarily affecting emotional and physical domains. Strengthening support systems through financial assistance, workplace flexibility, and caregiver education is vital to mitigate the burden, especially for employed caregivers and those supporting hemodialysis patients.

**Keywords:** Caregiver strain, Chronic kidney disease, Family caregivers, Sri Lanka

PP 04 AB017

## Assessment of Risk Factors for Non-Communicable Diseases among Patients Attending the Outpatient Department Clinics in a Selected Hospital in Sri Lanka

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**Introduction:** Non-communicable diseases (NCDs) are largely influenced by modifiable lifestyle-related risk factors and remain the leading cause of death globally and in Sri Lanka. Identifying major risk factors among adults is vital for prevention and early management.

**Objective:** To assess behavioural, metabolic, and psychosocial risk factors for NCDs among adult patients attending outpatient clinics at Divisional Hospital, Kirama.

**Method:** A descriptive cross-sectional study was conducted among 150 adult patients selected through simple random sampling. Data was collected using a structured, pre-tested, interviewer-administered questionnaire consisting of three components: behavioural factors, metabolic parameters obtained from medical records, and psychosocial factors rated on a 5-point Likert scale. Higher scores indicated greater risk or poorer well-being. Data were analyzed using SPSS version 29, employing descriptive statistics, Chi-square tests, and independent t-tests.

**Results:** Among 150 participants, 92 (61.3%) were females. The prevalence of at least one NCD was 47.3% (n=71). The highest behavioural risk was physical inactivity among females (53.3%, n=49), while alcohol use was the most common risk among males (38.0%, n=22). The leading metabolic risks among females were elevated blood pressure (44.0%, n=41) and high blood glucose (41.0%, n=38), followed by obesity (24.0%, n=22). Psychosocial factors such as moderate stress and poor sleep were similarly reported by both genders. Patients with NCDs showed significantly higher rates of physical inactivity ( $p=0.032$ ), hypertension ( $p<0.001$ ), and obesity ( $p=0.045$ ) compared to those without NCDs.

**Conclusion:** Nearly half of the outpatients had at least one NCD. Females demonstrated higher metabolic and physical inactivity risks, while males had higher behavioural risks. Psychosocial challenges were moderate across both groups. These findings underscore the importance of gender-sensitive health education and preventive strategies to reduce NCD risks in Sri Lanka.

**Keywords:** Behavioral Factors, Metabolic Factors, Non-Communicable Diseases, Psychosocial Factors, Sri Lanka

PP 05 AB018

## Assessment of the Level of Stress, its Associated Factors, and Coping Strategies among Final Year Undergraduate Students at KIU, Sri Lanka

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**Introduction:** Stress is a prevalent issue among undergraduate students globally, affecting academic performance and overall well-being. In Sri Lanka, stress is compounded by socio-economic and academic pressures, making it vital to understand student stress and coping mechanisms within local university settings.

**Objective:** To assess the level of stress, its associated factors, and coping strategies among final-year undergraduate students at KIU.

**Methodology:** A descriptive cross-sectional study was conducted among 204 final year undergraduate students from the Faculty of Nursing, Faculty of Computer Science & Engineering, Faculty of Behavioural Sciences, Faculty of Management, and Faculty of Health Sciences at KIU using convenience sampling. Data were collected via a pre-tested, structured online Google Form, which included the validated Perceived Stress Scale (PSS-10). Ethical clearance was obtained from the KIU Ethics Review Committee (KIU\_ERC\_24\_146). Data were analyzed using SPSS version 25, applying descriptive and inferential (chi-square) statistics.

**Results:** The mean age was  $21.8 \pm 1.9$  years, and the majority were females ( $n=116$ , 56.9%). The majority participated from the Faculty of Nursing ( $n=88$ , 43.1%). Based on the Perceived Stress Scale (PSS-10), 84.3% ( $n=172$ ) reported moderate stress, 13.7% ( $n=28$ ) low stress, and 1.9% ( $n=4$ ) high stress, with the mean score of  $18.45 \pm 4.47$ . Significant associations with stress were found for living arrangement ( $\chi^2 = 185.940$ ,  $p = 0.000$ ), source of educational funding ( $\chi^2 = 143.022$ ,  $p = 0.000$ ), and family income ( $\chi^2 = 111.431$ ,  $p = 0.004$ ). Common coping strategies included relaxation techniques (57.8%,  $n=118$ ), academic support (44.6%,  $n=91$ ), time management (40.2%,  $n=82$ ), confiding in friends/family (52.5%,  $n=107$ ), and positive self-talk (57.8%,  $n=118$ ). The findings reflect a high prevalence of moderate stress, influenced by financial and living conditions, with students engaging in mixed coping strategies.

**Conclusion:** The study concludes that moderate stress is highly prevalent among undergraduates at KIU, significantly influenced by socio-demographic and financial factors, emphasizing the need for targeted support and institutional coping interventions.

**Keywords:** Academic Pressure, Coping Strategies, Sri Lanka, Undergraduate Stress

PP 06 AB019

## Attitudes and Barriers Toward Higher Education Among Undergraduate Nursing Students at a Selected Higher Education Institute in Sri Lanka

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**Introduction:** Higher education is essential for advancing the nursing profession by enhancing clinical competencies, fostering career development, and improving patient care. Understanding the attitudes and barriers toward higher education among nursing undergraduates can guide strategies for promoting lifelong learning and professional growth.

**Objective:** To assess the attitudes and barriers toward higher education among final-year undergraduate nursing students at KIU, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 160 final-year nursing undergraduates selected from the official academic registry of the Faculty of Nursing using stratified random sampling. Data were collected using a pre-tested, researcher-developed structured questionnaire comprising three sections: (1) demographic characteristics; (2) attitudes toward higher education, measured on a 5-point Likert scale; and (3) barriers to higher education, assessed through a checklist of 12 possible obstacles with severity ratings (low, moderate, high). Higher scores on the Likert scale indicated more positive attitudes. The study received approval from the KIU Ethics Review Committee (KIU\_ERC\_24\_151). Data was analyzed using SPSS version 27.0 with descriptive statistics and chi-square tests for associations.

**Results:** Among the 160 participants, the majority were female (87.5%, n=140) with a mean age of 24±2 years. Postgraduate education was considered “highly important” for professional development by 80.6% (n=129), while 31.3% (n=50) felt “very confident” and 57.5% (n=92) felt “somewhat confident” in completing such programs. The overall mean attitude score toward higher education was 4.21±0.53 on a 5-point Likert scale, indicating a generally positive attitude. The main barriers identified were financial constraints (66.3%, n=106), lack of time due to academic and clinical responsibilities (54.4%, n=87), and limited mentorship or guidance (39.4%, n=63). Confidence level was significantly associated with higher attitude scores ( $\chi^2=9.42$ ,  $p < 0.05$ ), while no other demographic variables showed significant associations.

**Conclusion:** Final-year nursing undergraduates at KIU demonstrate strong intentions and positive attitudes toward higher education; however, financial limitations, time constraints, and inadequate mentorship remain significant barriers to academic progression. Institutional support and targeted interventions are recommended to overcome these challenges.

**Keywords:** Educational Barriers, Nursing Education, Postgraduate Intentions, Sri Lanka, Student Attitudes

PP 07 AB020

## Attitudes and Associated Factors Toward Family Involvement in Diabetic Care Among Nurses at a Selected Hospital in Sri Lanka

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**Introduction:** Family involvement in diabetic care is a crucial factor in improving patient outcomes. In Sri Lanka, where family bonds are strong, understanding nurses' attitudes toward such participation is vital for providing effective and culturally competent care.

**Objective:** This study is to assess the attitudes and associated factors towards family involvement in diabetic care among nurses working at Karawanella Base Hospital, Sri Lanka.

**Methodology:** A quantitative descriptive cross-sectional study was conducted among 101 nurses working in the medical and surgical wards at Karawanella Base Hospital, Sri Lanka, with the use of stratified random sampling. A pre-tested, self-administered questionnaire, incorporating the Families' Importance in Nursing Care-Nurses' Attitudes (FINC-NA). The data were analyzed using descriptive statistics with the use of SPSS version 26. Ethical clearance was granted by the KIU ERC (KIU/ERC/24/100).

**Results:** The study sample comprised 101 nurses (mean age =  $32.7 \pm 5.4$  years), predominantly female (93.1%), with most (35.6%) having less than one year of experience. Nurses demonstrated overall positive attitudes toward family involvement in diabetic care, with high mean scores across FINC-NA subscales: Family Importance ( $M=4.07 \pm 0.62$ ), Family as a Conversational Partner ( $M=4.04 \pm 0.70$ ), Family as Own Resource ( $M=4.08 \pm 0.80$ ), and Family as a Burden ( $M=4.09 \pm 0.76$ ), indicating both appreciation and perceived challenges. Chi-square analysis revealed significant associations between attitudes and marital status ( $\chi^2=61.95$ ,  $p<0.01$ ) and designation ( $\chi^2=315.52$ ,  $p<0.001$ ), while gender ( $\chi^2=46.89$ ,  $p=0.244$ ) and years of experience ( $\chi^2=92.44$ ,  $p=0.202$ ) were not statistically significant.

**Conclusion:** Most nurses exhibited positive attitudes toward family involvement in diabetic care, recognizing families as key partners in patient management. Strengthening institutional support through targeted training and policy reinforcement could further promote nurse–family collaboration and improve diabetes care outcomes.

**Keywords:** Family involvement, Diabetes Mellitus, Nurses' attitudes, Diabetic Care, Sri Lanka

PP 08 AB021

## Awareness of Electronic Documentation Among Nursing Undergraduates in a Selected University in Sri Lanka

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**Introduction:** Electronic documentation (e-doc) enhances continuity and accuracy of care but remains underutilized in Sri Lankan nursing education. Awareness of e-doc systems and influencing factors is essential to foster digital literacy in future nurses.

**Objective:** To assess the level of awareness on electronic documentation among nursing undergraduates at KAATSU International University (KIU), Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 140 undergraduate nursing students in their 3<sup>rd</sup> and 4<sup>th</sup> academic years at KIU. Data were collected via an Electronic Health Records Knowledge, Attitude, and Practice (EHR-KAP) Scale. The awareness subscale (15 items; score range 0-60) categorized respondents as poor (<40), moderate (40-49), or good ( $\geq 50$ ). Data were analyzed using SPSS version 26.0. Descriptive statistics summarized frequencies and means, while Chi-square tests and independent-sample t-tests examined associations and mean differences. Significance was set at  $p < 0.05$ . Ethical clearance: KIU/ERC/23/015.

**Results:** Participants' mean age was 24.3 years (SD=1.1); 81.4% (n=114) were female. The mean awareness score was 47.9 (SD=10.4), indicating a moderate level overall. Of all respondents, 54.3% (n=76) demonstrated good awareness, 31.4% (n=44) moderate, and 14.3% (n=20) poor awareness. Mean awareness scores were significantly higher among those with prior computer literacy training (M = 52.3, SD = 9.2) compared to those without (M=41.6, SD=8.7;  $t=5.41$ ,  $p=0.001$ ). Awareness was also significantly associated with academic year ( $\chi^2=4.82$ ,  $p=0.03$ ) and internet use duration ( $\chi^2=6.01$ ,  $p=0.015$ ).

**Conclusion:** Moderate awareness of electronic documentation was observed, strongly linked to digital literacy and educational exposure. Strengthening computer-based modules and integrating e-doc simulations into the nursing curriculum can enhance future workforce readiness.

**Keywords:** Awareness, Electronic Documentation, Nursing Undergraduates, Sri Lanka

PP 09 AB031

## Perceived Spiritual Well-being and Depression Among the Elderly: Insights from a Hospital-Based Study in Colombo District

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**Introduction:** Spiritual well-being, an essential dimension of health, promotes overall well-being and helps protect older adults against depressive symptoms. Depression, which is also common among the elderly, adversely affects their emotional well-being and quality of life.

**Objective:** This study aimed to assess the spiritual wellbeing and depression among geriatric patients in National Hospital Colombo, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 120 geriatric patients in medical wards at National Hospital Sri Lanka. Participants were selected using a convenient sampling method. Data were collected using a pretested interviewer-administered questionnaire. Spiritual wellbeing was assessed using Spiritual Wellbeing Scale (SWBS) while depression was assessed using Geriatric Depression Scale (GDS). Data were analyzed using descriptive statistics such as mean, frequencies, and percentages, and inferential statistics including correlation analysis, using SPSS version 25. Ethical approval was obtained from Ethics Review Committee at KIU (KIU\_ERC\_25\_013).

**Results:** The mean age of the participants was 78.68±9 years. The majority were (58%, n=70) were male, married (90%, n =108) and Sinhalese (48%, n =58). Most have never attended school (65%, n= 54%) and had a monthly income of less than Rs. 30,000 (92%, n= 76.7%). Most participants had moderate spiritual wellbeing (95%, n= 114), with Religious Wellbeing (RWB) and Existential Wellbeing (EWB) mean scores of (32.44 ±7) and (31.31±7), respectively. Depression scores revealed that they had mild depression (58%, n= 70), while had moderate depression (38%, n= 46). Spearman's correlation analysis revealed no statistically significant relationship between depression and RWB ( $r = -0.158$ ,  $p = 0.086$ ), EWB ( $r = 0.099$ ,  $p = 0.284$ ), or overall spiritual well-being ( $r = -0.038$ ,  $p = 0.677$ ).

**Conclusion:** While most participants reported moderate spiritual well-being and varying levels of depression, no significant association was observed between them. This highlights the need for further studies to explore the association of spiritual wellbeing and depression among elderly people.

**Keywords:** Perceived Spiritual Wellbeing, Depression, Elderly

## Perceived Stress and Associated Factors Among Nursing Professionals: A Study from a Selected Hospital in Jaffna, Sri Lanka

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**Introduction:** Nursing is a profession that requires constant attention to patient needs, often exposing nurses to stressful situations. Prolonged stress not only affects the health and well-being of nurses but also can compromise the quality of care provided to patients. Therefore, understanding the level of stress perceived by nurses is crucial for developing effective interventions that support both nurses' well-being and patient safety.

**Objective:** To assess the level of perceived stress and its associated factors among nurses at Teaching Hospital Jaffna, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 271 nurses. Participants were selected using a simple random sampling method. Data were collected using a self-administered questionnaire and the level of stress among nurses was assessed using Perceived Stress Scale (PSS). Data was analyzed using descriptive statistics and chi-square test using SPSS version 25. Ethical approval was obtained from the Ethics Review Committee of KIU (KIU\_ERC\_25\_028).

**Results:** The mean age of the participants was  $34.93 \pm 8.21$  years and majority were (64.2%, n=174) females. Among the participants 57.6% (n =156) had a basic nursing diploma as their highest level of education where 45.8% (n=124) had 1 – 5 years of work experience. The majority of nurses were from medical (19.2%, n= 52) and surgical (19.6%, n= 53) wards. 55.4% (n =150) work 12-hour shifts and 43.5% (n =118) reported more than 7 shifts per week. Regarding the perceived stress, 5.2% (n=14) demonstrated low stress, 72% (n=195) had moderate stress, and 22.9% (n=62) reported high stress level. Statistical analysis revealed a significant association between perceived stress levels with age(p=0.006) gender (p = 0.002), working unit (p=0.000), years of experience (p=0.000) and number of shifts (p=0.000) per week.

**Conclusion:** The study revealed that most nurses experienced moderate to high stress levels, with significant associations with several sociodemographic and work-related factors. These findings highlight the need for targeted strategies to reduce stress and safeguard both nurse well-being and patient care.

**Keywords:** Associated factors, Perceived stress, Nursing professionals

PP 11 AB099

## Knowledge, Attitude, and Practice on Chronic Kidney Disease and its Associated Factors among Patients Attending Base Hospital Thambuththegama, Sri Lanka

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**Introduction:** Chronic kidney disease (CKD) is a growing public health concern in Sri Lanka, yet patients' knowledge, attitudes and preventive practices remain underexplored, especially in district-level hospitals.

**Objective:** To assess knowledge, attitude, and practice on CKD and associated factors among patients attending the outpatient department (OPD) at Base Hospital Thambuththegama, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 412 OPD patients using simple random sampling. Data was collected via a pre-tested, researcher-developed, interviewer-administered questionnaire assessing sociodemographic and clinical characteristics, as well as CKD-related knowledge, attitudes, and practices. Knowledge was scored as correct (1), incorrect (0), or unsure (0.5), while attitudes and practices were measured on Likert scales; all scores were converted to a 0 -100 scale and categorized. Data was analyzed using SPSS v.26 with descriptive statistics and chi-square tests for associations ( $p < 0.05$ ). Ethical approval was obtained from the KIU ERC (KIU/ERC/23/096) and hospital authorities.

**Results:** Participants had a mean age of  $46.25 \pm 15.04$  years; 239 (58.0%) were male, 391 (95.1%) were Sinhala, 231 (56.1%) had primary education, and 133 (32.5%) were farmers, with 213 (51.7%) reporting no family history of CKD. Knowledge scores were moderate overall (mean  $61.59 \pm 17.73$ ), with 178 (43.2%) low, 176 (42.7%) moderate, and 58 (14.1%) high. Attitudes were generally positive (mean  $10.68 \pm 2.05$ ), with 43 (10.4%) low, 210 (51.0%) moderate, and 157 (38.3%) high. Practices were poor (mean  $31.53 \pm 3.73$ ), with 303 (73.5%) low, 73 (17.7%) moderate, and 35 (8.5%) high. Knowledge, attitude, and practice were significantly associated with age, education, occupation, and family history of CKD ( $p < 0.05$ ), while gender and marital status influenced knowledge and practice.

**Conclusion:** Participants had moderate knowledge, generally positive attitudes, but poor practices regarding CKD, highlighting the need for targeted educational and behavioral interventions.

**Keywords:** Attitude, Chronic Kidney Disease (CKD), Knowledge, Preventive Practices

PP 12 AB100

## **Assessment of Nurses' Practices Towards Medication Administration Rights and Contributing Factors for Medication Errors among Patients with Cancer at the National Cancer Institute, Sri Lanka**

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**Introduction:** Medication administration rights need to be well-preserved in the administration of every medicine. The risk factor of When it comes to anti-cancer drugs, the risk is very high with increased possible adverse effects due to the inherent toxic nature of the drugs. Therefore, preserving medication rights is vital in mitigating the serious complications of medication errors.

**Objective:** To assess nurses' practice following medication administration rights and contributing factors for medication errors for patients with Cancer.

**Methodology:** A descriptive cross-sectional study was conducted among 200 nurses who administered anti-cancer drugs at the National Cancer Institute (NCI), Sri Lanka, using a simple random sampling method. A self-administered, pre-tested, researcher-developed questionnaire consisted of practice on medication administration rights and possible causes of medication administration errors. Data was analyzed using SPSS version 25. The study was ethically approved by the ethical review committee KIU (KIU-ERC-24-195).

**Results:** The majority of nurses were females (78%, n), Sinhalese (93%, n). The five rights (five basic information) of medication administration need to be checked three times before giving medicines to patients. Nurses always followed them (five rights at three times) by 61% (1<sup>st</sup> and 3<sup>rd</sup> check) and 62% (2<sup>nd</sup> check). Also, nurses reported a high mean score (based on the Likert scale from always to never) for each medication administration right (Eg: Right patient:  $4.48 \pm 0.54$ ), which indicates good practice. Most nurses identified a wide variety of factors contributing to medication administration errors. Those were inadequate education (95%), experience (98%), and communication (92%), increased patient count (92%), staff shortage (95%), unclear prescriptions (95%), and medical abbreviations (91%).

**Conclusion:** The majority of nurses have good practice on medication rights. But wide variety of contributing factors for medication errors were found. Thus, immediate strategies are required to minimize those barriers and enhance the following medication administration rights in the administration of chemotherapy.

**Keywords:** Chemotherapy, Medication administration errors, Medication Administration rights, Nurses

PP 13 AB101

## Perceived Health Hazards and Occupational Health Safety Practices Among Nurses at the National Hospital of Sri Lanka

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**Introduction:** Nurses face occupational hazards such as musculoskeletal injuries, needlestick injuries, infections, and psychosocial stress, often worsened by heavy workloads and limited safety resources. Evidence on occupational safety practices among Sri Lankan nurses is limited.

**Objective:** This study aimed to assess the perceived health hazards and occupational safety practices among nurses at the National Hospital of Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 392 nurses selected via simple random sampling from all units. Data were collected using a researcher-developed, self-administered questionnaire covering socio-demographics, perceived hazards, and safety practices. Validity and reliability were ensured. Data were analyzed using SPSS version 26 using descriptive and inferential statistics. Perceived hazards and safety practices were scored to reflect awareness and adherence, classified as low up to 33, moderate 34-66, and high 67 and above. Ethical approval was obtained from the Ethics Review Committee of KIU (KIU/ERC/23/101) and NHSL ().

**Results:** Participants' mean age was  $35.5 \pm 8.9$  years, most were female (70.7%,  $n=277$ ) and working in medical (15.1%,  $n=59$ ). Back pain was the most reported hazard (59.9%,  $n=234$ ), followed by contact with contaminated specimens (28.8%,  $n=107$ ). Safety compliance was high for disposal of sharp and contaminated materials (64.5%,  $n=252$ ), glove use (61.5%,  $n=241$ ), and cautious handling of infectious materials (62%,  $n=243$ ), while only 25.8% ( $n=101$ ) had access to safety manuals and 25.5% ( $n=100$ ) had sufficient time to follow precautions. The majority had moderate adherence to occupational health safety practices (46%,  $n=180$ ). Perceived hazards were significantly associated with reduced efficiency ( $p < 0.001$ ), mistakes ( $p < 0.001$ ), medication errors ( $p < 0.001$ ), decreased carefulness ( $p=0.010$ ), and daily struggles ( $p=0.001$ ). Empathy ( $p=0.668$ ), patient interaction ( $p=0.253$ ) remained unaffected.

**Conclusion:** Hazards like back pain and exposure to contaminants cause reduced efficiency and errors, highlighting the need for better safety measures and systemic support to protect nurses' health and improve patient care.

**Keywords:** Health hazards, Nurses, Occupational health safety

PP 14 AB175

## Public Survey on Knowledge on the use of Vitamins and Dietary Supplements among Adults, Sri Lanka

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**Introduction:** Vitamins are organic compounds essential in small amounts for regulating biochemical processes. Knowledge of vitamin dietary supplements (VDS) is essential for their safe and effective use. However, the said study field is less investigated in Sri Lanka.

**Objective:** To assess the knowledge regarding use of vitamins and dietary supplements among adults in Gampaha district, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 423 adults residing in the Gampaha District, Sri Lanka., excluding pregnant women and those unable to communicate effectively. The sample was recruited following a convenience sampling method. Data were collected using 14-item, researcher-developed, pre-tested, self-administered research questionnaire adapted from validated studies (Dwyer et al., 2018; Timbo et al., 2006; U.S. Food and Drug Administration, 2006). Responses were scored as correct (1 point) or incorrect/don't know (0 points). Knowledge levels were categorized based on percentage scores: low (0–32%), moderate (33–66%), or high (67–100%). Data was analyzed using descriptive statistics in SPSS version 2025. The study was ethically approved (KIU\_ERC\_25\_031).

**Results:** The majority were male (n=245, 57%) and educated up to diploma/vocational training (n=198, 45%). While 78.1% (n=330) identified vitamins as essential nutrients, only 10% (n=42) correctly selected the full set of vital vitamins (A, B-complex, C, D, and E). Knowledge of functions varied: 66.9% (n=283) identified Vitamin A for vision/skin health, but only 26.5% (n=112) linked Vitamin C to immunity. The mean knowledge score was  $5.61 \pm 1.91$  (5-8 points), reflecting moderate knowledge (33%-66%). Most were aware of the harmful nature of excessive use of VDS (n=359, 84.9%).

**Conclusion:** Participants demonstrated moderate knowledge of vitamins with notable gaps, underscoring the need for targeted education to promote informed and safe supplement use.

**Keywords:** Dietary supplements, Knowledge, Vitamins

PP 15 AB102

## Knowledge and Attitude on Secondary Prevention of Cardiovascular Diseases Among Adult Patients Attending the Cardiology Clinic at a Selected Hospital, Sri Lanka

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**Introduction:** Cardiovascular diseases (CVDs) are a leading cause of death globally and in Sri Lanka. Effective secondary prevention relies on patients' knowledge and attitude, which influences treatment adherence and lifestyle modification.

**Objective:** This study aimed to assess knowledge and attitude toward secondary prevention of cardiovascular diseases among adult patients attending the cardiology clinic at a selected hospital in Jaffna.

**Methodology:** A descriptive cross-sectional study was conducted among 310 adult patients attending the cardiology clinic at Teaching Hospital, Jaffna. Data were collected using a pre-tested, semi-structured questionnaire, which experts for content and face validity. Knowledge on secondary prevention of cardiovascular diseases was assessed using 12 items, scored 1 for correct and 0 for incorrect/don't know, and categorized as poor (0–4), moderate (5–8), or good (9–12). Attitudes were measured on a 3-point Likert scale (Agree=3, Neutral=2, Disagree=1) and classified as negative (7–11), moderately positive (12–16), or positive (17–21). Descriptive statistics summarized results, and chi-square tests examined associations. Ethical approval was obtained from the Ethics Review Committee (ERC No: KIU/ERC/23/095).

**Results:** Among participants, 68.1% (n=211) were male, 42.3% (n=131) were Tamil, 80% (n=248) were married, and 45.5% (n=141) had primary education, with a mean age of  $3.35 \pm 1.05$ . The mean knowledge score was  $1.48 \pm 0.52$ , indicating a moderate level of knowledge, with gaps in understanding specific preventive measures, as only 72% (n=223) recognized that cardiovascular disease could be prevented. The mean attitude score was  $1.51 \pm 0.50$ , indicating moderately positive attitudes, with 90% (n=279) prioritizing early detection and 81.9% (n=254) feeling adequately informed. Significant associations were observed between knowledge scores and education level ( $p=0.002$ ) and between attitude scores and age group ( $p=0.03$ ) highlighting that patients with diabetes were more aware of preventive measures.

**Conclusion:** Knowledge and attitudes toward secondary prevention were moderate, but gaps remain, highlighting the need for targeted educational interventions among adult cardiology patients.

**Keywords:** Attitude, Cardiovascular disease, Knowledge, Secondary prevention

PP 16 AB105

## **An Alarming Burden: Prevalence and Determinants of Psychological Distress Among Fishermen in Southern Sri Lanka**

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**Introduction:** Fishing is one of the most hazardous occupations globally, exposing workers to economic insecurity, physical risks, and environmental hazards that can negatively affect mental health. In Sri Lanka, fishermen's psychological well-being remains under-researched despite their socio-economic vulnerability.

**Objective:** This study aimed to assess the prevalence of psychological distress and its socio-demographic and occupational predictors among fishermen in a coastal district.

**Methodology:** A cross-sectional study was conducted among 398 fishermen using convenience sampling. Data were collected through an interviewer-administered questionnaire, including the 12-item General Health Questionnaire (GHQ-12) to screen for psychological distress, with a 1/2 cut-off score. Descriptive statistics estimated prevalence, chi-square tests examined associations with independent variables, and binary logistic regression identified independent predictors.

**Results:** Most respondents were married (75%) Buddhists (92%) and earned LKR 30,000–50,000 monthly (40%). Half of the participants worked offshore (52%), and 51% fished more than 20 days per month. Psychological distress was highly prevalent, affecting 87% of participants. Logistic regression indicated that fishermen earning LKR 15,000–30,000 per month had 2.34 times higher odds of distress compared to those earning more than LKR 45,000. Sea-based workers had 2.65 times higher odds than non-sea-based roles, and those with more than 20 years in the fishing industry had 2.48 times higher odds compared to those with 10 years or less. Other factors, including age, education, fishing sector, fishing method, number of days worked, and hours of sleep, were not significant predictors after adjustment.

**Conclusion:** Psychological distress is highly prevalent among fishermen in this Sri Lankan coastal district, with income, occupational role, and years of experience as key determinants. These findings emphasize the need for targeted mental health interventions, occupational safety measures, and socio-economic support programs for high-risk groups. Longitudinal and multi-regional studies are warranted to confirm these findings and guide policy development.

**Keywords:** Fishermen, Occupational health, Psychological distress, Sri Lanka

PP 17 AB111

## Factors Associated with Awareness of Immunization among Mothers Attending a Selected Well-Baby Clinic in Sri Lanka

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**Introduction:** Immunization; a critical public health intervention, significantly reduces child mortality by preventing vaccine-preventable diseases (VPDs). Despite its importance, misconceptions and a lack of awareness hinder its effectiveness

**Objective:** To assess immunization awareness and its associated factors among mothers attending the Well Baby Clinic in Ja-Ela MOH area in Sri Lanka.

**Methodology:** This descriptive cross-sectional study was conducted among 146 mothers attending a Well-Baby Clinic in a Ja-Ela Medical Officer of Health (MOH) area in the Gampaha district, Sri Lanka. Participants were selected using a convenience sampling method, and data were collected through a pre-tested, interviewer-administered, adapted questionnaire, with additional components of the tool, scoring, and interpretation of findings. Ethical approval was obtained from the Ethics Review Committees of KIU (KIU/ERC/24/197), and permission was obtained from the Ja-ela MOH area. Data analysis, including descriptive and chi-square tests, was performed using SPSS 25.

**Results:** Majority of the participants (56.2%) were between 21 and 30 years of age; most were Sinhalese (82.9%), and the largest proportion of mothers (31.5%) had attained pre-secondary vocational level education. Most mothers had infants below 12 months of age, and the majority (40.4%) were presenting with their second child, while most of the mothers (40.4%) were presenting with their second baby. Most of the findings revealed that 70.5% of mothers agreed on the importance of routine vaccination, and 87% recognized the role of immunization in preventing diseases in early childhood. Education level significantly influenced awareness, with higher educational attainment correlating with better knowledge of VPDs ( $p < 0.001$ ). Religious affiliations showed distinct patterns in vaccination attitudes, emphasizing the need for culturally sensitive interventions. Misconceptions, such as vaccines causing autism, were noted, with 43.2% of mothers agreeing with the statement, highlighting the need for targeted education.

**Conclusion:** The study revealed that the population initially demonstrated a good level of awareness regarding vaccination. However, it underscores the continuing importance of education and culturally relevant health communication in further enhancing vaccination awareness. Tailored interventions that address persistent misconceptions and promote the benefits of immunization are essential for improving public health outcomes.

**Keywords:** Attitude, Awareness, Immunization, Mothers

PP 18 AB113

## Perceived Adverse Effects of Anti- Cancer Chemotherapy Among Patients Undergoing Cancer Treatments at Selected Hospitals in Sri Lanka

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**Introduction:** Cancer is a global health concern. Anti-cancer drugs are widely used against cancer due to their therapeutic effectiveness and are generally referred to as “Chemotherapy”. Unfortunately, it leads to a wide range of adverse effects (AEs), causing poor compliance and disease management.

**Objective:** To assess perceived adverse effects and associated factors of anti-cancer chemotherapy among patients undergone cancer treatments at selected hospitals in Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 450 patients diagnosed with cancer who attended Colombo North Teaching Hospital (n = 258) and Base Hospital Puttalam (n = 192) in Sri Lanka using convenience sampling method. Data was collected via a structured, interviewer-administered questionnaire consisting of baseline characteristics and AEs. Data were analyzed following descriptive statistics and Chi-square tests using SPSS version 25. The ethical approval was obtained from Ethics Review Committee of KIU (KIU-ERC-25-036).

**Results:** The majority were male (52%, n=234) and Sinhalese (44.2%, n=199). While oral and breast cancers (28%, n=126) were common cancers, paclitaxel and carboplatin were commonly used drugs (39.1%, n=176). Patients underwent chemotherapy an average of 3.75 times per month and completed a mean of 4.93 cycles. Most experienced nausea, vomiting, altered taste (92%), constipation, diarrhea (91%), headache, dizziness (85%), mouth sores (86%), hair loss (83%), skin changes (89%), less energy and weakness (89%), and soft tissue injury with extravasation (74.9%). Statistically significant associations were observed between the most common AEs and age, gender, ethnicity, education level, type of cancer, and drug used ( $p < 0.05$  for all).

**Conclusion:** Chemotherapy causes a wide range of AEs among patients. Strategies need to be implemented to minimize the prevalence of these AEs Further, studies are recommended to identify the influence of those AEs on quality of life.

**Keywords:** Chemotherapy, Anti-cancer drugs, Adverse effects

PP 19 AB114

## Prevalence and Determinants of Contraceptive Utilization among Pregnant Women Attending an Antenatal Clinic in Hambantota, Sri Lanka

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**Introduction:** Unplanned pregnancies remain a significant global public health concern, contributing to adverse maternal and child health outcomes. In Sri Lanka, despite national family planning programs, unmet needs for contraception persist.

**Objective:** This study aimed to assess the prevalence and determinants of contraceptive utilization among pregnant women attending the antenatal clinic at the New District General Hospital, Hambantota, Southern Province, Sri Lanka.

**Methodology:** A descriptive cross-sectional study was conducted among 385 pregnant women selected through a consecutive sampling method. Data were collected using an interviewer-administered questionnaire assessing socio-demographic characteristics, contraceptive use before and after pregnancy, knowledge, attitudes, and access to healthcare. Statistical analysis was performed using IBM SPSS version 25, employing descriptive statistics (mean, SD, frequency, percentages), Chi-square tests. Ethical approval was obtained from the Ethics Review Committees of KIU (KIU/ERC/24/163).

**Results:** Among the 385 participants, (65%, n=251) reported using contraceptives before pregnancy, while only (20%, n=76) continued usage after pregnancy. The most commonly used contraceptive methods were emergency contraception (70%, n=176), oral contraceptive pills (32%, n=81), injectable contraceptives (26%), and intrauterine devices (17%, n=43). Contraceptive use before pregnancy was higher among women aged 25-34 (46%, n=90), those with primary education (45%, n=114), and employed individuals (64%, n=161). After pregnancy, contraceptive use was most common among women aged 18-24 (63%, n=48). Age was a significant determinant of contraceptive use before pregnancy ( $p < 0.05$ ), with each year of age increasing the odds by 8%. However, no significant association was found between education level and pre-pregnancy contraceptive use ( $p = 0.541$ ). The number of children was significantly associated with contraceptive use after pregnancy ( $p < 0.05$ ), with an increase in the number of children reducing contraceptive use by 47%.

**Conclusion:** This study found that the majority of women used contraceptives before pregnancy, while emergency contraception was the most commonly used method. Age and number of children were significant determinants, with contraceptive use decreasing as the number of children increased, while education level showed no significant association.

**Keywords:** Antenatal Clinic, Contraceptive Utilization, Pregnant Women, Prevalence, Determinants

PP 20 AB131

## Knowledge of Cancer Risk Factors, Warning Signs, and Preventive Practices among Outpatients Attending Base Hospital Tangalle, Sri Lanka

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**Introduction:** Cancer remains a leading cause of global morbidity and mortality, with a growing burden in Sri Lanka. Since most cancers are linked to modifiable risk factors, improving public knowledge and preventive practices are vital to reduce incidence.

**Objective:** This study aims to assess the level of knowledge on cancer risk factors, warning signs, and preventive practices among adult outpatients attending the Base Hospital, Tangalle.

**Methodology:** A descriptive cross-sectional study was conducted among 422 adult outpatients selected through simple random sampling at the Base Hospital, Tangalle. Data was collected using a pre-tested, interviewer-administered questionnaire adapted from the Cancer Awareness Measure Toolkit (CAM v2.1). Knowledge scores were categorized as poor (0–50%), moderate (51–75%), and good (76–100%). Data was analyzed using SPSS Version 25, applying descriptive and inferential statistics, including the Chi-square test. Ethical approval was obtained from the KIU Ethics Review Committee (ERC No: KIU/ERC/NUR/2024/07).

**Results:** Among participants, 97 (23.0%) demonstrated poor, 218 (51.7%) moderate, and 107 (25.4%) good overall knowledge of cancer. Most respondents recognized warning signs such as unexplained lumps (341, 80.8%) and changes in bowel or bladder habits (264, 62.6%), whereas fewer identified unexplained bleeding (173, 41.0%) or persistent pain (191, 45.3%). Knowledge of modifiable risk factors such as smoking (330, 78.2%) and secondhand smoke exposure (310, 73.5%) was higher than that of diet (171, 40.5%) or obesity (127, 30.1%). Significant associations were found between knowledge and educational level ( $p < 0.001$ ) and income ( $p = 0.002$ ).

**Conclusion:** Overall, participants demonstrated moderate knowledge of cancer risk factors and warning signs, but notable misconceptions persist regarding lifestyle-related risks. Strengthening public education and early detection programs is essential to improve cancer prevention and control in Sri Lanka.

**Keywords:** Cancer, Knowledge, Outpatients, Prevention, Sri Lanka

PP 21 AB133

## Evaluation of Nurses' Knowledge on Oral Drug Dosage Calculation at Selected Hospitals in Sri Lanka

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**Introduction:** Accurate drug dosage calculation is a vital nursing competency that ensures patient safety and effective treatment. Errors in dosage determination can lead to adverse outcomes, highlighting the need to assess nurses' knowledge and proficiency in this area. This study aimed to evaluate nurses' knowledge regarding oral and intravenous drug dosage calculations at selected hospitals in Sri Lanka.

**Objective:** To assess the level of knowledge and related factors influencing nurses' proficiency in drug dosage calculation at Teaching Hospital Kegalle, Base Hospital Panadura, Base Hospital Warakapola, and District Hospital Kandana.

**Methodology:** A descriptive cross-sectional study was conducted among 320 nurses selected through simple random sampling from the above four hospitals. Data were collected using a validated self-administered questionnaire that included four sections: sociodemographic data, general drug dosage knowledge, oral drug dose calculations, and intravenous drug dose calculations approval obtained from ERC committee -KIU(KIU/ERC/24/400). The tool underwent content and face validation by two subject experts and a pre-test with 10 nurses to ensure reliability. Knowledge scores were categorized as good ( $\geq 90\%$ ), acceptable (75–89%), poor (50–74%), and unacceptable ( $< 50\%$ ). Data were analyzed using SPSS version 25, applying descriptive statistics and inferential analysis using chi-square tests to identify associations between variables.

**Results:** Most participants demonstrated strong knowledge levels. The mean score for general dosage knowledge was 9.53 (SD = 0.64), oral dose 9.80 (SD = 0.42), and IV dose 9.74 (SD = 0.49). Overall, 60.3% achieved *good* scores, 33.4% *acceptable*, and 6.3% *poor*. About 7% showed moderate difficulty with complex formulas. Significant associations were observed between knowledge level and educational qualification ( $p < 0.01$ ) and years of experience ( $p < 0.05$ ).

**Conclusion:** Nurses demonstrated high knowledge in drug dosage calculations, though minor gaps remain. Regular refresher training, simulation-based practice, and continuous education are recommended to enhance and sustain safe medication practices.

**Keywords:** Drug dosage calculation, Nurse knowledge, Oral and IV dosage, Sri Lanka

PP 22 AB083

## Psychosocial Well-being in Cancer Patients: Assessing Hope and Life Satisfaction

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**Introduction:** Hope and life satisfaction are key protective factors influencing the psychological adjustment of individuals who are suffering from cancer yet remain underexplored in local oncology populations.

**Objective:** This study aimed to assess the hope and life satisfaction among adult patients with cancer at Badulla Teaching Hospital and to examine their associations with demographic and clinical characteristics.

**Methodology:** A descriptive cross-sectional study was conducted among 422 conveniently selected adult patients with cancer attending oncology clinics at Badulla Teaching Hospital, Sri Lanka. Data were collected using a pre-tested interviewer-administered questionnaire that included the Herth Hope Index and the validated Satisfaction with Life Scale. Descriptive statistics and Spearman's correlation, Mann–Whitney U test, and Kruskal–Wallis H test were used for statistical analysis.

**Results:** Participants had a mean age of 48 ( $\pm 13$ ) years, with 49.8% ( $n=210$ ) male and 67.5% ( $n=285$ ) married. Mean hope and life satisfaction scores were 24 ( $\pm 3$ ) and 23 ( $\pm 6$ ), respectively. A significant moderate positive correlation was found between hope and life satisfaction ( $\rho = 0.513$ ,  $p < 0.001$ ). Hope negatively correlated with age ( $\rho = -0.251$ ,  $p < 0.001$ ) and positively with income ( $\rho = 0.139$ ,  $p = 0.006$ ). Marital status, education, employment, cancer type, treatment modality, and time since diagnosis were significantly associated with both outcomes ( $p < 0.001$ ).

**Conclusion:** Hope and life satisfaction were moderately correlated and varied by sociodemographic and clinical factors. Incorporating routine assessments into oncology care can help identify at-risk patients and guide targeted psychosocial, financial, and supportive interventions to improve adjustment and overall well-being.

**Keywords:** Cancer, Hope, Life Satisfaction, Psychosocial Well-Being



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