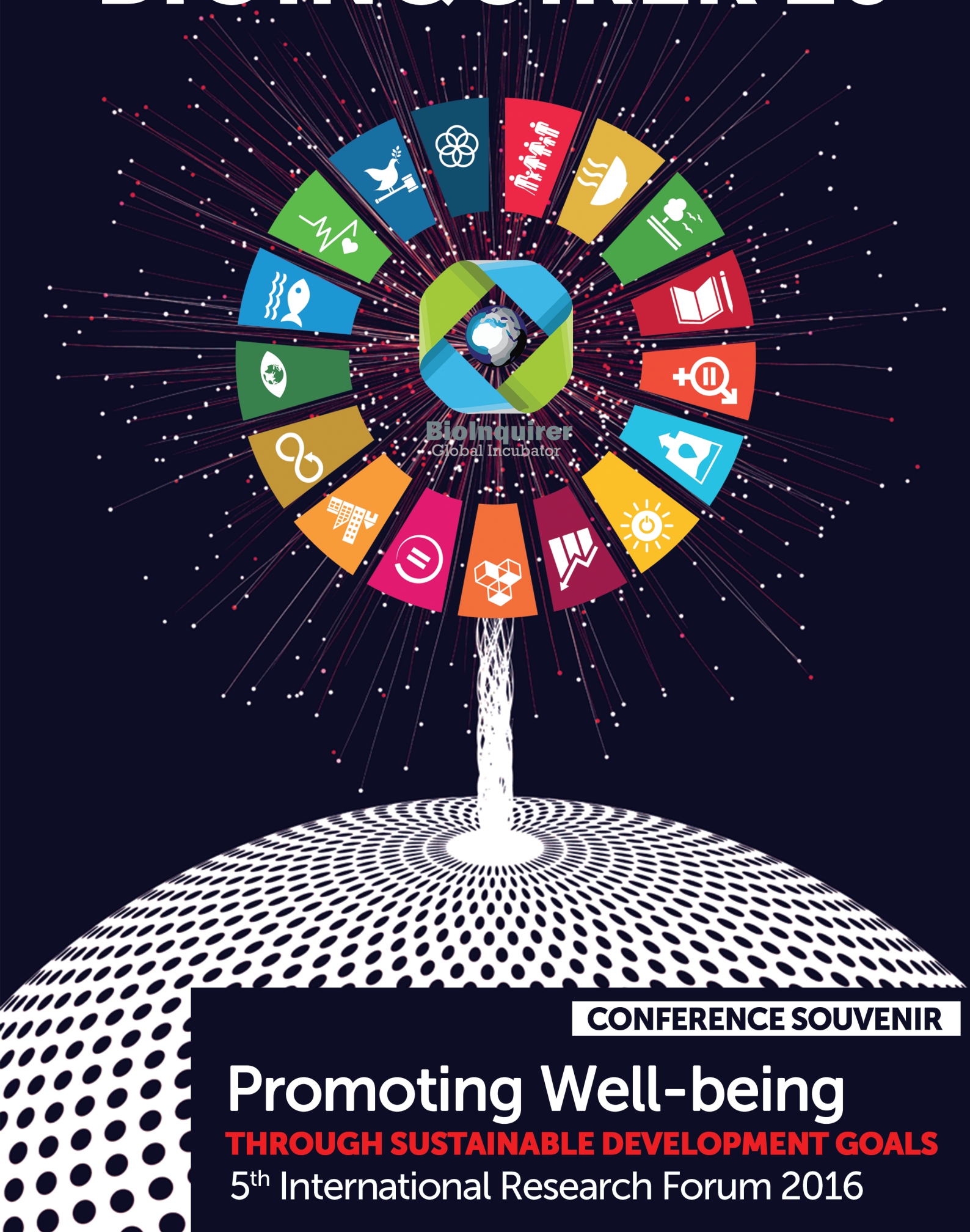


BIOINQUIRER 10



CONFERENCE SOUVENIR

Promoting Well-being

THROUGH SUSTAINABLE DEVELOPMENT GOALS

5th International Research Forum 2016



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It is indeed a pleasure and also a very gratifying experience to be asked to submit a message of encouragement to the souvenir booklet on the occasion of the 2016 IIHS BioInquirers Research Forum.

This souvenir booklet is an effort by the student body, and the scientific committee in particular, and is indeed a laudable effort by them. It is also a testament to the quality of students that IIHS is producing and the leadership experience and qualities they gain from participation in various aspects of student life at IIHS.

From an initial batch of 21 students in year 2002 to more than 600 student body at the moment, as Dean, it is indeed gratifying to note the progress we have made in offering opportunities to the younger generation. It is exciting to note the enthusiasm displayed by the students – not only in academics but also in extracurricular activities and student level politics – leading to a wholesome product that we can deliver to society.

IIHS prides itself in guiding students in research activities from the very start with many publishing their work at international fora. We also stress a “Green Approach” in keeping with Sustainable Development Goals and have inculcated behaviors to promote recycling, reduce use of paper and ink, avoiding unnecessary travel and use of modern technology to maximum advantage. Such guidance from the start will definitely produce favorable results to the individual and society.

Congratulations to the students and I hope your enthusiasm and curiosity will continue well beyond your student years at IIHS – your incubator for higher study opportunities in the noble field of healthcare.

Sincerely,

Dr. Nihal De Silva
Dean, IIHS.



It is my privilege to write on the souvenir book of "IIHS Academic Sessions 2016", the 5th Research Forum at "BioInquirer 10".

IIHS and Bio Inquirer are jointly organizing a one day international research forum on "Promoting Well-being through Sustainable Development Goals". The theme chosen for the research forum is of global interest and contemporary.

The well being of all humans, animals and plants on the planet earth depends on the excellent implementation and accomplishment of identified sustainable development goals. At present, the time is crucial for everybody. Warning alerts are everywhere. It is our duty to awake the globe and make awareness on the 17 sustainable development goals announced by the United Nations Development Programme. Hence an international research forum of this is highly scholastic, modern and apt on time. Without letting any regrets to invade us, it is us who have to be the pioneering generation of the sustainable development.

I congratulate the IIHS Scientific Committee, IIHS staff members, students and Bio Inquirer for providing a platform for this interaction through this research forum. I have no doubt that the findings and suggestions made by all presenters and speakers to establish lasting well being of all beings with sustainable development will be well taken and implemented by all concerned parties. I wish the Research Forum a great success!

Dr. Kithsiri Edirisinghe
CEO/Founder/Director Academic of IIHS
MBBS, MSc, MD (Medical Administration)
Master Trainer (Australia) T A E (Australia)
Cert. IVLP (USA)



About 6 months ago on a casual weekday evening, seated at a round table at the lobby of the International Institute of Health Sciences, Welisara premises, myself, Shaluni Tissera and Eashaan Dassanayake of the IIHS Scientific Committee had a brain storming session on what this year's Academic Session is going to be themed around. With the thirst to go global and to have the biggest possible impact, it was clear that the United Nation's Global Goals campaign was the best choice. Thus "Promoting Well-Being through Sustainable Development Goals" was born.

This soon proved to be an excellent choice as the awareness on Sustainable Development Goals was not that great amongst the local communities. Very soon the theme got strong support and backing from the IIHS management and Academics which added great momentum to the whole project.

It is with great pleasure that I look back at the journey we had during the last few months, working on promoting the SDGs and inspiring many local and international young scientists to research around the SDGs. And at the pinnacle of this project on the 19th of November, we proudly showcase over 100 projects around the SDGs. This initiative will not cease here, but rather would continue in 17 different directions along the SDGs under the BioInquirer academic wing of IIHS. I wish IIHS, BioInquirer and the IIHS Scientific Committee all the very best for the Academic Sessions 2016..

Dr. Nishan Silva

Head of Academic Affairs

International Institute of Health Sciences Sri Lanka



In order to end poverty, protect the planet and to ensure prosperity for all countries adopted a set of goals as part of a new sustainable development agenda which has specific target to be achieved over the next 15 years. It is my privilege to address you all in the souvenir books of "IIHS Academic Sessions 2016" as the senior treasurer of IIHS Scientific Committee. I believe that this is a great opportunity for us to get evolve in sustainable development stipulated by United Nation.

With the vision to transform people, community and landscape through innovation International Institute of Health Sciences (IIHS) has organized 10th Bio-Inquirer – Annual Academic Session to involve in developing these goals through lifelong learning. IIHS always foreseen the existing needs and demands of the current healthcare system, and encourage the existing professionals and those who going to be to be a part of it.

The Academic sessions organized by IIHS always create a platform to share individual's findings and results with other students to gain valuable feedback on their work. Therefore on behalf of the Organizing Committee, I am pleased to introduce IIHS Bio-inquirer 10- under the theme of 'Sustainable Development Goals' which will provide a stage for healthcare professionals to discuss strategies to overcome Global challenges in health-care system.

I hope this conference will be a landmark event in contributing to these 17 goals to transform our world. On this occasion I congratulate IIHS Scientific Committee, all the staff and students at IIHS, external presenters for providing an interactive platform through this 10th Bio-inquirer research forum. I also would like to express our sincere gratitude to all our sponsors for joining with us in this great venture and make this effort success. I wish all presenters and participants a great success.

Stephanie Gloria Anthony
EMSc, PGdip Hospital Administration



As the President of the IIHS Scientific Committee, it is with absolute pleasure that I bring to you BioInquirer 10th Research Forum on the 19th of November. Being the 1st Research Forum organized by the IIHS Scientific Committee, I am without a doubt pleased to present to you some of the finest publications of the students and staff of IIHS and the global scientific community. We are proud to bring before you 120 presentations over 17 different symposia in forms of oral, poster and online presentations.

I thank all our partners who have sponsored this event including all local and international professional bodies. I also thank the speakers for the valuable contribution they add to the conference. I also thank the participants for the enthusiasm shown in Sustainable Development Goals and health research. Especially I acknowledge those who travelled from abroad for BioInquirer 2016 and I warmly welcome you to Sri Lanka.

I wish to thank the IIHS Scientific Committee team, the students and staff of IIHS for their effortless dedication, energy and input to make this event a success. So today, let us celebrate the unfolding of yet another successful event and which will undoubtedly contribute to the Scientific World.

Shaluni Tissera
President Scientific Committee



It's a great pleasure to welcome all of you for the 10th BioInquirer event. The 5th Research forum and academic sessions mark a historical moment for IIHS as this is the first event that is being organized by the student body of IIHS. Also it's a great achievement for IIHS Scientific committee which was formulated back in January 2016 and have been able to come this far in and organizing this global event.

This is the first ever themed Research Forum organized by IIHS and also the Forum is closely in line with the Global Initiative called the United Nations Sustainable development goals which was started back in 2015, which our Research Forum is themed under. The Forum will be targeting the 17 sustainable development goals which will be addressed through research and I'm extremely happy that our event has been globally recognized by Commonwealth Health hub.

I would like thank all of the participants and esteemed guests who will be attending the Forum. I would also like to thank all the IIHS SC members who have worked hard to make this event a success. Also the wonderful staff members who have dedicated their time and hard work in organizing this event.

Eashaan Dassanayaka
Project Chairperson BioInquirer

MESSAGES FROM THE COMMITTEE



As the Senior Secretary, I wish to congratulate the IIHS Scientific Committee on yet another successful research conference. Your effort, passion and commitment to promote the UN Sustainable Development Goals have been remarkable. I believe your dedication to promote and enhance the findings of the research related to the Sustainable Development Goals will benefit the scientific community immensely. Well done and I wish you all the very best!

Ms. Nadeeka Jayasinghe
Deputy Head – School of Nursing, IIHS.



It is with great happiness and pleasure I welcome you to the IIHS BioInquirer Research Forum 2016. An international research conference at this magnitude has been a dream of the IIHS Scientific committee. That dream doesn't become a reality without determination and hard work. Therefore I would like to extend my gratitude to all who helped and guided us. This year we've taken a small step towards a giant plan transforming our world with UNs Sustainable Development Goals.

Samitha Jayalath,
Chairperson of Research - IIHS Scientific Committee



I would like to warmly welcome you all for the 5th Research forum. I am pleased as a scientific committee member to see an event be this successful. We have come a long way starting back in January 2016 where we initially made the plan to organize the forum. This journey has been truly inspirational and I have to say all of us have been working hard to reach this level. As a student I am extremely happy that I am a part of this wonderful event. I would like to thank my entire team and all the staff at IIHS for making this conference a great success.

Navoda Senanayake
Co-Chairperson of Research - IIHS Scientific Committee

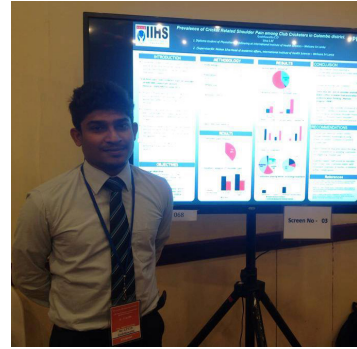
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Member- IIHS SC



Noor Rashad
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Member

IIHS ACADEMIC SESSIONS 2016 - AGENDA

19th November 2016 from 8.00 am to 5.30 pm

(International Institute of Health Sciences 704, Negambo Road, Welisara, Sri Lanka)

Time	Event
8.00 AM to 8.30 AM	Registration of Participants

Inauguration Ceremony and Keynote Address (Dr. Amal Harsha De Silva Auditorium)

8.30 AM to 8.35 AM	Commencement and the National Anthem
8.35 AM to 8.45 AM	Welcome Speech and Introduction to BioInquirer – Dr. Kithsiri Edirisinghe (CEO/Founder IIHS)
8.45 AM to 9.10 AM	Key Note Address (Dr. Sarath Samarage, Senior Fellow, Institute for Health Policy Sri Lanka)
9.10 AM to 9.20 AM	BioInquirer10 Conference Introduction – Shaluni Tissera and Eashaan Dassanayaka – IIHS Scientific Committee
9.25 AM	Closing of the Inauguration

Paralleled Sessions

9.30 AM	Hall A (Dr. Amal Harsha De Silva Auditorium) Nursing Session1	Hall B (Dr. Leonard Ranasinghe Auditorium) Medical Administration Session 1	Hall C (Dr. Julia Pierce Library) Session on Gender Equality
9.35 AM to 9.55 AM	Plenary Talk Mr. Keerthi Wanasekera	Plenary Talk Mr. Upendra Randeniya	Plenary Talk Ms. Charlotte Blundell
9.55 AM to 10.30 AM	Free Paper Session (Refer Abstract IDs OP1 – OP4)	Free Paper Session (Refer Abstract IDs OP5 – OP8)	Free Paper Session (Refer Abstract IDs OP9 – OP12)

IIHS ACADEMIC SESSIONS 2016 - AGENDA

19th November 2016 from 8.00 am to 5.30 pm

10.30 AM to 10.45 AM	Morning Tea			
10.45 AM	Hall A (Dr. Amal Harsha De Silva Auditorium) Public Health Session 1	Hall B (Dr. Leonard Ranasinghe Auditorium) Biomedical Science	Hall C (Dr. Julia Pierce Library) Nursing Session 2	Poster Venue (Lecture Hall 3) (Refer Abstract IDs PP1 – PP30)
10.45 AM to 12.15 AM	Free Paper Session (Refer Abstract IDs OP13 – OP19)	Free Paper Session (Refer Abstract IDs OP20 – OP26)	Free Paper Session (Refer Abstract IDs OP27 – OP33)	Posters on Curative Health and Social/ Humanitarian Sciences and Health
Online Presentations (<i>IT Lab</i>) (Refer Abstract IDs OL1 – OL4)				

12.15 AM to 1.00 PM	Lunch			
1.00 PM	Hall A (Dr. Amal Harsha De Silva Auditorium) Public Health Session 2	Hall B (Dr. Leonard Ranasinghe Auditorium) Administration and Policies	Hall C (Dr. Julia Pierce Library) Humanitarian Issues and Health	Poster Venue (Lecture Hall 3) (Refer Abstract IDs PP31 – PP60)
1.00 PM to 1.15 PM	Plenary Talk Dr. Nihal De Silva	Plenary Talk Dr. Kithsiri Edirisinghe	Plenary Talk Dr. Nishan Silva	Posters on Preventive Health and Natural/ Environmental Sciences and Health
1.15 PM to 2.30 PM	Free Paper Session (Refer Abstract IDs OP34 – OP38)	Free Paper Session (Refer Abstract IDs OP39 – OP43)	Free Paper Session (Refer Abstract IDs OP44 – OP48)	

IIHS ACADEMIC SESSIONS 2016 - AGENDA

19th November 2016 from 8.00 am to 5.30 pm

2.30 PM to
2.45 PM

Evening Tea

2.45 PM

Hall A

(Dr. Amal Harsha De
Silva Auditorium)

**Physiotherapy
Session**

Hall B

(Dr. Leonard
Ranasinghe
Auditorium)

**Public Health
Session 3**

Hall C

(Dr. Julia Pierce
Library)

**Environment and
Health**

2.45 PM to 4.15 PM

Free Paper
Session

(Refer Abstract IDs
OP49 – OP54)

Free Paper
Session

(Refer Abstract
IDs
OP55 – OP60)

Free Paper
Session

(Refer Abstract
IDs
OP61 – OP66)

Closing Ceremony (Dr. Amal Harsha De Silva Auditorium)

4.30 PM to 4.40 PM	Vision 2030 : The Future of Global Goals Ms. Nadeeka Jayasinghe – Senior Secretary IIHS Scientific Committee
4.40 PM to 4.45 PM	Concluding Remarks Dr. Nihal De Silva (Dean – IIHS)
4.45 PM to 4.50 PM	Concluding Remarks From the Invitees and the Audience
4.50 PM to 5. 10 PM	Awarding of Certificates and Tokens
5.10 PM to 5.15 PM	Vote of Thanks Dr. Dinusha Niriella – Senior Editor : IIHS Scientific Committee
5.15 PM	Photographs

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