

Postgraduate Institute of Medicine



*“Optimising postgraduate medical training
amidst constraints.”*

01st December 2023

MESSAGE FROM DIRECTOR, PGIM

Professor Senaka Rajapakse

Director
Postgraduate Institute of Medicine
University of Colombo



The Postgraduate Institute of Medicine (PGIM) is the sole institute in Sri Lanka that is responsible for the specialist training of medical doctors. Currently, more than 400 doctors obtain Board Certification each year from the PGIM, and each of these graduates complete a research study as part of their training programme. In addition, many other medical doctors complete training programmes at Masters level, which may also include a research project.

PGIM has recognized research as an important component in the development of a competent and evidence-based practitioner. We strive towards improving the quality of the research studies done by our trainees through several initiatives, including conducting regular research methodology workshops. We have also provided more opportunities for the trainees to publish their research and gain recognition for their efforts in their examinations.

The Annual Research Symposium of the PGIM would be another opportunity for the trainees, trainers and for any researcher focusing on areas related to medical sciences to disseminate their study findings. The symposium will also be a gathering for both trainees and trainers and an opportunity to share their experiences as well as to learn together transforming the future postgraduate medical education in the country.

I take this opportunity to thank the organizing committee for their effort and wish all the participants a memorable academic experience.

MESSAGE FROM SYMPOSIUM CHAIR

Dr Kamani Samarasinghe

Senior Lecturer
Postgraduate Institute of Medicine
University of Colombo



The Sri Lankan healthcare system has achieved many accolades over the years for achieving higher level health indicators sometimes even comparable to most of the developed countries. However, there are many gaps within the Sri Lankan health system which requires high quality evidence to overcome them effectively. PGIM is the sole institution in Sri Lanka, which trains medical specialists, and it has endeavored to maintain the high standards in postgraduate medical education despite the constraints the country has faced recently.

Therefore, the theme selected for this year's Annual Research Symposium, "Optimising postgraduate medical education amidst constraints" reflects the importance assigned by the PGIM to maintain and improve these standards by evidence-based practices. The PGIM believes that research carried out by its trainees as well as the trainers will lay the foundation for national level studies and practice related decisions within the health system and postgraduate medical education in Sri Lanka. Therefore, it is vital that the trainees and trainers of the PGIM have an opportunity to share their research findings and engage in a critical discussion as to how these findings may be used to uplift the healthcare system and academic training in medical education. The PGIM Annual Research Symposium 2023 therefore will be the perfect opportunity for such interaction.

Thus, it is a pleasure for me to chair the Annual Research Symposium of the PGIM for the year 2023 and I believe that in the years to come, the ARS of the PGIM will play a central role in disseminating medically related scientific knowledge in Sri Lanka.

ORGANISING COMMITTEE

Dr. Kamani Samarasinghe – Senior Lecturer, PGIM

Dr. Himani Molligoda – Senior Lecturer, PGIM

Dr. Pandula Siribaddana – Senior Lecturer, PGIM

Dr. Lilangani de Silva – Senior Lecturer, PGIM

Dr. Amodini Rajakaruna – Senior Lecturer, PGIM

Ms. Dilhani Munasinghe – Senior Assistant Librarian, PGIM

Ms. Chandima Wadasinghe – Senior Assistant Librarian, PGIM

Mr. K G K Palitha – Systems Analyst, PGIM

Mr. Supun Weerasinghe – Audio Visual Technician, PGIM

Ms. Inoka Silva – Senior Staff Management Assistant, MERC, PGIM

Ms. Tharushi Wickramasinghe, Research Assistant, MERC, PGIM

Ms. K G Pathmasekera, Research Assistant, MERC, PGIM

Mr. Sajitha Dilanka– Office Assistant, MERC, PGIM

Programme of Sessions

Agenda – 1 st December 2023			
0845-0910	Inauguration		
0910 -0920	Welcome address- Director, PGIM		
0920 -0930	Address by the Chief Guest Vice Chancellor, University of Colombo		
0930 -1005	Keynote address		
1005 - 1040	PGIM Oration		
1040 -.1045	Vote of Thanks		
1045-1115	Refreshments		
1115 - 1135	Plenary I: Shaping your career amidst constraints		
1135 - 1155	Plenary II: Effective communication: Exams and Beyond		
	Auditorium	Hall 1	Hall 2
1200 - 1245	Symposium I: Trainers Balancing training commitments in difficult times.	Free Paper Session I	Free Paper Session II
1245 - 1330	Symposium II: Trainers How technology can help you become a ‘better’ trainer Its time to change!		
1315- 1345	LUNCH		
1345 - 1430	Symposium III: Trainees Tips on how to make the most of your training placement and the trainers Becoming a ‘sponge in the puddle’	Free Paper Session III	E - Poster judging
1430 - 1515	Symposium IV: Trainees You know best How to face your research viva with confidence		
1515 - 1530	Awards for Best oral and poster presentations		
1530 - 1600	TEA		

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¹Postgraduate Institute of Medicine, University of Colombo, ²Ministry of Health, Sri Lanka
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¹Postgraduate Institute of Medicine, University of Colombo, ²National STD AIDS Control Programme, Sri Lanka
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- Cost-Benefit Analysis of Population Screening Program for Cardiovascular Disease in Sri Lanka
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National Dental Hospital, Sri Lanka
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- An Assessment of the Inclusive Early Childhood Development Program of the Family Health Bureau in Kandy District, Sri Lanka
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¹Postgraduate institute of medicine, University of Colombo, ² Family Health Bureau, Ministry of Health, Sri Lanka
- Impact of COVID-19 infection on Endoscopic Gastroenterological procedures at National Hospital of Sri Lanka
M P Deraniyagala^{1,2}, N M M Nawaratne³
¹Postgraduate Institute of medicine, University of Colombo, ²District General Hospital, Nuwara Eliya, ³National Hospital, Sri Lanka

- An In-Depth exploration of perceived barriers to healthy eating among overweight and obese women in a selected MOH area in Kalutara District, Sri Lanka
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¹Postgraduate Institute of Medicine, University of Colombo, ²Ministry of Health, Sri Lanka, ³University of Kelaniya
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¹Postgraduate Institute of Medicine, University of Colombo, ²Sri Jayewardenepura General Hospital
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¹Teaching Hospital, Batticaloa, ²Postgraduate Institute of Medicine, University of Colombo, Sri Lanka
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¹Postgraduate Institute of Medicine, University of Colombo, Sri Lanka, ²Glangwili General Hospital in United Kingdom
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¹Postgraduate Institute of Medicine, University of Colombo, ²Base Hospital, Udugama, ³Hull University Teaching Hospital, United Kingdom
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¹Postgraduate Institute of Medicine, University of Colombo, ²Sirimavo Bandaranayake Specialized Childrens Hospital, Peradeniya, ³Teaching Hospital, Peradeniya, Sri Lanka
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¹Postgraduate Institute of Medicine, University of Colombo, ²National Hospital, Kandy, ³National Hospital, Sri Lanka. ⁴University of Peradeniya
- Awareness of autism and the associated factors among mothers of one year old babies visiting MCH centers in Colombo Municipal Council (CMC)
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¹National Hospital, Sri Lanka. ²University of Jaffna
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¹Postgraduate Institute of Medicine, University of Colombo, ²Provincial Director of Health Services Office, North Western Province, Sri Lanka
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¹Office of Provincial Directorate of Health Services, Western province, ²Postgraduate Institute of Medicine, University of Colombo, ³International College of Business and Technology Campus, Colombo, Sri Lanka
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University of Ruhuna, Sri Lanka

- Pathological factors predicting involvement of non-sentinel lymph node metastasis in breast cancer
R A M N Rajapaksha^{1,2}, K De Silva²
¹Postgraduate Institute of Medicine, University of Colombo, ²Apeksha Hospital, Maharagama, Sri Lanka
- Audit of Antipsychotic Prescription in Dementia Patients at Ministry Psychiatry Unit, Colombo South Teaching Hospital (CSTH)
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¹Postgraduate Institute of Medicine, University of Colombo, ²Colombo South Teaching Hospital, Kalubowila, Sri Lanka
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¹Teaching Hospital, Karapitiya, ²Medical Research Institute, Sri Lanka
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¹Postgraduate institute of Medicine, University of Colombo, ²Colombo South Teaching Hospital, Kalubowila, Sri Lanka
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¹Postgraduate Institute of Medicine, University of Colombo, ²District General Hospital, Negombo, Sri Lanka
- Anti-Ageing Effect of Yoga on middle-aged people – A systematic Review
P M Munasinghe¹, C Gajanayake^{1,2}, K C Kalubowila^{1,2}
¹Regional Director of Health Services Office, Colombo, Sri Lanka, ²Postgraduate Institute of Medicine, University of Colombo
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¹Teaching Hospital, Anuradhapura, ²Postgraduate Institute of Medicine, University of Colombo, Sri Lanka
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