



Faculty of Nursing  
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2023  
Volume 2 Issue 2



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## **ACKNOWLEDGEMENTS**

The Dean, the Heads of departments, the members of the academic staff and the students are greatly appreciated for providing information for this newsletter. Further, we would like to acknowledge the photo credit for the pictures included in this newsletter.

## **DISCLAIMER**

Neither the editors nor the publisher bear any responsibility for the lack of accuracy in the information included in this publication.

## Articles

### **The Role of Nurses in Empowering Patients in Diabetes Self-Management Education**

Diabetes Mellitus (DM) is a prevalent metabolic disorder characterized by elevated blood glucose levels, commonly referred to as hyperglycemia (International Diabetes Federation, 2021). Diabetes Mellitus comprises different types, each defined by its specific underlying causes. Type 1 diabetes involves autoimmune factors, necessitating insulin supplementation. Conversely, Type 2 diabetes is linked to lifestyle and insulin resistance, leading to elevated blood sugar. Gestational diabetes, occurring during pregnancy requires careful management for both maternal and fetal health (CDC, 2023). Globally, Type 2 diabetes mellitus is prevalent, primarily caused by sedentary lifestyles, poor diets, and rising obesity rates. Globally, the prevalence of DM is on the rise, reaching approximately 9.3% in 2019 among adults aged 20-79 which corresponds to 463 million adults worldwide (International Diabetes Federation, 2021). Notably, the impact of this condition is substantial, with statistical data revealing that one in every five adults falls within the diabetes or prediabetes group in Sri Lanka (Rannan-Eliya et al., 2023). Fasting blood glucose (FBG) is a key parameter, with specific thresholds differentiating prediabetes (100-125 mg/dL) from diabetes (>125 mg/dL), highlighting the significance of regular monitoring and early detection (Rannan-Eliya et al., 2023). This underscores the importance of regular monitoring and early detection in managing the condition effectively. In this context, nurses can play a major role as educators.

Self-management education for diabetes is a crucial aspect of diabetes care, which empowers individuals with the knowledge, skills, and tools needed to effectively manage their condition daily, while nurses play a pivotal role in providing guidance and support throughout this process. Understanding the different types of DM is crucial in diabetes self-management education, as it allows healthcare professionals and individuals engaging in self-care to tailor to distinct management strategies to their specific needs. Nurses, as educators, play a key role in emphasizing the significance of this understanding. This collective knowledge enhances the role of self-care in diabetes management, fostering collaboration between healthcare professionals and patients for the maintenance of optimal health and well-being.

Understanding diabetes complications is vital in self-management, enabling individuals to optimize health outcomes and enhance overall well-being. In diabetes, persistent high blood glucose levels lead to glycation, forming advanced glycation end products (AGEs) that accumulate in tissues, contributing to complications. AGEs contribute to diabetic nephropathy, causing impaired kidney function, and contributing to diabetic neuropathy, which manifests as pain and numbness when nerve tissues are affected. AGEs in the eyes contribute to cataracts, resulting in blurred vision. Persistent hyperglycemia and AGEs impair normal healing, causing poor wound healing and increased infection risk (Endocrine Society, 2022). Understanding these complications and the critical role of monitoring HbA1c levels is essential for proactive self-management, especially in type 2 diabetes. Nurses as educators play a crucial role in highlighting the importance of understanding the potential complications associated with diabetes and the significance of self-management practices. They provide valuable information to individuals with diabetes, empowering them to take proactive steps in managing their condition effectively and minimizing the risk of complications. This awareness empowers individuals to take proactive measures, underscoring the significance of diabetes self-management in minimizing the risk of associated complications.

In diabetes self-management, it is crucial to consider several essential factors that should be communicated to patients. These include monitoring blood glucose levels, maintaining consistent adherence to diabetes medications, thoughtful dietary modifications to achieve optimal glycemic control, regular engagement in physical activity, weight management, scheduled health check-ups, foot care, and the adoption of effective stress management techniques (Shrivastava et al., 2013). Each of these components contributes significantly to the development of a well-rounded and effective self-management approach for individuals dealing with diabetes.

Regular monitoring of blood glucose levels is an essential element in diabetes management as it enables them to make timely adjustments to medication, diet, and lifestyle (Weinstock et al., 2020). Self-monitoring of blood glucose levels helps to prevent the occurrence of acute complications, such as hyperglycemia or hypoglycemia. By identifying trends and patterns, individuals can take preventive measures to avoid extreme fluctuations in blood glucose levels (Czupryniak et al., 2014). In this context, nurses can educate patients about the importance of self-monitoring of blood glucose levels to prevent complications. Additionally, they can assist individuals in selecting the appropriate blood glucose monitoring device, offer hands-on training sessions to teach patients to perform blood glucose tests, interpret the readings, set realistic blood

glucose targets, and develop personalized self-management plans to achieve these goals.

Similarly, consistent adherence to diabetes medication helps to prevent fluctuations in blood sugar levels and reduces the risk of complications. Thus, it's essential to educate patients on the vital role of prescribed medication in diabetes management. Therefore, patients should be educated on the importance of taking prescribed medication and how it assists in the prevention of diabetes complications. In this regard, nurses can provide thorough education about the importance of medication adherence in managing diabetes effectively. They can explain how each medication works, its role in controlling blood sugar levels, and the potential consequences of non-adherence. Further, they can assist patients in understanding their medication schedules, including dosages, timing, and potential side effects. They can monitor the patients' medication adherence during clinic visits or through remote monitoring systems. Similarly, they can inquire about any difficulties or challenges faced by the patients and provide additional support or resources as needed. Nurses can empower patients to take an active role in managing their medications by involving them in decision-making processes and encouraging open communication.

Diet plays a crucial role in managing diabetes and promoting overall health. Adopting a balanced and nutritious diet is the basis of diabetes self-management. Individuals with diabetes are encouraged to prioritize whole, unprocessed food abundant in fiber to stabilize blood glucose levels. Additionally, a focus on controlling carbohydrate intake through the selection of low-glycemic index foods helps to mitigate spikes in blood glucose and insulin. Further, the choice of cooking method is also important as it can significantly influence the glycemic index. Managing portion sizes is equally important, serving as a practical strategy to prevent overeating and enhance blood glucose management. For a well-rounded dietary approach, individuals with diabetes should be educated on the significance of a balanced diet comprising low-carbohydrate content, lean proteins, and minimal saturated and trans fats. This comprehensive understanding empowers patients to make informed dietary choices, fostering a proactive role in their diabetes self-management journey. In this context, nurses play a crucial role in supporting individuals with diabetes in managing their diet and overall self-care. They can be involved in providing education and counseling to individuals with diabetes about the importance of diet in managing their condition while providing guidance on reading food labels and making healthier food choices. Further, they can assess the dietary habits and nutritional status of individuals with diabetes. By tracking progress over time, nurses can identify areas for improvement and tailor dietary

recommendations to individual needs. Further, they can play a key role in supporting behavior change related to diet and lifestyle. They use motivational interviewing techniques and behavioral counseling to help individuals with diabetes set realistic goals, overcome barriers to dietary adherence, and develop sustainable habits for long-term success. Additionally, they can teach self-monitoring techniques, such as keeping food diaries and tracking blood sugar levels, to help patients identify patterns and make informed decisions about their dietary choices. Nurses also provide strategies for coping with challenges and adapting to lifestyle changes.

Similarly, self-management education involves incorporating regular exercise which helps to improve insulin sensitivity, lower blood glucose levels, and manage body weight. It also promotes cardiovascular health, reducing the risk of heart disease which is a common complication of diabetes. Further, maintaining a healthy weight is crucial in managing diabetes. Weight management contributes to improved insulin sensitivity and reduces the risk of obesity-related complications. Nurses are integral in guiding individuals with diabetes towards healthier lifestyles and managing their condition effectively. They can educate patients about the benefits of regular exercise and help them to set achievable goals, provide personalized weight management counseling, and stress the importance of routine medical check-ups including eye examinations, kidney function tests, and assessments for nerve damage for early detection of complications. Further, nurses can offer education and support for foot care, emphasizing daily inspections and prompt treatment. Through collaboration with other healthcare professionals, nurses ensure comprehensive care and empower patients to take control of their diabetes management, promoting better health outcomes and overall well-being.

Diabetes self-management empowers individuals to actively engage in their care by adopting healthy lifestyles, adhering to medications, and staying informed, leading to a substantial reduction in complication risks and improved overall well-being. However, regular communication with healthcare professionals is essential for personalized guidance and ongoing support. Nurses play a pivotal role in this process, providing essential education on the disease, contributing to the development of individualized care plans, and empowering individuals by teaching practical skills and offering ongoing behavioral support. Through monitoring progress, providing feedback, and advocating for patients within interdisciplinary teams, nurses ensure a patient-centered approach. Their holistic involvement enhances individuals' self-efficacy, fostering better adherence to healthy lifestyle choices and medication regimens, ultimately contributing to improved overall well-being in diabetes management.

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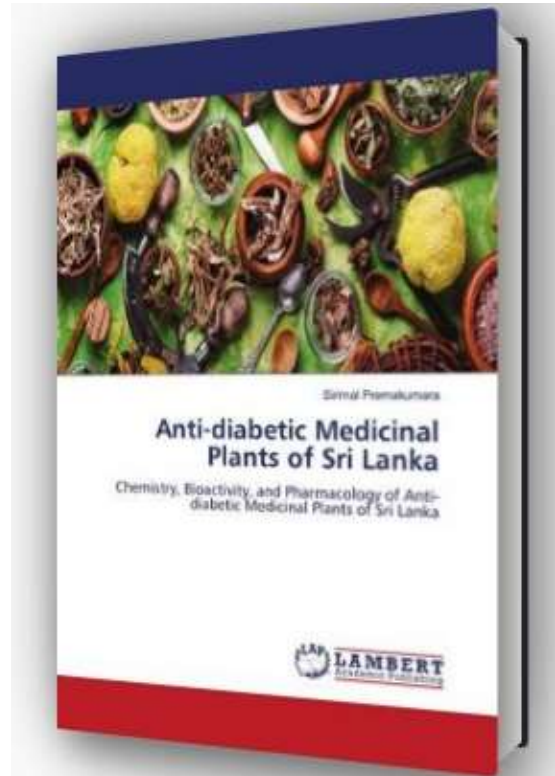
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## Academic Contribution

### Book Publication

Prof. G.A.S. Premakumara, Professor in Basic Sciences in the Department of Basic Science and Social Science for Nursing, published the book “Anti-diabetic Medicinal Plants of Sri Lanka” with Lap Lambert Publishers, Germany. It contains information about 18 medicinal plants found in Sri Lanka that are used in various diabetic treatments in herbal/Ayurveda/traditional & folk medicines in the country. The description of each plant carries its chemistry, bioactivity and pharmacology with respective references. The molecular structures of the active ingredients are also depicted with due reference.



### Invited Teaching Sessions

The nursing-tutor group 2023 of the Post Basic College of Nursing completed their training course in August 2023. Prof. Sudath Warnakulasuriya, the Dean of the Faculty of Nursing conducted the final lecture on Nursing Informatics for this group.



## Invited Speeches

1. The General Convocation of the School of Nursing Kandana was held at the BMICH on January 17<sup>th</sup> September 2023. Prof. Sudath Warnakulasuriya was invited as the Convocation Speaker of the event.



2. The General Convocation of the School of Nursing, Kandy was held at the Mahinda Rajapaksha auditorium Polgolla, Kandy on January 17<sup>th</sup> September 2023. Prof. Sudath Warnakulasuriya was invited as the Convocation Speaker of the event.



3. NSBM Green University hosted its first-ever Nursing Pledge Ceremony on 15<sup>th</sup> November 2023 at NSBM Auditorium, marking a significant milestone for the university and the Faculty of Science. Prof. Sudath Warnakulasuriya, Dean of the Faculty of Nursing, University of Colombo, graced this momentous occasion as the chief guest.



## Academic Programs

### Field Program -Community Health Nursing

The 2018/2019 batch of nursing undergraduates participated in the Community Field Program, which was organized by the Department of Fundamentals of Nursing. The program took place from September 13<sup>th</sup> to October 20<sup>th</sup>, 2023, with a total of 112 nursing students completing the Community Health Nursing module. This module focused on educating nursing professionals about the nurses' role and responsibilities in disease prevention, health promotion, and community rehabilitation. The primary goal was to emphasize the necessity of integrating preventative and therapeutic care.



Throughout this program, professionals from both Homagama and Kahathuduwa Medical Officer of Health (MOH) Offices have been actively engaged in guiding the students. They have also supervised the students in accomplishing the program's objectives. Throughout the Community Nursing Field Programme, the students participated in activities focused on several aspects of public health, including maternity and child health, environmental health, prevention of both communicable and non-communicable diseases, school health, and the overall well-being of the community. In addition, the students visited specialized institutions and locations associated with community welfare, including water purification facilities, elderly care homes, orphanages, and rehabilitation centers. They also actively participated in targeted disease control efforts. In addition, they engaged in health education seminars aimed at enhancing the community's awareness.

The community field program is important in assessing an individual's health status within the home environment and its related factors. It is necessary to assess the individuals in the smallest unit of the community and evaluate the causes of health and well-being. The Community Health Field Program provides students with the chance to participate in community-based learning and gain insight into the socio-economic and cultural dynamics that impact the physical, mental, spiritual, and social well-being of communities.



All nations are ultimately required to fulfill the "Sustainable Development Goals" set by the World Health Organization by improving the primary healthcare of their communities.

The program's final assessment took place in the faculty. Each student group showcased the knowledge they have acquired and the strategies they employed to address the problems identified in the community. The service provided by the staff of both MOHs was acknowledged during the meeting.



## Achievements and Awards

### PhD Gold Medal for Research Excellence



Dr. Nirosha P. Edirisinghe, Senior Lecturer, Department of Fundamental Nursing, was awarded a Gold Medal for research excellence for achieving the highest international and national research publications, patents, and research awards within the stipulated time at the Board of Study in Medical Sciences of the Faculty of Graduate Studies at the 49th Convocation of the University of Sri Jayewardenepura."

### Nursing Fiesta 2023 Inter-Batches Tournament

The Nursing Fiesta 2023 Inter-batches tournament was held at the Faculty of Nursing, University of Colombo spanning from 4<sup>th</sup> to 17<sup>th</sup> December 2023. This was organized by the Sports Subcommittee under the guidance of the Student Union. It was a vibrant showcase of sportsmanship and camaraderie. The event aimed to foster student enthusiasm for sports and enhance the representation of the Faculty of Nursing at inter-university games. The tournament encompassed a diverse range of competitions, promoting inclusivity and participation among students.

The primary objectives of the event were to encourage active participation in sports among students and to elevate the representation of the Faculty of Nursing in inter-university games. The organizing committee strived to create an atmosphere that not

only celebrated sportsmanship but also encouraged the students to engage in various sporting disciplines.

The 19/20 Batch exhibited exceptional talent, dedication, and sportsmanship, contributing significantly to the success of the Nursing Fiesta 2023 Inter-Batches Tournament and showcasing the competitive spirit of the Faculty of Nursing.

***Table tennis championship (men) was achieved by 2019/20 students' batch.***

#### **Team members**

- S. Thuvarakan
- M. D. Rajapaksha
- M B M Saharan



***Netball championship was achieved by 2019/20 batch.***



#### **Team members**

- M. D. Ruwanpathirana
- Thivanka Dheerathna
- Nayanamali H.I.M
- K.S.N Dulanjani
- P.L. Piyumi Apsara
- Chamika Ferdinandez
- Nayomi Dilesha
- S.E. Udara
- B.H.H.S.R Sanjeev

## International Affairs

### Asian Development Bank (ADB) INTERNATIONAL SKILLS FORUM

The 10th ADB INTERNATIONAL SKILLS FORUM of Asian Development Bank was held at ADB Headquarters, Manila, Philippines from 17-19 October 2023 under the theme “Redesigning the Care Economy: Nurturing Skills and Training for Quality Jobs”. Prof. Sudath Warnakulasuriya was one of the invited speakers in the session.





## Research, Conferences and Workshops

### **2<sup>nd</sup> International Nursing Conference (INC 2023) – Faculty of Nursing, University of Colombo**

The sixth Annual Research Symposium (6th ARS) named “2<sup>nd</sup> International Nursing Conference (INC 2023)”, organized by the Faculty of Nursing, University of Colombo was successfully held on 12<sup>th</sup> Oct 2023 at the faculty premises in Sri Jayewardenepura providing avenues for an interactive scientific dialog among the scientific community in Nursing and related disciplines under the theme of ‘Healthcare in the Era of Globalization and Digitalization’.

The inauguration ceremony was graced by the Vice Chancellor, University of Colombo, Senior Professor H. D. Karunaratne as the Chief Guest. The gathering was welcomed by the chairperson of INC 2023, Dr. Thanuja Assurakkody. Prof. Sudath Warnakulasuriya, Dean of the faculty, then addressed the gathering. The keynote address was delivered by Professor Janet. H. Davis, from College of Nursing, Purdue University, Northwest, USA on ‘Nursing Leadership in The Digital Age’.



The scientific session comprised with two guest speeches delivered by Ms. Sharon Armour from School of Nursing and Midwifery, Edith Cowan University, Australia, and Dr. Sarath Rathnayake from the Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya on “Health Informatics and patient care” and “eHealth and the Sri Lankan Nurse” respectively.

The latter part of the session was devoted to the technical presentations which comprised 13 oral presentations and 11 poster presentations to uncover the findings of budding nurse scientists. The best oral presentation and the best poster presentation were selected.



This year the conference received a total of 34 abstracts from Nursing and health-related disciplines. After reviewing, 24 abstracts were published in the conference proceedings (ISSN - 2950-7189).

Submitted by :-

Dr. Thanuja Asurakkody

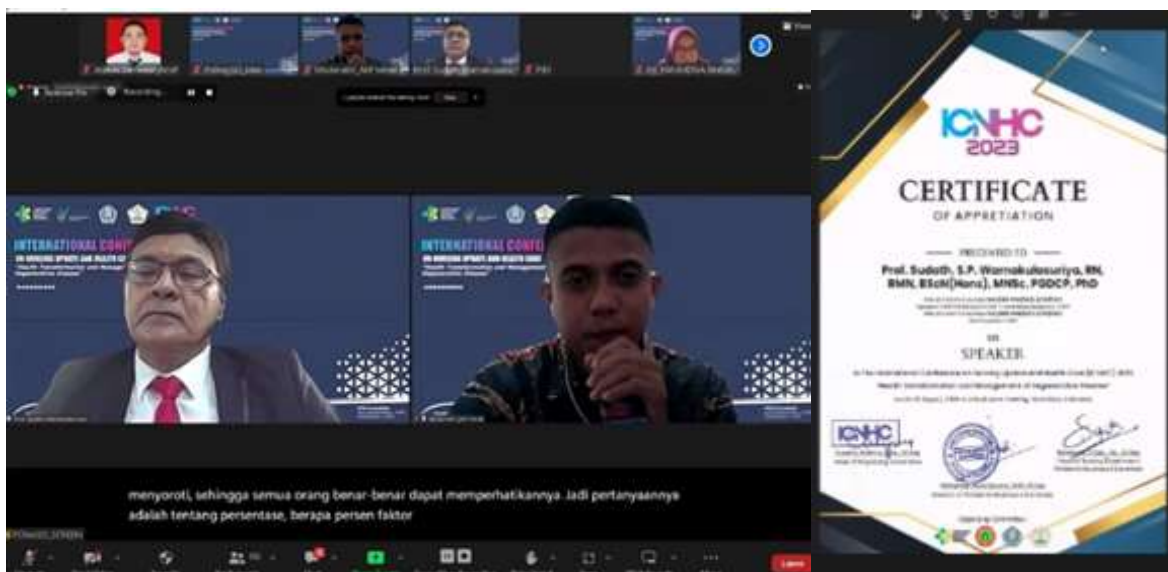
Chairperson

2<sup>nd</sup> INC

## International Conference on Nursing Update and Healthcare (ICNHC) 2023



ICNHC 2023, organized by the Nursing Department of Politeknik Kesehatan Gorontalo was held on 24<sup>th</sup> of August 2023 via hybrid mode. Prof. Sudath Warnakulasuriya was invited as a plenary speaker and he delivered a speech on “Rising Tendency of Neuro-degenerative Disorders and Impacts on Healthcare Systems”.



### Session Chair- KDU IRC 2023

The sixteenth International Research Conference of Kotelawala Defense University was held on the 7<sup>th</sup> and 8<sup>th</sup> September 2023. Prof. Sudath Warnakulasuriya was the session chair for the research session on Nursing and Midwifery.



### Pre-conference Workshop on “Caring for Elderly Patients with Neurodegenerative Disorders - Beyond Tradition and Breaking Stigma”

RuFARS International Research Conference organized by the Faculty of Allied Health Sciences was held on 9<sup>th</sup> and 10<sup>th</sup> November 2023 at the Faculty of Medicine University of Ruhuna. Prof Sudath Warnakulasuriya made a presentation on “Application of Psychology to Neuro Degenerative Disorders” at the pre-conference workshop.

The session was conducted under the Neuro-care capacity building project of the Faculty of Nursing on “Caring for Elderly Patients with Neurodegenerative Disorders Beyond-Tradition and Breaking Stigma”.



### **Session Chair- SLIIT International Conference 2023**

The International Conference on Advancement in Science and Humanities (SICASH) – 2023, organized by the Faculty of Humanities and Sciences, Sri Lanka Institute of Information Technology (SLIIT) was held on the 1<sup>st</sup> and 2<sup>nd</sup> of December 2023. Prof. G. Kisokanth was the Session Chair for the “Nursing and Health Sciences” track.



## Member of the Panel of Judges - iRuFARS - 2023

The International Research Symposium of the Faculty of Allied Health Sciences, University of Ruhuna was held on November 10, 2023. Prof. G. Kisokanth participated as a member of the panel of judges at the technical session on Public Health and Health Promotion.



## Indexed Research Articles Published by the Academics of the Faculty of Nursing

1. Isara, R.D.S. and **Gunathilaka, M.D.T.L.**, 2023. Pumpkin seeds and leaves as an alternative medicine for the treatment of hyperglycemia: University of Colombo Review (Series III), Vol.4, No.1, 32-47.

University of Colombo Review (Series III),  
Vol.4, No.1, 2023



### **Pumpkin seeds and leaves as an alternative medicine for the treatment of hyperglycemia**

**R.D.S. Isara<sup>1</sup> & M.D.T.L. Gunathilaka<sup>2</sup>**

1. Department of Biomedical Science, Faculty of Science,  
NSBM Green University, Sri Lanka.

2. Department of Basic Science and Social Science for Nursing, Faculty of Nursing,  
University of Colombo

### **ABSTRACT**

Diabetes mellitus (DM) is a metabolic disorder characterized by hyperglycemia due to unhealthy dietary patterns, sedentary lifestyle behavior, and obesity. Among the two types of diabetes, type 2 is the most common in the world and the drugs

2. Neththrika, G.T.C., **Gunathilaka, M.D.T.L.** (2023). *Dillenia retusa* (Godapara) and *Aloe vera* (Komarika) as a Promising Antimicrobial Agent Against Skin Infections: a Mini Review. Sri Lankan Journal of Applied Sciences, 2 (1), 05-15.



***Dillenia retusa*(Godapara) and *Aloe vera*(Komarika) as a Promising Antimicrobial Agent Against Skin Infections: a Mini-Review**

G.T.C. Neththrika<sup>1</sup>, M.D.T.L. Gunathilaka<sup>2\*</sup>

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(Received 03<sup>rd</sup> June 2023; Accepted 21<sup>st</sup> August 2023)

**Abstract:**

*Dillenia retusa* (Godapara) is an endemic medicinal plant in Sri Lanka and *Aloe vera* (Komarika) is a succulent plant that probably originated in Northern Africa exhibiting different biological activities. These medicinal plants are an important source of bioactive metabolites in drug development. Skin infection is a global public health issue caused by various microorganisms. Due to the toxic activity and resistance to antimicrobial drugs, the world is focusing to search for effective natural-based antimicrobial drugs to combat microbial diseases. Among the herbal plants, natural bioactive compounds are abundant in

3. Kumarasinghe H.S., **Gunathilaka, M.D.T.L.** (2023). Overview of G-protein coupled receptors (GPCRs) in adipose tissues and their regulatory roles in the pathophysiology of human diseases. University of Colombo Review (Series III), Vol.4, No.2, 49-75.

University of Colombo Review (Series III)



**Overview of G-protein coupled receptors (GPCRs) in adipose tissues and their regulatory roles in the pathophysiology of human diseases**

**Hiruni S. Kumarasinghe<sup>1</sup> & Thilina L. Gunathilaka<sup>2</sup>**

<sup>1</sup> Department of Interdisciplinary Graduate Program in Advanced Convergence Technology and Science, Jeju National University, South Korea

<sup>2</sup> Department of Basic Science and Social Science for Nursing, Faculty of Nursing, University of Colombo

**ABSTRACT**

Despite the advancement of allopathic medicine, G-protein coupled receptors (GPCRs) are investigated as ideal drug targets for a range of chronic diseases including cancers, obesity, type II diabetes mellitus, non-alcoholic fatty liver, cardiovascular diseases, and neurodegeneration. During the past decades, scientists have been directly focused on the deep understanding of GPCR signaling pathways involved in the regulation of energy homeostasis and glucose metabolism which can hopefully direct towards the synthesis of novel drug compounds. Regulation of energy homeostasis is always aligned with the GPCRs associated with adipose tissues in which obesity is identified as one of the major diseases. However, evidence has not been provided on Food and Drug Administration (FDA) approved therapeutics for obesity that can directly affect the metabolism of adipose tissues yet. With the aid

4. Randikaa , A.L.A.P., **Gunathilaka, M.D.T.L.** (2023). Pomegranate (*Punica granatum*) as a Promising Hypoglycaemic Agent: A Review. Sri Lankan Journal of Applied Sciences, 2 (1), 16-23.



## Pomegranate (*Punica granatum*) as a Promising Hypoglycaemic Agent: A Review

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(Received 5<sup>th</sup> June 2023; accepted 21<sup>st</sup> August 2023)

### Abstract:

Diabetes mellitus (DM) is a chronic metabolic disorder that is caused due to elevated glucose levels which leads to cause most severe effects on the heart, blood vessels, kidneys, eyes, and nerves as complications. Type 1 diabetes mellitus is an autoimmune condition caused due to the autoimmune destruction of pancreatic cells. Whereas type 2 DM is mainly caused by insulin resistance. Patients with type 2 DM rely on hypoglycaemic drugs to reduce blood glucose level, which leads to several complications such as hypoglycaemia, weight loss, sleepiness, pain in urination etc. Therefore, research focused on the

5. Senarathna, S.D.U., **Gunathilaka, M.D.T.L.** (2023). Garlic and Cloves as Promising Antibacterial Agents Against Cariogenic Bacteria- A Mini Review. Sri Lankan Journal of Applied Sciences, 2 (1), 44-50.



## Garlic and Cloves as Promising Antibacterial Agents Against Cariogenic Bacteria- A Mini Review

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(Received 6<sup>th</sup> June 2023; accepted 21<sup>st</sup> August 2023)

### Abstract:

Dental caries is the most common noncommunicable disease in the world. Cariogenic bacteria in the oral cavity, such as *Streptococcus mutans* and *Lactobacillus acidophilus*, cause acid formation, demineralization, and tooth damage by metabolizing carbohydrates. However, many antibacterial agents used in dental caries cause several side effects such as nephritis, eosinophilia and hemolytic anemia, hence it is important to search for some natural-based remedies for the treatment dental caries. Garlic (*Allium sativum*) is one of the most widely investigated therapeutic plants. It exhibits a wide range of antibacterial activity against both gram-positive and gram-negative bacteria. Due to the presence of a variety of organosulfur



6. Rathnayake, N., Sundarapperuma, S.M.T.D., Nirmani, K.G.P., Wickramarachchi, B.I., De Silva, K.K.P.M.K., Herath, H.M.P., Dasanayake, H.D.W.T., **Warnakulasuriya, S.S.P.** and Persson, M., 2023. Specialized Education Programme on Neurodegenerative Diseases Care of Older Adults in Sri Lanka: The Necessity and Possibility. Sri Lankan Journal of Nursing, Vol. 2, No. 2 (pp.3-7)

DOI: <https://doi.org/10.4038/sljn.v2i2.48>

SLJN, 2023  
Vol. 2, No. 2 (pp. 3-7)

#### Letter to the Editor

### Specialized Education Programme on Neurodegenerative Diseases Care of Older Adults in Sri Lanka: The Necessity and Possibility

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As Sri Lanka undergoes a demographic shift with an increasing aging population, the prevalence of neurodegenerative diseases (NDD) among older adults is on the rise. Addressing the unique challenges posed by such conditions including Alzheimer Disease (AD), Dementia and Parkinson Disease (PD) requires a collaborative effort to enhance the knowledge and skills of

7. **Priyadarshani, U.G.N.** and **Warnakulasuriya, S.S.P.** Prevalence and Associated Factors of Symptoms of Depression, Anxiety, Stress and Coping Strategies among Adults in a Rural Community in Southern Province, Sri Lanka. Sri Lankan Journal of Nursing, Vol. 2, No. 1 (pp. 10-21).

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#### Research Article

### Prevalence and Associated Factors of Symptoms of Depression, Anxiety, Stress and Coping Strategies among Adults in a Rural Community in Southern Province, Sri Lanka

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#### Abstract

**Background and objective:** Negative emotional status due to various life challenges have been reported very often among adult population. These problems increase the risk of developing mental health problems and accelerate their progression in communities. The objective of the study was to determine the prevalence and associated factors of symptoms of depression, anxiety, stress, self-reported reasons for psychological distress and coping strategies among adults in Nagoda Divisional Secretariat area, Galle, Sri Lanka.

**Method:** A descriptive cross-sectional study was conducted with the participation of 280 adults

8. Dissanayake, D.M.A.P., Warnakulasuriya, S.S.P., Baduge, M.P. and Dharmasena, K.P., 2023. Conducting Literature Reviews in Resource-poor Settings: Perks of Collaboration and Technology to Overcome Challenges. Sri Lankan Journal of Nursing, Vol. 2, No. 1 (pp. 4-9).

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Letter to the Editor

**Conducting Literature Reviews in Resource-poor Settings:  
Perks of Collaboration and Technology to Overcome Challenges**

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In this Letter to the Editor, we would like to share our experience on how we conducted a literature review while navigating the challenges using technology and collaboration. We conducted an integrative literature review on challenges related to integrating patient safety into nursing curricula and providing patient safety education for nursing students. We wish to elaborate on the methods we used to overcome limitations particularly prevalent in resource-poor settings. We hope this would be useful to other researchers in similar settings, who would

9. Premakumara, G.A.S. and Abeysekera, W.K.S.M., 2023. Anti-protein glycation and free-radical scavenging properties of Sri Lankan antidiabetic medicinal plant *Salacia reticulata* I. (Kothala Himbutu). BMC Complementary Med. Ther. 23,394. <https://doi.org/10.1186/s12906-023-04169-4>.

Premakumara and Abeysekera  
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RESEARCH

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Anti-protein glycation and free-radical scavenging properties of Sri Lankan antidiabetic medicinal plant *Salacia reticulata* I. (Kothala Himbutu)



Galbada Arachchige Sirimal Premakumara<sup>1,2\*</sup> and Walimuni Kanchana Subhashini Mendis Abeysekera<sup>3</sup>

**Abstract**

**Background** Decoctions of the root and stem of the medicinal plant *Salacia reticulata* is an indigenous remedy for diabetics and its complications in Sri Lanka. In diabetics, the formation of advanced glycation end products (AGEs) leads to many pathologies. Nevertheless, the anti-protein-glycation property of this plant is poorly documented. This study reports the anti-protein-glycation and radical scavenging potential of various plant parts of *S. reticulata*.

## Special Events

### Oath Taking Ceremony of 2019/2020 Batch



The Oath Taking Ceremony of the students of the 2019/2020 batch was successfully held on 31<sup>st</sup> October 2023 at the faculty premises in Sri Jayewardenepura with the participation of the Vice Chancellor, University of Colombo, Senior Professor H. D. Karunaratne, the Director in Nursing Education, the Director in Hospital Services, the Director in Public Health, the Dean and the members of the academic and non-academic staff of the Faculty of Nursing. The heads of the departments of Nursing, University of Sri Jayewardenepura, Sir John Kothalawala Defence University, The Open University of Sri Lanka, Nursing staff of the invited hospitals, and the parents of the students also graced this occasion.



Department of Nursing, University of Sri Jayawardenapura. The gathering was welcomed by the Dean of the Faculty of Nursing and an introduction was given regarding the Oath Taking Ceremony. The ceremony started after the felicitation of Florence Nightingale by Prof. Meegoda and Mr. Keerthirathna, the Director of Nursing Education. The Oath to dedicate to the service was taken by 96 students of the 2019, 2020 batch. The gathering was addressed by the chief guest Prof Meegoda and the ceremony ended with the vote of thanks given by Dr. T. A Asurakkody, Head/ Department of Fundamentals of Nursing.



## Palingu Malak 2023

“Palingu Malak 2023” ‘an entertainment program which was organized by the students of the 2021/2022 batch under the guidance of the Students' Union, Faculty of Nursing, University of Colombo, was held on the 4<sup>th</sup> of August 2023 from 4.45 p.m. onwards at the faculty premises.



The main intention of this ceremony was to promote and enhance the brotherhood among the students of the 2021/2022 batch and provide entertainment to all the students of the Faculty of Nursing.



The academic and nonacademic staff, and the students of all the batches contentedly participated in this joyous event.

**Members of the Library Committee**

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