



1ST INTERNATIONAL NURSING CONFERENCE 2022

PROCEEDINGS

“Co-creation of Better Health Care
through Collaboration and Innovation”

19th and 20th October 2022

**Organized by the Faculty of Nursing
University of Colombo**





1st International Nursing Conference

“Co-Creation of Better Health Care through Collaboration and Innovation”

PROCEEDINGS

FACULTY OF NURSING
UNIVERSITY OF COLOMBO
2022

© Faculty of Nursing – University of Colombo

All rights reserved. This proceeding contains abstracts presented at the 1st International Nursing Conference of the Faculty of Nursing; University of Colombo held on 19th - 20th October 2022. No part of this book may be reproduced, stored in a retrieval system, transmitted in any form or by any means; electronic, photocopying, or otherwise, without the permission of the Faculty of Nursing, University of Colombo.

Published by

Faculty of Nursing
University of Colombo

ISSN 2950-7189

Editorial Committee

Dr. G. Kisokanth – Editor In-Chief
Prof. S.S.P. Warnakulasuriya
Mr. Thimira Amarasinghe
Ms. Sachintha Lokuyaddage
Ms. Nirmala Priyadarshani
Ms. Ayesha Medagedara
Faculty of Nursing, University of Colombo

Cover page designed by

Mr. Eranda Kalhara
BSc (Hons) Nursing undergraduate
Faculty of Nursing, University of Colombo

Table of Contents

Organizing Committee of the 1 st International Nursing Conference.....	1
Message from the Vice Chancellor – University of Colombo.....	2
Message from the Dean – Faculty of Nursing.....	3
Message from the Conference Chair – INC 2022.....	4
Message from the Conference Secretary – INC 2022.....	5
Programme Outline.....	6
Programme of the Technical Sessions.....	7
Introduction to Keynote Speaker.....	11
Abstract of the Keynote Speech.....	12
Abstract of the First Invited Speech.....	13
Abstract of the Second Invited Speech.....	14
Abstract of the Third Invited Speech.....	15
Technical Sessions – Oral Presentations.....	16
Technical Sessions – Poster Presentations.....	34
Reviewers of the Abstracts.....	52
Sponsors of INC 2022.....	54
Acknowledgement.....	55

Organizing Committee of the 1st International Nursing Conference

Chairperson : Dr. Thanuja Asurakkody
Secretary : Mr. Thimira Amarasinghe
Co-secretaries : Ms. Chandrani Herath
 Ms. Ayesha Medagedara

Editorial Committee

Dr. G Kisokanth - **Editor in Chief**
 Prof. S S P Warnakulasuriya
 Mr. Thimira Amarasinghe
 Ms. Sachintha Lokuyaddage
 Ms. Nirmala Priyadarshani
 Ms. Ayesha Medagedara

Overall Supervision of the Conference

Dr. D A S Elvitigala
 Dr. G Kisokanth
 Ms. W A R P Menike

Main Organizing Committee Members

Ms. Nushka Ubhayawardane
 Ms. Ishara Senanayake
 Ms. Nishadi Gunathilaka
 Ms. Hasanthi Menaka

Invitation Committee

Dr. T A Asurakkody
 Ms. N A R Nettasinghe
 Ms. K M D Nadeeshani
 Ms. H S Senarathne
 Ms. Sachintha Lokuyaddage

Refreshment Committee

Ms. H M C M Herath
 Ms. S S Samarakoon
 Ms. D P H Menaka
 Ms. K G N Prasanthi
 Ms. M S S Pinto
 Ms. N Kumanayake
 Ms. M S S R Weerasinghe
 Ms. N G M S Senavirathne
 Ms. U G N Priyadarshani
 Ms. J A D T D Alwis

Hall Arrangement Committee

Ms. H R T De Silva
 Ms. A A D Rangana
 Mr. R A C L D Perera
 Mr. K T S L Karunadasa
 Ms. U G N M K Bandara
 Ms. Danushika
 Ms. G K Shakila Buddini
 Ms. W Madhavee Nandaprema
 Ms. N M C S Nissanka
 Ms. S A S N Kumari
 Ms. D I Marasinghe

IT and Audio-Visual Committee

Mr. Thimira Amarasinghe
 Ms. Ayesha Medagedara
 Ms. M D N C Gunathilaka
 Mr. M G G Muhandiram
 Mr. Hasitha

Inauguration Committee

Dr. G A S Premakumara
 Ms. M G A S Malkanthie
 Ms. Ishara Senanayake
 Ms. M R N Kaushalya
 Mr. P Athula
 Ms. M M W K Moremada

Coordinators of the Pre-Conference Workshop

Ms. Ayesha Medagedara
 Ms. K M D Nadeeshani

Message from the Vice Chancellor, University of Colombo



It is an immense pleasure to convey a message as the Vice Chancellor of the University of Colombo at the 1st International Nursing Conference, which is organized by the Faculty of Nursing, University of Colombo. First and foremost, I would like to warmly welcome all the participants to the first “International Nursing Conference INC-2022” of the Faculty of Nursing as one of the satellite conferences under the Annual Research Symposium (ARS 2022) of the University of Colombo. I strongly believe that this first international conference will foster the quality of the research and international collaborations for the purpose of strengthening nursing practice and healthcare in the future. In particular, research plays a pivotal role in the improvement of the positive outcome of an institution as well as the development of the country. In that sense, the outcome of the research works must be evaluated critically, and suitable solutions and recommendations to be considered after constructive arguments and discussions.

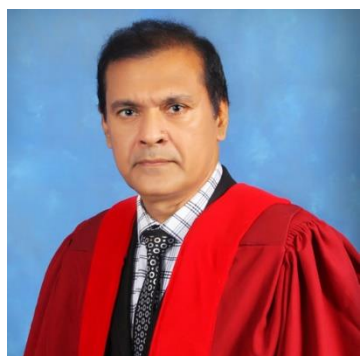
The theme of the conference is “Co-creation of better healthcare through collaboration and innovation” which indicates working together with research communities from related disciplines towards the improving quality of healthcare. I found that this conference is enriched by the invited speeches and innovative research from a multi-disciplinary team from the area of education, clinical practice in nursing and healthcare as well as the engineering disciplines.

I am sure that this conference is a step towards achieving the objectives of the faculty of nursing and becoming an excellent academic and research center of the University that produces high-quality nursing graduates to the globe. Also, INC 2022 is the best platform to establish a good collaboration between universities and health-related industrial firms located nationally and internationally to address the issues and come up with effective and practicable solutions for further improvement of the faculty of nursing.

Finally, I would like to thank the keynote speaker and guest speakers, reviewers, sponsors and participants. I also thank the organizing committee of the conference and all staff members of the Faculty of Nursing for organizing their first international conference. I wish them all the best.

Senior Prof. H.D. Karunaratne,
Vice Chancellor,
University of Colombo
Sri Lanka

Message from the Dean, Faculty of Nursing



It is a great pleasure to write this message on the occasion of International Nursing Conference (INC), 2022 of the Faculty of Nursing, University of Colombo Sri Lanka under the theme of “Co-creation of better healthcare through collaboration and innovation”. Annual Research Symposium of the faculty is an annual event in the academic calendar of the faculty, and it has been a great success during past four years with high quality research presentations and participation of academics, undergraduates, and scientists from different universities and research institutions. The INC 2022 has a special significance this year as the theme of the symposium is very relevant to the international collaboration and the nEUROcare project that faculty is currently involved.

I strongly believe that INC 2022 would be a very successful event as this time we have organized four technical sessions and the number of abstracts has been increased and therefore more scientific dialogues are expected to occur. The proceedings of this year conference consist of 34 research abstracts presented by the researchers including faculty undergraduates. The quality of the abstracts has been maintained by reviewing thoroughly and assessed by a panel of academics. I would like to express my sincere gratitude to the organizing committee of the INC 2022 headed by Dr. Thanuja Asurakkody, the Chair of the INC and her active team for their commitment and hard work and all efforts to make this event a reality.

As the Dean of the Faculty, I also wish to convey my sincere gratitude to the heads of the departments, academic staff, assistant registrar FON and non-academic staff of the Faculty of Nursing for extending their fullest support and cooperation to show up the research conference for the 5th consecutive year. I also congratulate all the presenters who are presenting their research at the conference. Special thanks to Prof. Jina Oh, Keynote speaker and all the guest speakers of the INC 2022. I would like to place a special remark to Senior Professor H.D. Karunaratne, Vice Chancellor University of Colombo for his moral support, visionary leadership, correct guidance and inspirations to make this event a success. I hope all the participants enjoy the glamor of the INC 2022 in the Faculty of Nursing. I wish the International Nursing Conference 2022 would be a great success!

Professor S.S.P. Warnakulasuriya,

Dean

Faculty of Nursing

University of Colombo

Sri Lanka

Message from Conference Chair - INC 2022



On behalf of the Organizing Committee of the 1st International Nursing Conference 2022 (INC 2022), I would like to extend my warm welcome to all of you. As the Chair of the organizing committee, I am very happy to note that we upgraded 5th Annual Research Symposium to the International level for the first time named “1st International Nursing Conference 2022” under the theme “Co-creation of better healthcare through collaboration and innovation”, hence, this will be a historical event in the faculty of Nursing, University of Colombo. I believe that this international conference on Nursing will give opportunities for sharing and exchanging original research ideas and expertise opinions, inspiring for future research, and broadening knowledge about education, practice, management in nursing and health related disciplines amongst members of Sri Lankan research communities, together with researchers from Thailand, South Korea, India, Laos, Vietnam, Philippine and other countries.

This conference focuses on the development of education, clinical practice, management and leadership in nursing with the collaboration of innovative multidisciplinary research teams. Along with the 4 invited speeches, the proceedings contain 34 abstracts which have been selected from a total of 48 abstracts from five different countries. These selected abstracts will be presented during the conference at 4 sessions via online and onsite as well.

I express my sincere gratitude to Vice Chancellor, University of Colombo for encouraging the 1st International Nursing Conference. Specially, I extend my heartiest thank to the Prof. Sudath Warnakulasuriya Dean of the Faculty of Nursing, University of Colombo to grant us to organize the International Nursing Conference - 2022, and behind us always in the process of organizing the conference even in the economic crisis in our country. I acknowledge the reviewers for their critical review of the submitted abstracts, as well as the editors for the time and energy they have devoted to editing the conference proceedings.

In particular, I express my sincere appreciation to the keynote speaker Prof. Jina Oh from Inje University, South Korea for being with us at the conference. I also give heartfelt appreciation to the guest speakers for conducting speeches on their expertise. My special thanks to the sponsors who contributed financially in this critical situation. I extend my most sincere thanks and congratulate to all the authors who have submitted their excellent works to our conference to share their opinions with the international research community. Last but not least, I would like to be grateful to all the main organizing committee members, all the staff and the students of Faculty of Nursing for their valuable contribution for the INC 2022. I wish good luck to all the presenters!

Dr. Thanuja Asurakkody

Senior Lecturer

Department of Fundamentals of Nursing

Faculty of Nursing

University of Colombo, Sri Lanka

Message from Conference Secretary - INC 2022



It is with great pleasure that I compose this message for the 1st International Nursing Conference (INC 2022) organized by the Faculty of Nursing, University of Colombo, Sri Lanka. This conference will be a historical milestone of the Faculty of Nursing, as well as in the Sri Lankan Nursing higher education and I am very fortunate to be a witness in this historic event as the secretary of INC 2022.

The recent COVID pandemic has convinced the importance of innovation, collaboration in healthcare throughout the globe. INC 2022 is focusing on these recent experiences learnt in providing healthcare and chose, “Co-creation of better health care through collaboration and innovation” as the conference theme. This theme is emphasizing the significance of providing collaborative patient centered care as one team of healthcare professionals and utilization of new knowledge and technology into providing a better care.

Nursing is one of the major professions in health care setup. I strongly believe that nurses have the ability and capacity to establish and improve the concept of “co-creation of healthcare”. Being the frontline fighters in the healthcare nurses are directly working with all the other healthcare professionals and nurses are the best persons to establish collaboration and innovation for better health outcomes. I am really happy to say that INC 2022 is paving a pathway towards the collaboration and innovations in healthcare, as we received abstracts from both locally and foreign countries and they are not only from nurses, but from other professionals as well. Also, INC 2022 is providing a good knowledge sharing opportunity, with the invited speeches from academics from different countries.

The 1st international Nursing Conference of the Faculty of Nursing will guide you towards an excellent and informative programme consisting of pre-conference workshops, keynote speech, invited speeches, scientific sessions providing diversity for the participants.

Finally, I would like to convey my gratitude towards our keynote speaker, Prof. Jina Oh from Inje University, Republic of Korea and all the other invited speakers for spending their valuable time to contribute to INC 2022. My compliments go to our sponsors and all the members of the organizing committee of INC 2022 for making the event at international level and I wish all the participants and presenters an interesting and productive conference.

Mr. Thimira Amarasinghe

Lecturer

Department of Basic Sciences and Social Science

Faculty of Nursing

University of Colombo, Sri Lanka

Programme Outline

Programme of the Inaugural Ceremony

7.30am- 8.00am	Registration of the participants
8.00am- 8.15am	Inauguration of the 1 st International Nursing Conference 2022
8.15am- 8.30am	Welcome Address Dr. Thanuja Asurakkody, Chairperson - INC 2022
8.30am – 8.45am	Address by the Dean – Faculty of Nursing Prof. SSP Warnakulasuriya
8.45am – 8.50am	Introduction to the Chief Guest Prof. SSP Warnakulasuriya Dean, Faculty of Nursing
8.50am – 9.10 am	Address by the Chief Guest Senior Professor H. D. Karunaratne, Vice-Chancellor, University of Colombo
9.10am-9.15am	Introduction to the Keynote speaker Dr. G. Kisokanth, Editor in Chief - INC 2022
9.15am- 9.50am	Keynote Speech Professor Jina Oh, Inje University, Rep. of Korea
9.50am- 10.00 am	Vote of Thanks Mr. Thimira Amarasinghe, Secretary - INC 2022
10.00am – 10.30am	Refreshments
10.30am- 10.35 am	Introduction to Invited Speaker 01 Dr. Thanuja Asurakkody
10.35am- 11.00am	Invited Speech 01- Professor Anousone Sisoulath, Vice Dean, Faculty of Nursing Sciences, University of Health Sciences, Laos
11.00am- 11.05am	Introduction to Invited Speaker 02 Ms. Shiroma Malkanthi
11.05am- 11.30am	Invited Speech 02 Professor Wasana Ruaisungnoen, Faculty of Nursing, Khon Kaen University, Thailand
11.30am – 11.35am	Introduction to Invited Speaker 03 Dr. Anushka Elvitigala
11.35am- 12.00pm	Guest Speech- 03 Professor Sandeep Kumar, Department of Electronic and Communication Engineering, National Institute of Technology, Surathkal, India
12.00pm- 1.00pm	Lunch
1.00 pm- 3.30 pm	Technical sessions
3.30pm- 4.00pm	Closing Remarks

Programme of the Technical Session

ORAL PRESENTATIONS- PANEL 01		
SN	Paper ID	Title and author/s of the paper
OP1.1	INC025	QUALITY OF LIFE AND ASSOCIATED FACTORS AMONG PATIENTS WITH PULMONARY TUBERCULOSIS IN KANDY-SRI LANKA <i>Prabani KIP, Godawela GVGG, Pathirana AMSD</i>
OP1.2	INC039	A REVIEW OF NURSING INFORMATICS ON NURSING EDUCATION <i>Chathurika JN, Kaushalya KADS, Asurakkody TA</i>
OP1.3	INC036	REKINDLE THE FIRE: NURSING STUDENTS LIVED EXPERIENCES DURING THE RESUMPTION OF CLINICAL DUTY IN THE MIDST OF THE COVID-19 PANDEMIC <i>Torrechilla PN, Valenzuela D, Tajolosa MSD, Tordesillas G, Suganob GEM</i>
OP1.4	INC046	UNDERGRADUATE NURSING STUDENTS' EXPERIENCES TOWARDS CLINICAL PLACEMENT IN INTENSIVE CARE UNITS: A LITERATURE REVIEW <i>Lokuyaddage S, Medagedara A, Rathnayake S</i>
OP1.5	INC041	PERSEVERING THROUGH ADVERSITY: EXPERIENCES OF NURSING STUDENTS WITH REMOTE LEARNING DURING COVID 19 PANDEMIC <i>Muescan RMH, Nermal ED, Nietes FN, Bungabong AKR</i>
OP1.6	INC043	DEPRESSION, ANXIETY AND STRESS AMONG NURSES WORKING AT CRITICAL CARE SETTINGS DURING THE COVID 19 PANDEMIC AT NATIONAL HOSPITAL SRI LANKA (NHSL) <i>Sandeepani KSD, Jayathilake MRS</i>
OP1.7	INC002	PERCEIVED MOTIVES AND BARRIERS FOR DONATING BLOOD DURING COVID-19 PANDEMIC; CROSS-SECTIONAL SURVEY AMONG BLOOD DONORS IN SRI LANKA Kumari GAG, Weerasekara WANL, Thennakoon TMSA, <i>Kaluarachchi KAIK</i> , Wijesekara NSW, Dharmarathna HHND, Jayamaha AR
OP1.8	INC029	PERCEIVED STRESS, COPING STRATEGIES AND EMOTIONAL INTELLIGENCE AMONG NURSING STUDENTS AT SCHOOL OF NURSING COLOMBO <i>Thilakarathna, UGMP, Kisokanth, G</i>
OP1.9	INC034	PARENTS' VIEWS ON THE IMPACT OF ONLINE EDUCATION AT A SELECTED PRIMARY EDUCATION CENTER DURING THE COVID-19 PANDEMIC <i>Gallage NS, Gunawardana NBHK, Harshika NPD, Karunarathna PPL, Sandakumari HHS, Kanchana KTG</i>

ORAL PRESENTATIONS- PANEL 02		
SN	Paper ID	Title and author/s of the paper
OP2.1	INC047	EFFECTIVENESS OF METHYLPREDNISOLONE IN THE TREATMENT OF DENGUE FEVER: AN OBSERVATIONAL STUDY <i>Alwis K, Rajapaksha MBDT, Amarasinghe TS, Warnasooriya WMSN, Ralapanawa DMPUK, Kularatne SAM</i>
OP2.2	INC009	SLEEP QUALITY AND ITS ASSOCIATED FACTORS AMONG PATIENTS WITH CANCER, WHO SEEK TREATMENTS FROM APEKSHA HOSPITAL, SRI LANKA <i>Vithana N, Rasadari UGV, Lakmali ALGIG, Sandamali PGP, Madushani JI, Dharmarathna HHND, Jayamaha AR</i>
OP2.3	INC033	LIFE NARRATIVES OF ADULTS WITH OBSESSIVE-COMPULSIVE DISORDER IN GALLE AREA: AN EXPLORATIVE STUDY <i>Vithana KVGSG, Boralessa P, Asurakkody TA, Perera DP</i>
OP2.4	INC013	PSYCHOLOGICAL ASPECTS OF ADOLESCENT PREGNANT WOMEN IN THE GALLE DISTRICT <i>Thakshila PHD, De Zoysa E</i>
OP2.5	INC048	HYPOCALCEMIA IN DENGUE PATIENTS; A SINGLE CENTER OBSERVATIONAL STUDY IN CENTRAL SRI LANKA <i>Warnasooriya WMSN, Jayasinghe S, Amarasinghe TS, Rajapakse RPVJ, Kularatne SAM</i>
OP2.6	INC042	LIVED EXPERIENCE OF MOTHERS WITH DOWN'S SYNDROME: DIFFICULTIES AND CHALLENGES IN A PANDEMIC <i>Samulde TN, Totanes CM, Vediosas H, Veñegas KM, Suganob EM</i>
OP2.7	INC003	DEVELOPMENT AND VALIDATION OF AN INSTRUMENT ASSESSING KNOWLEDGE, ATTITUDES, AND PRACTICE ON DIGITAL HEALTH AMONG NURSING OFFICERS <i>Madhuwanthi RM, Marasinghe RB, Jayathilake MRS, Liyanaarachchige NP</i>
OP2.8	INC030	CAREGIVER BURDEN TOWARDS CANCER CARE: A CROSS-SECTIONAL SURVEY AMONG CAREGIVERS ATTENDING NATIONAL CANCER INSTITUTE, SRI LANKA <i>Ranaweera VI, Ranepura JG, Madilanda HPTR, Senavirathna NKNS, Sadaruwani HGC, Ranaweera RAND, Senarath NSASN, Nisansala MWN</i>

POSTER PRESENTATIONS PANEL 01		
SN	Paper ID	Title and author/s of the paper
PP1.1	INC024	AWARENESS, KNOWLEDGE AND ATTITUDES ON ORAL CANCERS AND ORAL POTENTIALLY MALIGNANT DISORDERS AMONG NURSING OFFICERS AND NURSING STUDENTS IN SRI LANKA <i>Subasinghe SPKJ, Prabani KIP, Hettiarachchi PVKS, Pathirathna ML, Jayasinghe RD</i>
PP1.2	INC038	DEVELOPING A CONCEPTUAL FRAMEWORK FOR CULTURAL COMPETENCE IN HEALTHCARE: LOOKING AT ANTECEDENTS AND CONSEQUENCES <i>Nishara MGS, Herath HMHI, Asurakkody TA</i>
PP1.3	INC010	PATIENTS' SATISFACTION ABOUT HEALTH EDUCATION REGARDING THEIR SURGERY BY SERVICE PROVIDERS AT TEACHING HOSPITAL PERADENIYA <i>Sinthuja R Arinda Dharmapala</i>
PP1.4	INC017	FACTORS ASSOCIATED WITH MEDICATION ADMINISTRATION ERRORS AMONG NURSES AT AVISSAWELLA BASE HOSPITAL, SRI LANKA <i>Pubuduni RN, Karunarathna KRC, Rajapaksha RCD, Senavirathna WMSN, Damayanthi RMD, Nisansala MWN, Senarath NSASN</i>
PP1.5	INC031	PERCEIVED BARRIERS TO CONTINUING EDUCATION AMONG NURSES WORKING AT TEACHING HOSPITAL RATHNAPURA DURING THE COVID 19 PANDEMIC <i>Paragahagoda IC, Kolonnage KAVS, Swarnalatha P, Chamindika VGIC, Niroshani AMT, Maduwanthi RM, Senarath NSASN, Nisansala MWN</i>
PP1.6	INC037	AGAINST THE ODDS: THE LIVES OF NURSING STUDENT MOTHERS DURING THE PANDEMIC <i>Omagap SR, Precia DJ, Rivas FK, Bungabong AK</i>
PP1.7	INC004	PSYCHOLOGICAL IMPACT OF NATURAL DISASTERS ON VICTIMS AND HEALTH SERVICES REQUIRED: A SCOPING REVIEW <i>Weththasinghe C, Senanayake KIDF</i>
PP1.8	INC021	CONSUMER ATTITUDE TOWARDS GENETICALLY MODIFIED FOODS OF A SELECTED COMMUNITY IN A GRAMA NILADHARI DIVISION OF KALUTARA DISTRICT, SRI LANKA <i>Wickramasinghe WTR, Dhananjani MA, Pathirage DC, Ransika EAM, Yuwanthika BAS, Kulathunga H, Ubhayawardana DLNL</i>
PP1.9	INC006	ISOLATION OF ZERUMBONE, THE POTENT BIOACTIVE COMPOUND, FROM SRI LANKAN Zingiber zerumbet (L) <i>Weeratunge HD, De Silva ED, Premakumara GAS</i>

POSTER PRESENTATIONS PANEL 02		
SN	Paper ID	Title and author/s of the paper
PP2.1	INC028	KNOWLEDGE, ATTITUDE, AND PRACTICE ON SCHOOL BASED SEXUAL AND REPRODUCTIVE EDUCATION AMONG TEACHERS, IN JAFFNA EDUCATIONAL ZONE, JAFFNA <i>Jayasinghe JMMC, Thabotharan D, Nithlavarnan A</i>
PP2.2	INC001	RELAPSES IN SUBSTANCE USE AFTER RESIDENTIAL REHABILITATION TREATMENT: PRELIMINARY ANALYSIS OF THREE MONTHS FOLLOW-UP DATA <i>Dharmarathna HHND, Jayamaha AR, Rajapakse IH, Gunasekara C, Fernando N, Meegoda MKDL</i>
PP2.3	INC005	NURSING STUDENTS' KNOWLEDGE, ATTITUDE, AND SELF-EFFICACY OF PALLIATIVE CARE TOWARDS END-OF-LIFE NURSING IN LAOS <i>NAOVALAD Khamstone, Se-Na Lee RN</i>
PP2.4	INC026	FACTORS ASSOCIATED WITH WORK ENGAGEMENT AMONG NURSES DURING COVID 19 PANDEMIC <i>Gamlath RDIM, Kumari WADN, Kariyawasam PL, Dammika MK, Thennakoon TMAI, Edirisuriya MD, Senarath NSASN, Nisansala MWN</i>
PP2.5	INC011	PERCEIVED BARRIERS TO THE USE OF PERSONAL PROTECTIVE EQUIPMENT (PPE) FOR HANDLING CHEMOTHERAPY: A CROSS SECTIONAL SURVEY AMONG NURSES AT NATIONAL CANCER INSTITUTE SRI LANKA <i>Rajakaruna RHMG, Karunarathna KSM, Kumari WMN, Wickramaarachchi JM, Arooshiya MMF, Nisansala MWN, Senarath NSASN</i>
PP2.6	INC014	PATIENT EXPERIENCE AND QUALITY OF LIFE AMONG PATIENT WITH URINARY STONES: HIERARCHICAL LINEAR REGRESSION <i>Ho Thi Thuy Trang, Tran Thi Thao, Duong Duc Hoa, Nguyen Thi Ngoc Minh</i>
PP2.7	INC015	PAIN EXPERIENCES AND PAIN MANAGEMENT AFTER CESAREAN DELIVERY IN POSTPARTUM MOTHERS: A CROSS-SECTIONAL STUDY <i>Ton Nu Minh Duc, Pham Thi Tinh, Ho Thi Thuy Trang</i>
PP2.8	INC019	LEVEL OF STRESS AMONG NURSING UNDERGRADUATES AT KAATSU INTERNATIONAL UNIVERSITY DURING THE COVID 19 PANDEMIC <i>Premakumari PDR, Morien MC, Amarasekara MPT, Ranasinghe VHHN, Upeksha SHD, Nisansala MWN, Amarasekara AATD</i>



Introduction To Keynote Speaker

Prof. Jina Oh

College of Nursing

Inje University

South Korea



Prof. Jina Oh has obtained her master and doctoral degrees from the College of Nursing, Ewha Womans University in South Korea. She started her nursing career in 2022 as a nurse in the pediatric ward of Ewha Medical Center and has been teaching nursing students who dream of becoming good nurses with a warm heart at Inje University.

Her philosophy on becoming a good nurse is that one must understand human beings, treat them with hospitality, and practice caring. That is why she teaches human growth and development, caring for human, culture and art, and nursing philosophy.

Prof Jina Oh has published more than 120 papers in SCI/SSCI journals. She is interested in various research topics including nursing interventions for child health and nursing education with creative teaching-learning strategies such as art-based learning (ABL), problem-based learning (PBL), and Simulation.

She has been working as a vice dean of the “Regional Linkage Center for Prospering Regional Culture”. Furthermore, she has been working as a project manager for Leading University Project for International Cooperation supported by Ministry of Education in South Korea and has been working hard to improve nursing education in developing countries such as Sri Lanka and Lao PDR.

Prof. Jina Oh has published about 20 books. The titles of her books during the past three years are ‘Nursing for Children and Adolescents (2021)’, ‘Human Growth and Development Learned from Films (2020)’, “Nursing Philosophy for Nursing Students (2022)” and “Use of Greek Myths (2020)” as a liberal arts book. Moreover, she translated “Nursing Education and the Role of Educators (2020)”, “Nursing Examination and Evaluation (2020)” and “Nursing Quality Improvement and Safety Education (2020, QSEN).

Abstract of the Keynote Speech

Co-creation of Better Health Care through Collaboration and Innovation

Co-creation is integrating customers into the processes of product and service ideation and execution so that their unique perspectives and cooperation may ultimately drive value for both the producer and the customer. In healthcare service system, stakeholders often have conflicting goals, so co-creation is also suggested. Providing collaborative patients centered care as one team of healthcare professionals is needed to better understand how patients contribute on value co-creation. Recently, patient participation in the value co-creation process for shared goals with the care provider has received much attention. Moreover, a utilization of new knowledge and technology into providing healthcare in workplace is also important to support with ongoing investment strategies for value co-creation in the healthcare ecosystem. As integrating advanced technology has positive implications for the well-being of people.

Based on Elg's model, Zhang's model is designed for collecting and analyzing patient feedback in a healthcare service setting, where patients are regarded as customers and healthcare providers are as service providers. Three phases of Zhang's practical model of value co-creation for patients; (1) Feedback collection, (2) data analysis, and (3) process improvement. Through gaining feedback from patients, a better communication channel and defining what good service are constructed between patients and healthcare providers. Healthcare providers need other feedback loops to develop the improvement strategies related to the service time, healthcare providers' attitude, service cost, etc. Understanding the relation between patients' psychological activities and their health, the researchers can implement a better service to accelerate the treatment by improving patients' emotional health.

Furthermore, health allied educators should understand the concept of co-creation and strategies for creating value and invite students in their class design. Involving learners in the design of teaching and learning contributes to improvement in the quality of education, by addressing perspectives of different stakeholders and stimulating teachers' growth.

Abstract of the First Invited Speech

Innovations in Clinical Nursing Practice

Prof. Wasana Ruaisungnoen

Faculty of Nursing

Khon Kaen University

Thailand



The complexity of clinical issues encountered in daily practice necessitates creative problem-solving of the practitioners. Nursing innovation changes nursing practice to improve patient outcomes. In order to provide better and smarter care, nurses must be able to examine the problems coming from usual practice and identify potential solutions from research findings. It has been well demonstrated that nurse-led innovation projects increased safety, clinical outcomes, and satisfaction among various groups of patients. The 2019–2023 ICN strategic plan includes "innovativeness," which is defined as "being creative, transformational, progressive, evidence informed, and solution focused," as one of its strategic priorities, highlighting the significance of nursing innovation for the profession's development worldwide. Generally, the goals of existing nursing innovation include developing the effective nursing delivery method, creating innovative care device/tool, and energizing the workplace/care team.

The concept of innovation in nursing has been utilized in both nursing education and nursing practice. Innovative approaches in nursing education will promote creativity in problem solving among nursing students that ultimately help them become nurse innovators. Nursing and engineering students' cross-disciplinary approach during clinical immersion improved their ability to think critically and solve clinical problems through innovation design. It is proposed that incorporating design thinking into both classroom and clinical instruction can help nursing students develop their practical creativity and innovative problem-solving skills.

Faculty of Nursing at Khon Kaen University has the goal of fostering innovation among all programs' enrolled students. The nursing project course is intended to help undergraduate students develop a critical and design-thinking mindset in order to produce innovative devices and/or health education media utilizing a team-based approach. In contrast, graduate students who are licensed as registered nurses are urged to identify possible issues in their work environment. The primary strategy utilized in this group to produce nursing innovation is the problem-solving approach combined with the evidence-based practice principle. The presentation on innovation in clinical nursing practice will include an introduction of its importance, the steps involved in implementing nursing innovation in clinical practice, and examples from the work of undergraduate and graduate students. The elements that are important for a nursing innovation to be adopted successfully in clinical practice will also be discussed.

Abstract of the Second Invited Speech

New Dimensions in Nursing Education and Research in Lao PDR

Prof. Anousone Sisoulath

*Faculty of Nursing Sciences
University of Health Sciences
Lao PDR*



The dimension of nursing education and research in Lao PDR has directed to developing the quality of nursing education based on the human resource development strategy, Ministry of Health which follow the MRA and education strategy direction of midwives and nurse graduates match or surpass health system demand and have the requisite knowledge, competencies, and attitudes to meet national health by re-design education programs to competency-based, apply effective learning method, meet quality standards, and align with diversity for good health and wellbeing needs.

To developing the nursing education system focused to improving the leadership of nursing educators to be leading and manage the education system development to achieve the country's goals. Which from the research results of Anousone has reflected the gaps of nursing educator have limited the implementation of the leadership role especially leadership for change to development, lack of experience in being a research consultant, in addition there are challenges of covid-19 pandemic, top ten death, mothers and child mortality rate in the country is still high compared to the countries in ASEAN and the factors of the implementation of sustainable development policies SDGs and the development of nurses in the country to have cultural competence.

Therefore, the scope of education and research development is necessary to develop the education system in accordance with national health education standards. Promote the nurses and midwives conduct the research base on national research agenda, the creation of cooperation with nursing international to development of the quality of education, exchange experience for the development of new researcher, research funding and encourage nurses and midwives to do research, publish use research results to develop the quality of health services that meet the needs of people with different cultures in the changing environment in order to achieve the goals of SDGs and UHC, 2030.

Abstract of the Third Invited Speech

A Sub-Nano Scale IC Challenges and Opportunities for Wireless Monitoring in Medical Applications

Prof. Sandeep Kumar

*Department of Electronic and Communication Engineering,
National Institute of Technology, Surathkal
India*



As per WHO studies, the rate of deaths in chronic diseases (such as diabetes, Parkinson's, asthma, etc.) is increasing and will reach 66% in 2030. One of the reasons of this increasing is the late diagnosis of the patients. Early detection and effective monitoring would mitigate the impact of such diseases and decrease the healthcare cost. Besides the ageing population challenge, the modern lifestyle raises several health issues such as the inappropriate nourishment and the low physical activity leading to several expensive chronic diseases. Recently, the advances in wireless technologies ensure the remote monitoring of the patients.

Many technologies have emerged the medical systems providing a continuous monitoring of the patients and helping the medical staff to diagnose and thus give medical directions. IC design proposes many challenges because of the trade-off between various performance parameters such as gain, bandwidth, noise, and power consumption. The complementary metal-oxide-semiconductor (CMOS) based IC design has been reported for wireless monitoring in various medical applications. However, the continuous scaling down of device dimensions and low transit frequency f_T of CMOS leads to performance limitations in various designs for medical and remote sensing applications. In order to overcome these challenges, researchers have recently explored an alternative device technologies and materials.

Technical Session – Oral Presentations

OP1.1: INC025

Quality of Life and Associated Factors among Patients with Pulmonary Tuberculosis in Kandy-Sri Lanka

Prabani KIP^{1,2#}, Godawela GVGG^{3,4}, Pathiranaage AMSD¹

¹ Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka

² Centre for Research in Oral Cancer, Faculty of Dental Sciences, University of Peradeniya, Sri Lanka

³ Open University Sri Lanka

⁴ National Hospital, Kandy, Sri Lanka

[#]kisuripiyumika@gmail.com

Introduction: Pulmonary Tuberculosis (PTB) is an infectious condition that remains worldwide. The southeast Asian region reported the highest prevalence of tuberculosis infection; the prevalence was 43%.

Objective: To assess the quality of life (QOL) and associated factors among patients with PTB.

Methods: A Descriptive cross-sectional survey was conducted among patients who attended the chest clinic, Bogambara- Kandy. WHOQOL BREF was used to assess the QoL. The estimated sample size was 208. The convenience sampling technique was used in this study and interviewer administered questionnaire was used. The ethical clearance was obtained from ethics review committee, Faculty of Allied Health Sciences, University of Peradeniya (AHS/ERC/2020/031).

Results: The study included 217 participants; 64.97% were males. The mean age was 50.71±14.1. The mean Haemoglobin (Hb) level was 11.215±0.8. 41% of the participants were employed, and 24.42% were satisfied with their monthly income. 46.08% of the participants were smokers, and 46.54% used alcohol in their normal life. 27.6% of the participants were hospitalized due to the side effects of the treatments. 92.6% of the participants had a caregiver. Mean domain scores for overall QoL, physical health (PH), psychological health (PSH) and social relationship (SR) were 76.12±16.044, 60.56±13.10, 25.96±11.34 and 89.4±16.436, respectively. Age was negatively correlated, and Hb level was positively moderately correlated with all four domain scores ($P<0.01$). Employed participants, educated above primary school and those satisfied with the monthly income had significantly high QoL scores ($p=0.000$). Participants with the feeling of social isolation reported significantly low overall QoL ($p=0.000$), PH ($p=0.000$), PSH ($p=0.000$) and SR ($p=0.23$) domain scores. Those hospitalized due to the medicine's side effects significantly reported low QoL in overall QoL and general health ($p=0.000$), PH ($p=0.001$), PSH ($p=0.000$) domain scores. Gender, smoking, alcohol consumption, having a caregiver and history of COVID 19 were not significantly associated with any domain score.

Conclusions: The result presented a low QoL in all dimensions. Health care professionals should consider the above-mentioned factors when planning interventions to improve QoL.

Keywords: Quality of life, Pulmonary tuberculosis, WHOQOL BREF

OP1.2: INC039

A Review of Nursing Informatics on Nursing Education

Chathurika JN, Kaushalya KADS, Asurakkody TA[#]

Department of Fundamentals Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

[#]thanuja@fnd.cmb.ac.lk

Introduction: Integration of scientific knowledge and data into health care information processing is the core concept of nursing informatics. Nursing informatics has continued to impact nursing education concerning technological advancements, which have paved the way for contemporary changes in nursing education.

Objective: To identify advantages, possible disadvantages, required skills and recognize the parts of informatics in designing educational purposes in nursing education.

Methods: A literature search from 1998 to 2022 was conducted using the keywords “nursing”, “education”, and “informatics” on electronic databases; Google scholar, PubMed, and Science Direct. Twenty-five articles were selected from 3704 articles for reporting the findings

Results: Identified benefits of adopting informatics into an education system are; reducing medical errors, improving telenursing and health promotion relevant to clinical practice, nursing shift management, comprehensive delivery methods of teaching, and improving nursing research. Possible disadvantages of using informatics are; impairment in critical thinking, time taken for data entering, and deficiency in pre-requisite skills. The use of informatics in nursing education requires skills in information literacy, evidence-based nursing, communication, cooperation, teamwork, problem solving, self-assessment, nursing competencies, the reflection of nursing, and peer support of nursing students. Integral parts of an informatics-based information system include a visual interface, course materials, assessment tests, use of technology software in audio-video courses, editing of recordings, referencing with instructional media or hyperlinks in finalizing interactions, obtaining feedback, and testing the overall operation.

Conclusions: Findings suggest that more benefits can be gained through the incorporation of informatics into nursing education compared to its possible disadvantages. The role of informatics in nursing education is vital in developing students’ education with the changing trends of highly advanced technology. Further reforms such as formulating user-friendly interfaces, software and hardware application training, informatics knowledge, and skill training programs are required to improve the successive use of informatics in nursing education.

Keywords: Education, Informatics, Nursing

OP1.3: INC036

Rekindle the Fire: Nursing Students' Lived Experiences during the Resumption of Clinical Duty in the Midst of the Covid-19 Pandemic

Torrechilla PN[#], Valenzuela D, Tajolosa MSD, Tordesillas G, Suganob EM

Nursing Department, St. Anthony's College, Philippines

[#]torrechillaprincess@sac.edu.ph

Introduction: The nursing clinical experience serves as an introduction to the career path, easing the transition from student to a role as a staff nurse. The occurrence of the COVID-19 pandemic has brought drastic changes in the clinical setting. While allowing the resumption of clinical duties during a pandemic can be a unique experience, this may still pose high potential risks. To better understand how COVID-19 has affected the lives of student nurses during the resumption of their clinical duties, it is essential to assess the students' lived experiences and challenges they have encountered amidst the pandemic.

Objective: To describe the lived experiences of 4th-year nursing students during the resumption of clinical duty amidst the COVID-19 pandemic.

Methods: This study utilized a descriptive phenomenological research design. After obtaining the appropriate ethics clearances, five (5) participants were selected based on preset criteria. The researchers used an in-depth semi-structured interview as a tool for gathering data, which was analyzed thematically using Colaizzi's method.

Results: Based on the researcher's analysis of the data, four dominant themes emerged, namely: (1) Dilemmas on Duty, (2) Igniting the Torch, (3) Reviving the Light, and (4) Burning Passion. Sub-themes were identified under each major theme. These four dominant themes highlighted the lived experiences of 4th-year nursing students during the resumption of their clinical duties amidst the COVID-19 pandemic. It tackles the problems they have encountered, the advantages of their clinical resumption, their coping strategies, and their insights and advice throughout their clinical duties amidst the COVID-19 pandemic.

Conclusions: The findings of this research revealed that the 5 participants experienced a tough nursing journey during the resumption of their clinical duties, especially because of the pandemic. Nevertheless, these experiences made the nursing students more equipped, knowledgeable, versatile, and prepared for their journey to becoming future registered nurses.

Keywords: Clinical Resumption, Pandemic, Nursing Students, Phenomenology

OP1.4: INC046

Undergraduate Nursing Students' Experiences towards Clinical Placement in Intensive Care Units: A Literature Review

Lokuyaddage S^{1#}, Medagedara A¹, Rathnayake S²

¹Department of Fundamentals of Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

²Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka

#sachintha@fnd.cmb.ac.lk

Introduction: Clinical placement in the Intensive Care Unit (ICU) is a significant milestone in student nurses' life as it is one of the specialized settings where critically ill patients are treated and cared for.

Objective: To analyze the current evidence of the experiences of student nurses during their ICU placement.

Methods: A systematic literature review was conducted following PRISMA guidelines. Two electronic databases (PubMed and Google Scholar) were consulted using keywords that include undergraduate nursing students, the ICU and experience. It featured articles published from January 2011 to July 2021. In data analysis, narrative synthesis was used.

Results: The search generated 1784 publications. Following the screening process, seven articles based on qualitative studies from four countries were included. Four studies were from Turkey, and three studies were from South Korea, Spain and Saudi Arabia. Five meta-themes emerged: complex learning environment leads to stress and fear among students, dealing with critically ill patients and death is a stress full experience, communication in ICU is challenging, feeling incompetent in the provision of care, and selecting intensive care as a career choice. This review found that students were afraid of the complex environment of ICUs and were anxious and nervous when approaching patients with complicated diagnoses and different appearances. Difficulties in communicating with patients and staff have hindered effective care and led to psychological distress. Although students had negative experiences in ICU placements, they had opportunities for personal improvement, and most were interested in choosing intensive care nursing as a career choice.

Conclusions: ICU clinical placement is a stressful experience for the majority of student nurses. However, they are interested to select ICU as a future career choice. These findings can be incorporated to design ICU course modules, revise curricula and plan ICU clinical placement effectively.

Keywords: Clinical placement, Experience, Intensive care unit, Nursing students

OP1.5: INC041

Persevering through Adversity: Experiences of Nursing Students with Remote Learning during Covid 19 Pandemic

Muescan RMH[#], Nermal ED, Nietes FN, Bungabong AKR

Nursing Department, St. Anthony's College, Philippines

[#]muescanryle@sac.edu.ph

Introduction: The surfacing of the pandemic that was brought upon by the COVID-19 disease has caused an unforeseen change of events that eventually resulted to the shift of learning modalities into remote learning. These conditions eventually introduced several difficulties for the students and the faculty of the higher education worldwide. This is particularly true for programs such as the nursing education that are carried out primarily in a learning setting that is face-to-face or in person, and which hands-on experiential learning is much preferred. To be able to handle and manage this situation in an impending future, the learning of these experiences is necessary to define the strong and weak points.

Objective: To explore the challenges, needs and experiences of nursing students with remote learning during the pandemic.

Methods: A qualitative descriptive phenomenology design is utilized in this study. Researchers made use of an in-depth semi structured interview as a tool in gathering data which were analyzed thematically using Colaizzi's phenomenological reduction. Data saturation was achieved with eight (8) nursing students of Nursing Department at St. Anthony's College, that were selected through purposive sampling.

Results: During the study, the results revealed five dominant themes that have surfaced, these are: Technological Challenges, Stress and Strains, Academic Relationship Changes, Student Resilience and Learning Insufficiency. Sub-themes were determined under each major theme. The five themes highlight the difficulties, motivations, adjustments, and lessons that were experienced by the participants.

Conclusions: Several problems that the nursing students must deal with were shed light on. These are summarized into five themes with their respective subthemes accordingly. The research findings revealed that despite these problems, students exhibited an exceptional display of resiliency and their perseverance to continue and finish their education.

Keywords: Nursing students, Pandemic, Remote learning

OP1.6: INC043

Depression, Anxiety and Stress among Nurses Working at Critical Care Settings during the Covid-19 Pandemic at National Hospital Sri Lanka (NHSL)

Sandeepani KSD^{1#}, Jayathilake MRS²

¹National Hospital Sri Lanka

²Faculty of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka

#sandeepanisachin1@gmail.com

Introduction: It has been widely acknowledged that critical care nurses have higher rates of mental disorders such as depression and anxiety which may adversely affect their psychological wellbeing as well as quality of the care provided by them.

Objective: To assess the levels of depression, anxiety and stress among nurses working at critical care settings during the COVID 19 pandemic at National Hospital, Sri Lanka and to identify their factors associated.

Methods: This cross-sectional study was carried out with nurses working in critical care settings at the National Hospital Sri Lanka. All the nurses in the study setting who met inclusion criteria were invited to participate in the study. Accordingly, 280 nurses were recruited. Data were collected between January and April 2022, using a pre validated, pretested, self-administered questionnaire which consisted of two parts: Socio demographic factors, Depression, Anxiety and Stress Scale (DASS-21). Mental health impact was assessed using DASS 21. Data analysis was performed using SPSS version 26. Descriptive statistics and chi square test were employed. The $p \leq 0.05$ was considered statistically significant.

Results: The number of valid responses were 203. Accordingly, response rate was 72.5%. The mean age of the participants was 32.07 years ($SD=6.382$), majority was females (87.7%) and married (60.1%). Out of 203, 45.8% were depressed in varying levels, however, 9.8 % had severe depressive symptoms. Further, 54.2% were anxious and 44.8% were stressed. Depression, anxiety and stress were significantly associated with age ($p=0.00$, $p=0.004$, $p=0.012$), marital status ($p=0.00$, $p=0.00$, $p=0.00$), average monthly income ($p=0.001$, $p=0.024$, $p=0.018$) and work experience ($p=0.00$, $p=0.00$, $p=0.001$).

Conclusions: There was some degree of depression, anxiety and stress among a sizable proportion of critical care nurses during COVID 19 pandemic and age, marital status, average monthly income and work experience were associated with them. Further assessments should be made to examine nurses working in other settings too.

Keywords: Depression, Anxiety, Stress, COVID 19, Nurses, Critical care

OP1.7: INC002

Perceived Motives and Barriers for Donating Blood during COVID-19 Pandemic; Cross-Sectional Survey among Blood Donors in Sri Lanka

Kumari GAG¹, Weerasekara WANL¹, Thennakoon TMSA¹, Kaluarachchi KAIK¹, Wijesekara NSW¹,
Dharmarathna HHND^{1#}, Jayamaha AR²

¹Faculty of Nursing, KIU, Sri Lanka

²Faculty of Graduate Studies, KIU, Sri Lanka

#nishadi@kiu.ac.lk

Introduction: The COVID-19 pandemic significantly reduced the blood donation intentions of donors worldwide and it caused to 20% to 30% reduction in donated blood. Understanding the motives and barriers to donate blood is instrumental in encouraging blood donors.

Objective: To determine the perceived motives and barriers to donating blood during the COVID-19 pandemic among blood donors in Sri Lanka.

Methodology: A descriptive cross-sectional study was conducted among 384 blood donors who donated blood at National Blood Center (NBC), Blood Bank, Base Hospital Mahiyanganaya, and mobile camps which are organized by NBC. Pretested interviewer-administered questionnaire was used for data collection. The data were analyzed using descriptive statistics. IBM SPSS Version 25 was used as the analytical tool. Ethical approval was obtained from the Ethics Review Committee of KIU (KIU_ERC_22_007).

Results: Of the participants, 58.6% (n=225) belonged to the 18- 35 years age category, 69.5% (n=267) were females and 63.3% (n=243) were unmarried. Most of the participants (76.3%, n=29) donated blood more than once. Most reported perceived motives for blood donation were positive effect of health (47.1%, n=181), recognize as a social responsibility (46.9%, n=180) and altruism (43.3%, n=168). Unavailability of mobile blood donating camps (35.2%, n=135), lack of information regarding blood donation (26.6%, n=102), staying home to prevent COVID-19 (27.9%, n=107) and positive for COVID-19 (25.3%, n= 97) were the most prevalent perceived barriers for blood donation.

Conclusions: The study revealed that the COVID-19 pandemic created several barriers to blood donation and interventions should be implemented to remove the barriers to donating blood.

Keywords: Motives, Barriers, Blood donors, Blood donation, COVID 19

OP1.8: INC029

Perceived Stress, Coping Strategies and Emotional Intelligence among Nursing Students at School of Nursing Colombo

Thilakarathna UGMP^{1#}, Kisokanth, G²

¹Department of Fundamentals of Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

²Department of Clinical Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

#manori2004t@gmail.com

Introduction: Nursing students experience high levels of stress during their study period which lead to psychological distress, poor academic outcomes, and high attrition rates. Coping strategies are used to deal with stress during their studentship. Emotional intelligence helps reduce stress and lessen effects of stress and found to be strongly associated with academic achievement, critical thinking, peer learning and help-seeking.

Objective: To assess perceived stress, coping strategies and emotional intelligence among nursing students at school of Nursing, Colombo.

Methods: A descriptive cross-sectional study was conducted among 382 second- and third-year nursing students. Data were collected by online self-administered questionnaires. Validated Perceived Stress Scale, Brief Cope Scale and GENOS concise Inventory were used to collect perceived stress, coping strategy and emotional intelligence among participants respectively. Data were analysed using descriptive and inferential statistics.

Results: Nearly 72% of the participants had the moderate levels of stress and 52% of the participants had lower levels of emotional intelligence. The participants reported the use of adaptive, rather than maladaptive coping strategies. A significant negative correlation was found between perceived stress and emotional intelligence ($r = -0.322, p=0.001$). Statistically significant differences were identified between level of emotional intelligence and gender ($p = 0.049$).

Conclusions: Study shows a moderate level of stress and low level of emotional intelligence among Nursing students. Also, students used adaptive coping strategies more often than maladaptation. Future research is needed to explore the development, application, and evaluation of strategies to reduce stress and enhance emotional intelligence in nursing education.

Keywords: Perceived stress, Coping, Emotional intelligence, Nursing students, Sri Lanka

OP1.9: INC034

Parents' Views on the Impact of Online Education at a Selected Primary Education Center during the Covid-19 Pandemic

Gallage NS^{1,2}, Gunawardana NBHK^{1,3}, Harshika NPD^{1,4}, Karunarathna PPL^{1,3}, Sandakumari HHS^{1#}, Kanchana KTG¹

¹KIU, Koswatta, Battaramulla, Sri Lanka

²Teaching Hospital, Karapitiya, Sri Lanka

³National Institute of Mental Health, Angoda, Sri Lanka

⁴National Hospital of Sri Lanka, Colombo, Sri Lanka

#shashikala@kiu.ac.lk

Introduction: Learning is a complex cognitive process that can be improved with motivation. Primary education plays a foundational role and serves as the gateway to secondary education and other levels of education. The traditional classroom education method has been changed into a newer platform of education due to the COVID-19 crisis while causing a major effect on the primary education level.

Objective: To assess the parents' views on the impact of online education at a selected primary education center during the COVID-19 pandemic.

Methods: A cross-sectional study was conducted among 137 parents by using the convenient sampling method. Data was collected by using a self-administered web-based questionnaire that was developed by the researchers. Ethical clearance was obtained from the Ethics Review Committee of KIU (KIU/ERC/22/017).

Results: The majority were females (68.6%), and the mean age was 33.21(SD±5.41) years while most of them (70.8%) were educated up to a degree level, 67.2% of participants belonged to the nuclear family. Most children (46%) were under the age of 4 years. The majority (59.9%) were attending nursery and 55.5% of them were male. The majority (71.5%) of parents believe that technology support at the child's education center is courteous while 70.8% of teachers adequately measure the progress of the child through an online platform to parents. Most participants (65.7%) agreed that teacher is available to assist their children when needed. The majority reported limited e-learning equipment, and poor internet facilities as are main barriers of 60.6%, and 67.2% respectively. Most of the parents (62%) were overall satisfied with their child's experience in online education during the pandemic but 32.1% were dissatisfied with administrative support.

Conclusions: Parents' view of the online learning experience was positive. Mainly limited e-learning equipment and weak internet facilities were barriers.

Keywords: Parents' views, Online, Primary education, COVID-19

OP2.1: INC047

Effectiveness of Methylprednisolone in the Treatment of Dengue Fever: An Observational Study

Alwis K¹, Rajapaksha MBDT¹, Amarasinghe TS^{2#}, Warnasooriya WMSN³, Ralapanawa DMPUK⁴, Kularatne SAM⁴

¹Base Hospital, Gampola, Sri Lanka

²Department of Basic Sciences and Social Science, Faculty of Nursing, University of Colombo, Sri Lanka

³Faculty of Medicine, University of Peradeniya, Sri Lanka

⁴Department of Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka

#thimira@dss.cmb.ac.lk

Introduction: Dengue infection can cause intense immune activation causing cytokine overproduction and Cytokine Storm Syndrome (CSS). Steroids are known to have an action on CSS. Abolition of overproduction of Cytokines can mitigate manifestations of Dengue hemorrhagic fever (DHF).

Objective: The objective of this study was to study the effectiveness of Methylprednisolone (MP) as a steroid in the treatment of dengue fever.

Methods: Clinical data for this observational descriptive study was collected from the diagnosed adult dengue patients (n=496) admitted to Teaching hospital Peradeniya and Base Hospital, Gampola. Data was collected regarding the use of MP by the physicians for the treatment of dengue fever. A total of 100 dengue patients from Base hospital Gampola were treated with 12 mg of MP by the physicians while providing standard treatment for all the patients from Teaching hospital, Peradeniya. Parameters for the clinical improvement of both groups, those who received MP treatment and those who did not received MP, were compared at the significance level of $p < 0.05$.

Results: Mean age of the participants were 32.96 ± 14.55 years including 223 females (45%) and 273 males (55%). Mean hospital staying duration of patients under MP was 3.89 days and no deaths while it was 4.18 days with three deaths in control group and the mean difference was significant ($p = 0.039$). Patients went under MP had a mean of 2.05 days to increase platelet counts and it was 2.83 days for control group and the mean days of the two groups were significantly different ($p < 0.001$). Time taken to reduce ALT/AST levels did not show any significant differences in both groups.

Conclusions: Results of this observational study shows evidence for effective application of MP in the treatment of DHF. Randomized controlled trials (RCTs) are recommended to establish a strong relationship between steroid treatment and dengue fever.

Keywords: Dengue fever, Methylprednisolone, Effectiveness

OP2.2: INC009

Sleep Quality and its Associated Factors among Patients with Cancer, Who Seek Treatments from Apeksha Hospital, Sri Lanka

Vithana N¹, Rasadari UGV¹, Lakmali ALGIG¹, Sandamali PGP¹, Madushani JI¹, Dharmarathna HHND^{1#}, Jayamaha AR²

¹ Faculty of Nursing, KIU, Sri Lanka

² Faculty of Graduate Studies, KIU, Sri Lanka

#nishadi@kiu.ac.lk

Introduction: Sleep is paramount important for physical, psychological, emotional, and cognitive wellbeing. Sleep disturbance is one of the most common complaints in patients with cancer which interferes with the symptom burden, coping ability and treatment outcomes.

Objective: To assess the sleep quality and its associated factors among patients with cancer, who seek treatment from Apeksha Hospital, Sri Lanka.

Methods: A descriptive cross-sectional study was conducted among 384 patients with cancer, who seek treatment from Apeksha Hospital. Ethical approval was obtained from Ethics Review Committee of KIU. Pretested interviewer-administered questionnaire was used for data collection. Sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI). Sleep quality was classified as good (PSQI score ≤ 5) and poor (PSQI score > 5). The data were analyzed using descriptive statistics and associations between categorical variables were assessed by performing Chi-square test. IBM SPSS Version 25 was used as the analytical tool.

Results: Of 384 patients with cancer, 58.9% (n=226) were females. Majority of the patients (78.4%, n=301) belonged to the 25-64 years age category and 63.0% (n=242) were married. Fifty percent of the patients with cancer (n=192) reported that they are suffering from pain. The mean global PSQI score was 10.32 ± 3.48 (range 3-20) and 90.1% categorized as patients with poor sleep quality. Age (p=0.002), engaging in leisure time activities (p=0.036), social media use (p=0.022), and level of pain measured using pain scale (p<0.001) were associated with the sleep quality of the patients with cancer.

Conclusions: Poor sleep quality is highly prevalent among the patients with cancer and evidence-based interventions should be implemented to improve the sleep quality.

Keywords: Sleep Quality, Cancer, Patients

OP2.3: INC033

Life Narratives of Adults with Obsessive-Compulsive Disorder in Galle Area: An Explorative Study

Vithana KVGSG¹, Boralessa P², Asurakkody TA^{3#}, Perera DP⁴

¹Teaching hospital, Karapitiya, Sri Lanka

²Department of Psychology, International College of Business and Technology, Sri Lanka

³Department of fundamentals of Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

⁴Department of Family Medicine, Faculty of Medicine, University of Kelaniya, Sri Lanka

#thanuja@fnd.cmb.ac.lk

Introduction: Obsessive-compulsive disorder (OCD) is a greater prevalent and debilitating psychological health disorder known to influence various life domains. Yet little is known about the subjective narratives of living with OCD amongst Sri Lankans and the ways in which it impacts to daily life.

Objective: To explore the life narratives of adult individuals diagnosed with OCD within the Galle area in Sri Lanka with a focus on the impact of OCD on their life.

Methods: Qualitative phenomenological study selected a purposive sample of ten adults primarily diagnosed with OCD who were registered in psychiatric clinics in Teaching Hospital, Karapitiya, Sri Lanka. Data was collected from April to July 2021 to take part in semi-structured interviews. Interviews were audio recorded and transcribed verbatim. Verbatim was analyzed thematically.

Results: Overall, four main themes and 11 sub-themes were illustrated which comprised a) Direct impact to self - coping strategies, sleep and cognitive impairment b) Living with family - various reactions from family, family members' perception c) Influences on academics and work- impairment productivity of work or academic progress, communication issues in work or academic environment. d) Social and cultural impact- socializing issues, cultural influences and religious impact and support from society. The individuals viewed OCD as a disorder that unfavorably influenced their life. They become at risk of interrupting continuing treatments, with the possibility of enhanced severities or recurrences of symptoms in OCD.

Conclusions: Adults with OCD have issues with their life related to self, family, work, academic and socio-cultural aspects of their life. Findings can be used as basis for develop of interventions that meet the person needs and attention to increase quality of life. Findings will help to arrange supportive programs to adjust treatment and nursing strategies with community nursing programs.

Keywords: Life narratives, Adults, OCD

OP2.4: INC013

Psychological Aspects of Adolescent Pregnant Women in the Galle District

Thakshila PHD^{1#}, De Zoysa E²

¹Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka

²Department of Biochemistry, Faculty of Medicine, University of Ruhuna, Sri Lanka

#dilinitakshila825@gmail.com

Introduction: Adolescence is the period of age between 10 to 19 years and pregnancy in this group of women is a global health problem. Adolescent pregnant women are more likely to have emotional and psychological disturbances when compared to adult pregnant women.

Objective: To assess the psychological aspects of adolescent pregnant women in the Galle district.

Methods: A hospital based descriptive cross-sectional study was conducted in antenatal clinics of four main hospitals in the Galle district among 252 pregnant women. To assess the psychological aspect, interviewer administered validated Sinhala versions of depression, anxiety, stress scale 21 (DASS-21) and Edinburgh postnatal depression scale (EPDS) (a valid instrument to screen depression in antenatal and postnatal women) were used.

Results: Mean age of the study subjects was 18.2 years (+ 1.0) and the majority of them were in the age of 19 years (n= 109,43.2%). Majority of the subjects were living in rural areas (73.0%, n=184), studied up to O/L (56.7%, n=143) and unemployed (92.9%, n=234). Symptoms of depression were presented in 31.4% (n=79) and 29.4% (n = 74) of subject according to DASS-21 and EPDS respectively. From them 16.5% had moderate to severe symptoms and 4% (n=10) had suicidal ideas. According to DASS 21, symptoms of anxiety and stress were present in 53 (21.0%) and 34 (13.5%) of subjects respectively. From those who had anxiety and stress 64% and 44% had moderate to severe condition respectively and there were statistically significant weak positive correlations between depression and anxiety, depression & stress and stress & anxiety (p<0.001).

Conclusions: A need of a comprehensive psychological assessment of adolescent pregnant women for a better antenatal care and pregnancy outcome is highlighted by the presence of considerably significant number of pregnant women with psychological disturbances in this study sample.

Keywords: Adolescent pregnancy, Depression, Anxiety, Stress

OP2.5: INC048

Hypocalcemia in Dengue Patients: A Single Center Observational Study in Central Sri Lanka

Warnasooriya WMSN^{1#}, Jayasinghe S², Amarasinghe TS³, Rajapakse RPVJ⁴, Kularatne SAM⁵

¹Faculty of Medicine, University of Peradeniya, Sri Lanka

²Department of Pathology, Faculty of Medicine, University of Peradeniya, Sri Lanka

³Department of Basic Sciences and Social Sciences, Faculty of Nursing, University of Colombo, Sri Lanka

⁴Department of Veterinary Pathobiology, Faculty of Veterinary Medicine and Animal Science, University of Peradeniya, Sri Lanka

⁵Department of Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka

#sitharawarnasooriya12@gmail.com

Introduction: Dengue is known to be fatal due to the limited evidence of pathogenesis and specific treatment options. Serum calcium is very important in cardiac functions, haemostasis and immunopathogenesis.

Objective: To explore the prevalence of hypocalcaemia among the dengue patients presented to Medical Wards, Teaching hospital, Peradeniya and its association with the severity of the disease.

Methods: This is a descriptive observational study. Data were collected from the clinically diagnosed patients presented to Medical Wards, Teaching Hospital, Peradeniya. According to the laboratory reference range, the normal range of corrected calcium levels was indicated between 2.2 to 2.6 mmol/dl.

Results: The sample size was 386 and the mean age was 35.2 ± 15.79 years, while the majority were males ($n = 205$, 53.1 %). Mean serum Calcium level of the total sample was 2.1 ± 0.16 mmol/L (range = 1.18 – 2.22). There were 122 dengue hemorrhagic fever (DHF) patients (31.6%). Mean serum Calcium level of DHF patients was 2.06 ± 0.13 mmol/L while it was 2.13 ± 0.17 mmol/L in dengue fever (DF) patients. It is significantly lower than patients with DF ($p < 0.001$). Prevalence of low serum calcium levels in DF and DHF patients was 69.3% ($n = 183$) and 92.1% ($n = 116$), ($p < 0.05$).

Conclusions: Individuals with DHF had considerably lower serum Ca^{2+} levels than patients with DF, and hypocalcemia was more common. This might be used to evaluate the severity of the disease. We suggest that further research is needed to assess the effectiveness of calcium as a specific treatment option in preventing the severity of dengue.

Keywords: Dengue, Dengue hemorrhagic fever, Serum calcium levels, Severity of dengue



OP2.6: INC042

Lived Experience of Mothers with Down's Syndrome: Difficulties and Challenges in a Pandemic

Samulde TN[#], Totanes CM, Vediosas H, Venegas KM, Suganob EM

Nursing Department, St. Anthony's College, Philippines

[#]samuldetrisha@sac.edu.ph

Introduction: Mothers raising a child with Down's syndrome (DS) play a significant role in ensuring that the child will meet his or her needs while coping with the disorder, especially during this time of pandemic. The emergence of the COVID-19 pandemic had impacts on mothers raising a child with DS. To better understand the challenges and experiences of mothers, it is therefore essential to explore the mothers' lived experiences raising a child with Down's syndrome during this time of the pandemic.

Objective: To explore the lived experiences of mothers raising a child with Down's syndrome during the COVID-19 pandemic.

Methods: This study used a descriptive phenomenology design. Purposive sampling was used to select the co-researchers and data saturation was achieved with six (6) co-researchers. Researchers used an in-depth semi-structured interview as a tool for gathering data which were analyzed using Colaizzi's method.

Results: Based on the researchers' analysis of the data, four major themes emerged, namely: (1) Difficulties and Challenges of Mothers Raising a Child with Down's syndrome (2) Positivity towards Life, (3) Getting through the Obstacles, and (4) Worried about the Unpredictable Future of the Child. These four themes highlight the burden, fear, happiness experienced, and coping strategies adopted by the co-researchers all throughout their journey during the pandemic.

Conclusions: The research findings revealed the mothers' experiences with the difficulties they experienced during the COVID-19 pandemic. Furthermore, their ways of embracing the changes and coped up with the situation were also discussed. Despite the frightening experiences of living during the pandemic, the six (6) mothers exhibited enormous resilience towards the threat and fear of the illness. Despite those experiences, the COVID-19 pandemic promoted their personal growth and motivations for better lives in the future. The findings of this study will help guide the formation of relationships between mothers of children with Down's syndrome and healthcare professionals in addressing their challenges. Also, these can help developmental psychologists, health authorities, and future researchers in developing solutions to lessen these challenges and better support mothers having a child with Down's syndrome.

Keywords: Mothers, Child with Down's syndrome, Challenges, Difficulties, Coping, Pandemic

OP2.7: INC003

Development and Validation of an Instrument Assessing Knowledge, Attitudes and Practice on Digital Health Among Nursing Officers

Madhuwanthi RM^{1#}, Marasinghe RB², Jayathilake MRS³, Liyanaarachchige NP⁴

¹Department of Nursing, Faculty of Nursing, KIU, Sri Lanka

²Department of Medical Education, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka

³Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka

⁴Ministry of Health and Indigenous Medical Services, Sri Lanka

#Maheshikamaduwanthi144@gmail.com

Introduction: Validation is an important aspect of an instrument, and it ensures the confidence of researchers to employ the instrument in their studies. This study was conducted to develop and validate an instrument to assess knowledge, attitudes, and practices (KAP) on digital health among nurses since digital technologies have become a global trend and expanded in almost every sphere of healthcare.

Objective: To develop and validate an instrument to assess knowledge, attitudes and practice (KAP) on digital health among nursing officers in Sri Lanka.

Methods: We conducted a methodological study to develop the instrument, establish the content validity and assess the reliability of the instrument. First, items were generated through a comprehensive literature review using research articles that were published in the English language and obtaining experts' opinions. Secondly, content and face validity were established through a panel of seven experts. Both Item-level Content Validity Index(I-CVI) and Scale-level Content Validity Index(S-CVI) was calculated for relevancy, clarity, ambiguity and simplicity of each item in the questionnaire. Moreover, test-retest reliability and internal consistency of the instrument were assessed using the Intraclass Correlation Coefficient and Cronbach's α . Coefficient respectively. Data were analyzed using SPSS version 25.

Results: The initial pool consisted of 55 items and after obtaining content and face validity 51 items remained. Items that I-CVI < 0.78 were considered relevant. S-CVI for relevancy, clarity, ambiguity, and simplicity were 0.93, 0.91, 0.94 and 0.92 respectively. Test-retest reliability test revealed that the instrument has good reliability showing correlation coefficient values for KAP domains and the total questionnaire of 0.76, 0.98, 0.99 and 0.99 respectively. Independent Cronbach's α for all items was 0.76 indicating good internal consistency.

Conclusions: This study established acceptable validity and ensured good reliability and internal consistency of the instrument which can serve as an assessment tool of KAP on digital health among healthcare professionals.

Keywords: Digital Health, Knowledge, Attitudes, Practice, Validity, Reliability

OP2.8: INC030

Caregiver Burden Towards Cancer Care: A Cross-Sectional Survey Among Caregivers Attending National Cancer Institute, Sri Lanka

Ranaweera VI, Ranepura JG, Madilanda HPTR, Senavirathna NKNS, Sadaruwani HGC, Ranaweera RAND, Senarath NSASN, Nisansala MWN[#]

Department of Nursing, Faculty of Nursing, KIU, Sri Lanka

[#]nisansala@kiu.ac.lk

Introduction: The complexity and uniqueness of the care giving to cancer patients varies depending on the type of cancer, stage of the illness, and type of cancer treatment. However, a high level of caregiver burden is widely reported with cancer care due to the process of caring and the emotional distress experienced by the caregivers.

Objective: To determine the level of caregiver burden and sociodemographic factors associated with caregiver burden among caregivers of patients with cancers at the National Cancer Institute, Sri Lanka

Methods: A descriptive cross-sectional study was conducted among randomly selected 365 caregivers. Data were collected using a pretested, interviewer-administered questionnaire includes Zarit Burden Interview (ZBI) to measure the caregiver burden. Data were analyzed using descriptive and inferential statistics using SPSS version 25 as the data analysis tool. The caregiver burden was categorized as 0-20 - no burden, 21-40 - mild burden, 41-60 - moderate burden, 61-80 - severe burden and > 80 - more severe burden. Ethical approval was obtained from the ethics review committee of KIU.

Results: Majority of caregivers were female (77.8%), married (78.4%), educated above primary education level (91.7%), and employed (64.7%). Caregiver burden ranged from 38 to 57 and the mean value was 48.11 ± 3.45 . Only 3.3% had no caregiver burden. Others represented mild (17.8%), moderate (44.1%), severe (28.8%), and more severe (6%) levels of burden. The level of caregiver burden was not associated with age ($p=0.388$), gender ($p=0.340$), marital status ($p=0.580$), educational level ($p=0.620$), employment status ($p=0.093$), type of cancer ($p=0.063$), and duration of cancer care ($p=0.106$).

Conclusions: As moderate level of caregiver burden was common among the caregivers of patients with cancers, this study recommends supportive interventions such as psychoeducation, skills training and therapeutic counseling which can help to improve the level of burden among caregivers.

Keywords: Caregiver, Caregiver burden, Patients with cancer

Technical Session – Poster Presentations



PP1.1: INC024

Awareness, Knowledge and Attitudes on Oral Cancers and Oral Potentially Malignant Disorders Among Nursing Officers and Nursing Students in Sri Lanka

Subasinghe SPKJ^{1#}, Prabani KIP², Hettiarachchi PVKS^{1,2}, Pathirathna ML³, Jayasinghe RD^{1,2}

¹Department of Oral Medicine and Periodontology, Faculty of Dental Sciences, University of Peradeniya, Sri Lanka

²Center for Research in Oral Cancer, Faculty of Dental Sciences, University of Peradeniya, Sri Lanka

³Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka

[#]kalpanasubasinghe1116@gmail.com

Introduction: Oral cancers are the second most common cancer among Sri Lankans and the leading cancer among Sri Lankan males. Oral cancer is having a high mortality and morbidity rates and easily detectable and preventable as most. Most oral cancers occur from an Oral Potentially Malignant Disorder (OPMD). Nurses being the frontline workers in the health sector can be identified as a resource group to educate the community on OPMDs and oral cancers. Thus, it is crucial to evaluate their knowledge and determine the necessity of initiating awareness programs.

Objective: To assess the awareness, knowledge, and attitudes on OPMD and Oral Cancers among Sri Lankan nursing officers and Nursing students.

Methods: A cross sectional study was conducted among nursing officers, students from nurses' training schools, and nursing undergraduates in Sri Lanka through an online Google form. Data collection was done for a period of 6 months starting from August 2021- February 2022. SPSS version 22 was used for data analysis. Responses for open ended questions were analyzed using quantitative content analysis.

Results: 540 responses were received. 65.8% percent of the participants were nursing officers, 16.3% were undergraduate nursing students and 17.9% were nursing students from nurses' training schools. Mean age and the experience of the participants was 31.5 (SD±8.2) and 5.2 (SD±1.6) years respectively. Only 38% have had a formal training on oral cancer prevention and among them only 50% thought that the training was adequate. Nearly 77% of the participants agreed that present nursing curriculum does not contain adequate content on oral cancers and OPMD. Their knowledge and attitudes were reported satisfactory. 'Allocating a special nurse for oral health education' has been suggested by the participants as a measure of oral cancer prevention in the community.

Conclusions: The knowledge and attitudes on OPMD and Oral Cancers among Sri Lankan nursing officers and Nursing students were reported satisfactory. The identified knowledge gaps should be addressed during Nursing curriculum revisions and continuous professional development programs in the future.

Keywords: Oral Cancer burden, cancer prevention, nursing education

PP1.2: INC038

Developing a Conceptual Framework for Cultural Competence in Healthcare: Looking at Antecedents and Consequences

Nishara MGS, Herath HMHI, Asurakkody TA[#]

Department of Fundamentals Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

#thanuja@fnd.cmb.ac.lk

Introduction: Cultural Competence (CC) is a continuous endeavor to develop the capacity to deliver care by health professionals to interact with people from various cultural backgrounds. Being a culturally competent health practitioner in a culturally diverse society is a challenging prerequisite. Hence, for developing a conceptual framework for CC, it is essential to identify the antecedents and consequences.

Objective: To identify and synthesize available evidence on antecedents and consequences to develop a conceptual framework for cultural competency.

Methods: A narrative review of the literature was performed on four databases; Google Scholar, Science Direct, PubMed, and Web of Science to identify the publications between 2000 and 2022.

Results: Forty-three articles were eligible from the initial search of 4804 studies. Of these, 81.4% and 18.6% were contributed to nurses and healthcare workers respectively. Dimensions of CC care; cultural awareness, cultural sensitivity, cultural desire, and encounters. Antecedents are included under four domains; Cognitive (Cultural knowledge, skills, understanding), Affective (cultural diversity including demographic factors). Behavioral (cultural proficiency, humility, and respect subsisted), Environmental (organizational infrastructure, service support, and healthcare policy guidelines). Upon the available evidence, consequences were categorized into three variables as; client related variables (enhancing patient's quality of life, holistic care, patient satisfaction), healthcare professional related variables (development of cultural skills, professional growth, communication, and improving nursing practice), and health system related variables (positive organizational outcome, cost-effectiveness, and effective treatment).

Conclusions: Ensuring precise deployment of CC provides a positive outcome for both healthcare professional and the client and directly influence the quality of the healthcare system. A comprehensive approach to the assessment of CC and implementation in healthcare practice, education, administration, and research of strategies to enhance cultural competence is vital to promoting culturally congruent healthcare practices. The model could provide a framework for health educators to create significant patient safety and organizational culture curriculum.

Keywords: Cultural competence, Antecedents, Consequences, Healthcare workers

PP1.3: INC010

Patients' Satisfaction about Health Education Regarding their Surgery by Service Providers at Teaching Hospital Peradeniya

Sinhuja R^{1#}, Dharmapala A²

¹ Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka

²Department of Surgery, Faculty of Medicine, University of Peradeniya, Sri Lanka

#Sinthujd14@gmail.com

Introduction: Providing health education has a pivotal part in improving the quality of life of surgical patients. Patients' satisfaction is becoming an individualistic growth indicator in health education. Assessing the patient's satisfaction about the health education regarding their surgery is an important process toward the improvement of the quality of care.

Objective: To assess patients' satisfaction about health education regarding their surgery at Teaching Hospital, Peradeniya

Methods: A descriptive cross-sectional study was conducted among patients over the age 18 years (120), and undergone surgery at Teaching Hospital, Peradeniya between the 3rd of August 2021 and to 24th of August 2021. A self-administered researcher developed a validated questionnaire was used to assess the patients' satisfaction. Data were entered and analyzed using SPSS version 25.

Results: Among the participants, the majority were female (65.8%).48.3% of the participants had past surgical experiences. Over half of the participants preferred to receive health education from the consultant. Most of the patients had received health education from ward doctors during their pre- and post-operative phase.22.5% of the participants reported a moderate level while 73.3% reported a high level of overall satisfaction regarding preoperative health education. Regarding post-operative health education, 55 % of them have a high level of overall satisfaction, on the other hand, 42.5% of the patients have a moderate level of overall satisfaction. Patients who had past surgical experience were having a significantly high level of satisfaction regarding pre- and post-operative health education compared to those who haven't past surgical experiences (p=0.05).

Conclusions: To improve the quality of care and health education strategies, patients' satisfaction on health education has to be assessed at least once a year in each of the health care settings dedicated to providing all level of health care to patients which include primary, secondary and tertiary health sectors

Keywords: Patients' satisfaction, pre, and post-operative health education, service providers, surgery

PP1.4: INC017

Factors Associated with Medication Administration Errors Among Nurses at Avissawella Base Hospital, Sri Lanka

Pubuduni RN, Karunarathna KRC, Rajapaksha RCD, Senavirathna WMSN, Damayanthi RMD, Nisansala MWN, Senarath NSASN[#]

Department of Nursing, Faculty of Nursing, KIU, Sri Lanka

[#]samanthi@kiu.ac.lk

Introduction: A single medication error (ME) may prolong a hospital stay or even end up in death. Nurses play a key role in the administration of medicines and the exploration of factors contributing to medication administration errors among nurses is vital to improving patients' health and the quality of nursing care.

Objective: To identify factors associated with medication administration errors among nurses.

Methods: A descriptive cross-sectional study was carried out among randomly selected 300 clinical nurses who are handling medications at Avissawella Base Hospital, Sri Lanka. Data was collected using a self-administered research questionnaire consisting of a 34-item 5-point Likert scale to assess medication administration errors. Data were analyzed by descriptive and inferential statistics using SPSS version 25. The study was ethically approved by the ethical review committee at KIU.

Results: Mean age was 36.64 ± 8.93 years and the majority were female (93%), married (66%), and educated above the diploma level (73.3%). Also, mean values for working experience and patient count were 12.44 ± 10.78 and 32.76 ± 12.02 respectively. Data was satisfied with the reliability and validity requirements (Cronbach's $\alpha = 0.915$, KMO value = 0.831, Bartlett's test p-value = 0.000), and based on factor analysis 34-item system was reduced to the 9-item system. Higher mean values indicated the highly contributing factors. Accordingly, identified common factors and mean values included pharmacist/ drug list-related factors (21.83 ± 5.47), the similarity of medicines/ packages (8.29 ± 3.26), work pressure (13.49 ± 4.02), personal factors (15.12 ± 3.58), communication (8.89 ± 3.27), insufficient knowledge/training (12.65 ± 4.16), physician-related factors (7.69 ± 2.25), unclear dosing and substitution of the drug list (5.7 ± 1.66), and clarify doubts from peers (2.46 ± 1.26). Except for the insufficient knowledge/training-related factors all other eight common factors were significantly associated with the education level and working experience of nurses.

Conclusions: Work pressure, pharmacist/ drug list related, insufficient knowledge/training related, and personal factors are common for medication administration errors among nurses. Level of education and working experience are significantly associated with many factors contributing to medication administration errors.

Keywords: Medication, Administration errors, Nurses

PP1.5: INC031

Perceived Barriers to Continuing Education Among Nurses Working at Teaching Hospital Rathnapura During the COVID-19 Pandemic

Paragahagoda IC, Kolonnage KAVS, Swarnalatha P, Chamindika VGIC, Niroshani AMT,
Maduwanthi RM, Senarath NSASN, Nisansala MWN[#]

Department of Nursing, Faculty of Nursing, KIU, Sri Lanka

[#]nisansala@kiu.ac.lk

Introduction: Nurses play a crucial role as front liners in managing COVID-19 pandemic. Continuing education is vital to face challenges raised by the pandemic. However, continuing nursing education during a pandemic is challenging due to the increased workload and responsibilities.

Objective: To identify the perceived barriers to continuing education among nurses working at Teaching Hospital, Rathnapura during the COVID-19 pandemic.

Methods: A descriptive cross-sectional study was conducted among 280 nurses using the simple random sampling method. A pretested, self-administered questionnaire developed based on scientific literature, was used to collect data. Data collection tool consisted of two sections namely baseline characteristics and perceived barriers for continuing education. Data were analyzed using descriptive and inferential statistics using the SPSS version 25 as the data analysis tool. Ethical approval was obtained by Ethics Review Committee of KIU.

Results: The mean age of participants is 36.3 ± 7.304 years old. Most participants were female (97.9%), married (76.8%), diploma holders (82.5%), and experienced >5 years in the nursing profession (68.9%). Majority (98.6%) preferred to continue nursing education. Heavy workload (96%), work-related stress (67.1%), lack of time (92.3%), and lack of transport facilities and travel restrictions related to the pandemic (74%) were identified as Covid 19 pandemic related perceived barriers to continuing nursing education. Lack of opportunities (78.9%), lack of information regarding available educational opportunities (72.5%), and insufficient IT literacy (71.4%) were identified as personal barriers. Age ($p < 0.001$), gender ($p < 0.001$), distance to education centers ($p = 0.014$), and working unit ($p = 0.002$) were associated with perceived barriers to continuing nursing education.

Conclusions: Heavy workload, lack of time, and lack of opportunities were the most common perceived barriers to continuing nursing education. Therefore, strategies need to be implemented by nursing administrators to mitigate the barriers and support the continuing nursing education process during a pandemic.

Keywords: COVID-19 pandemic, Nurses, Continuing education, Barriers

PP1.6: INC037

Against the Odds: The Lives of Nursing Student Mothers During the Pandemic

Omagap SR[#], Precia DJ, Rivas FK, Bungabong AK

Nursing Department, St. Anthony's College, Philippines

[#]omagapshaira@sac.edu.ph

Introduction: The rigor of combining motherhood with education poses a great challenge to student nursing mothers. This requires institutions of higher learning to continuously explore the experiences of nursing student's mothers as they balance their dual roles, as a way to mitigate the challenges they face during the pandemic.

Objective: To explore the lived experiences and the essence of these experiences which occurred at the intersection of parenthood and student hood for nursing student mothers during the pandemic.

Methods: This study used a descriptive phenomenology design. Researchers used an in-depth semi-structured interview as a tool in gathering data which were analyzed thematically using Colaizzi's method. The participants of the study consist of 6 student mothers enrolled in BS Nursing at St. Anthony's College for the second semester of Academic Year 2021-2022.

Results: Based on the researchers' analysis of the data, four dominant themes emerged, namely: (1) Dim-lighted Days, (2) Blazing Motivations, (3) Kindling Desire, and (4) Enlightened Schema. Sub-themes were identified under each major theme. These four dominant themes highlight the struggles, motivations, desires and lessons that represented the experiences of the participants all throughout their journey.

Conclusions: Despite being burdened by role conflicts that affects their academic performance and the challenge brought by the pandemic, the research study revealed that nursing student mothers continue to thrive and perform their roles without compromising the other. Adopting coping strategies helped these students' mothers with the dual role challenges.

Keywords: Nursing student mothers, Dual Roles, Pandemic, Phenomenology

PP1.7: INC004

Psychological Impact of Natural Disasters on Victims and Required Health Services: A Scoping Review

Weththasinghe C^{1#}, Senanayake KIDF²

¹Department of planning & quality improvement, Ninewells Hospital, Sri Lanka

²The Library, Faculty of Nursing, University of Colombo, Sri Lanka

#chandi22w@yahoo.com

Introduction: Natural disasters are sudden calamitous events which lead to a devastating impact on the stability and health of the population in a country. The psychological impact of natural disasters has become a major focus of disaster health management, and the morbidity of psychiatric disorders after disasters has been reported to increase in number.

Objective: To provide an overview of the psychological impact of natural disasters on the victims and to explore the needs of victims of natural disasters for healthcare services in Sri Lanka.

Methods: Saunders' research onion model was used adopting the interpretivism philosophy, inductive approach, qualitative method, grounded theory, and cross-sectional time horizon. Published literature between the period 2010 and 2022 was obtained by searching library databases such as CINAHL, BMC, Science Direct, Web of Science, and Emerald using the terms "natural disasters", "psychological impact", "victims of natural disasters" and "need for multidisciplinary healthcare services".

Results: Fifty articles were reviewed, and 35 articles were selected considering the inclusion and exclusion criteria. Selected articles were categorized into two themes; "psychological impact" and "required health services". Following a natural disaster, there is a sharp increase in reporting of long-term health consequences including Post-Traumatic Stress Disorder (PTSD), depressive disorders, and anxiety disorders. PTSD was founded as the commonest condition among natural disaster victims. The required health services may differ according to the nature of the disaster and the geographical spread of those affected. Most health services tend to deal with the short-term needs of the victims while their long-term needs remain less treated.

Conclusions: The findings highlight the severe psychological impact of natural disasters and suggesting providing accessible and comprehensive mental health services such as post-disaster psychological support systems, psychotherapy, strengthening community resilience, and fostering effective coping programs to meet the long-term needs of the affected individuals.

Keywords: Natural disasters, Psychological impact, Victims, Healthcare services, Post-traumatic stress disorder

PP1.8: INC021

Consumer Attitude towards Genetically Modified Foods of a Selected Community in A Grama Niladhari Division of Kalutara District, Sri Lanka

W.T.R. Wickramasinghe^{1#}, M.A. Dhananjani¹, D.C. Pathirage¹, E.A.M. Ransika¹, B.A.S. Yuwanthika¹, H. Kulathunga¹, D.L.N.L. Ubhayawardana²

¹Department of Biomedical Science, Faculty of Health Sciences, KIU, Sri Lanka

²Department of Basic Science & Social Science for Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

[#]hiroshani@kiu.ac.lk

Introduction: Genetically modified foods (GM) consist of plants and animals which has experienced gene manipulation. Most of the time, consumers have no idea that their food has been modified. The reported negative results of consuming GM foods are food allergies, and colon, breast, and lung cancers. The food consumption rate and associated diseases are increased due to the considerable population in Kalutara District. Therefore, this study determined people's attitude towards GM foods in the Kotigamgoda Grama Niladhari Division in Kalutara District, Sri Lanka.

Objective: To determine the consumer attitude towards GM foods of a selected community in a selected Grama Niladhari Division of Kalutara, Sri Lanka.

Methods: This study is a descriptive cross-sectional study. Researcher-developed validated self-administered questionnaire consisting of socio-demographic data, and attitudes about GM foods were used. The survey was carried out on 250 respondents (sample size, $n = N/1 + N \cdot e^2$) using a systematic random sampling method. Among 250 respondents, majority were females ($n = 153$, 61.2%) and had higher education ($n = 81$, 32.4%). Data were analyzed for descriptive statistics and Pearson's chi-square method using SPSS version 25. Attitudes were graded high, low, and moderate using Bloom's cut-off points.

Results: The majority of the respondents 108 (43.2%) had low attitude, followed by moderate attitude of 83 (33.2%), and high attitude of 59 (23.6%). A significant association was identified between non-communicable disease conditions and the attitudes of the respondents ($p \text{ value} < 0.05$).

Conclusions: Consumer attitudes toward GM foods were low, especially related to health risks, purchasing decisions of GM foods, non-GM foods, and rules which regulate GM foods. Providing more education regarding GM foods will increase the attitude towards GM foods among people. Further studies are necessary to confirm attitudes towards GM foods in various communities and the relationship between GM foods and non-communicable diseases in Sri Lanka.

Keywords: Genetically modified (GM) foods, Attitude

PP1.9: INC006

Isolation of Zerumbone, the Potent Bioactive Compound, from Sri Lankan Zingiber Zerumbet (L)

Weeratunge HD^{1,2}, De Silva ED², Premakumara GAS^{3#}

¹Herbal Technology Section, Modern Research & Development Complex, Industrial Technology Institute, Sri Lanka

²Department of Chemistry, Faculty of Science, University of Colombo, Sri Lanka

³Department of Basic Sciences and Social Science, Faculty of Nursing, University of Colombo, Sri Lanka

#sirimal@dss.cmb.ac.lk

Introduction: Zingiber zerumbet (L), a member of the family Zingiberaceae, known as “Wal-inguru” in Sri Lanka is a medicinal herb distributed in Sri Lanka, Bangladesh, India, Malaysia and Nepal. This plant is used to treat stomach aches, worm infestation in children, swelling sores and loss of appetite in traditional medicine in Sri Lanka. It has been reported that zerumbone, isolated from rhizome of Z. zerumbet has reduced the inflammatory response of acute lung injury in endotoxin-treated mice via Akt-NFkB pathway. Also, zerumbone shows anticancer, anti-inflammatory, anti-ulceration, antioxidant and antimicrobial properties. Use of Sri Lankan Z. zerumbet in immunomodulatory and lung protection herbal preparations needs scientifically validated zerumbone content in Sri Lankan Zingiber zerumbet.

Objective: To isolate zerumbone and quantify the content for potential biomedical and clinical experiments/applications.

Methods: The rhizome and leaf of Z. zerumbet from Nilgala forest of Sri Lanka was hydro-distilled to obtain its volatile oils and analyzed for volatile oil composition using GC-MS. The essential oil extracted from the rhizome was purified to isolate zerumbone by size exclusion chromatography using Sephadex LH20 followed by preparative HPLC. The purified zerumbone was confirmed by ¹H-NMR, ¹³C-NMR and 2D-NMR including HH-COSY, NOESY, DEPT-HSQC and HMBC analysis.

Results: The leaf oil contained 28 compounds in which 26 compounds were identified by GC-MS. It has trans-nerolidol (41.0%), β-caryophyllene (21.3%) and zerumbone (6.2%) as the major compounds. The rhizome oil contained 16 compounds of which 14 compounds were identified by GC-MS. The major components of rhizome oil were zerumbone (68.7%), humulene (12.2%) and camphene (3.6%).

Conclusions: The rhizome oil had 68.7% zerumbone whereas leaf oil had 6.2%. The novel approach adopted in this study could isolate zerumbone with high purity (99.9%) in sufficient quantities for zerumbone for potential biomedical applications and lung protection studies.

Keywords: Hydro-distillation, Volatile oils, Zingiber zerumbet, Zerumbone, Sri Lanka

PP2.1: INC028

Knowledge, Attitude, and Practice on School based Sexual and Reproductive Education Among Teachers, in Jaffna Educational Zone, Jaffna

Jayasinghe JMMC^{1#}, Thabotharan D², Nithlavarnan A³

¹Department of Nursing, Faculty of Allied Health Sciences, University of Jaffna, Sri Lanka

²Faculty of Allied Health Science, University of Jaffna, Sri Lanka

³Department of Education, Faculty of Arts, University of Jaffna, Sri Lanka

#malki96127@gmail.com

Introduction: Sex and reproduction are vital needs of a human being but give less priority among Asian countries, including Sri Lanka. Even though there is good curriculum and well-trained teachers, sexual and reproductive health problems have risen among adolescence due to the less impartation of knowledge and lack of resources to gain knowledge on it.

Objective: To assess the knowledge, attitude, and practice, of teachers on School Based Sexual and Reproductive Education (SBSRE), in Jaffna Educational Zone, Jaffna.

Methods: This School-based descriptive cross-sectional study conducted among all the Science and Physical Education teachers Grade 6-11, in Jaffna Educational Zone through a self-administered questionnaire.

Results: Majority (85.7%) were Sri Lankan Tamil, females, ranged in 41-50 years (N=212). Mean marks achieved for each knowledge, attitude, and practice, were 73.34%, 38.39%, and 54.24% respectively. Most of them marked that menstrual blood is not clean (61.9%), and masturbation as an abnormal behavior (64.6%). Condom (90.1%) and oral pills (72.9%) are popular than the other contraceptive methods. Herpes (42.0%) and Hepatitis B (23.8%) marked less, as sexually transmitted diseases. Half of them skipped the stems used to assess the legal aspect of sexuality while 19.3% marked abortion as a legally accepted method in Sri Lanka. Majority marked that girls should receive SBSRE than boys (74.0%) and teaching abstinence is better than contraceptive methods (89.2%), thus they skipped the topics of sexual health (55.8%), reproductive health (48.1), legal aspects (71.8), abstinence (77.5%), and contraception (74.0%) at teaching. Half of the population have urge to participate in SBSRE programs but majority 80.7% were not participated in any programs, as they did not receive any SBSRE during their childhood.

Conclusions: Even though teachers have knowledge and resources, their attitude and practice towards SBSRE effect more in the poor impartation of SBSRE to the students.

Keywords: School-based sexual and reproductive education (SBSRE), Knowledge, Attitude, Practice, Teachers, Adolescence

Relapses in Substance Use After Residential Rehabilitation Treatment: Preliminary Analysis of Three Months Follow-Up Data

Dharmarathna HHND^{1#}, Jayamaha AR², Rajapakse IH³, Gunasekara C⁴, Fernando N⁴, Meegoda MKDL⁵

¹Faculty of Nursing, KIU, Sri Lanka

²Faculty of Graduate Studies, KIU, Sri Lanka

³Faculty of Medicine, University of Ruhuna, Sri Lanka

⁴Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka

⁵Faculty of Health Sciences, University of Sri Jayewardenepura, Sri Lanka

#nishadi@kiu.ac.lk

Introduction: Substance Use Disorder (SUD) is a chronic, relapsing disorder that requires continuum care with effective treatment modalities such as residential rehabilitation treatment (RRT). Despite intensifying efforts, 60%-90% of individuals with SUD relapse even after RRT.

Objective: To determine the relapse rate and perceived reasons for relapses in substance use among individuals who successfully completed RRT and reintegrated to the community.

Methods: Longitudinal follow-up study was conducted among individuals with SUD who were admitted to conveniently selected six RRT centers in Sri Lanka. There were 186 individuals who successfully completed RRT. They were followed up monthly by phone calls for 3 months and data were collected using interviewer-administered questionnaire. The data were analyzed using SPSS 26 package and descriptive statistics were used. Ethical approval for the study was obtained from the Ethics Review Committee of the Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka (46/20).

Results: Of 186 individuals who successfully completed RRT and reintegrated, only 79 (42.5%) individuals were contactable. The common reasons for not being able to contact were, providing incorrect telephone numbers (n=37, 34.6%) and not answering the calls (n=70, 65.4%). Of the individuals who were contacted, 20 (25.3%) reported relapses in substance use. Majority (n=15, 75%) had relapsed within the 1st month, 20% (n=4) within 2nd month and 5% (n=1) within 3rd month. Heroin (n=8, 40%) and cigarettes (n=8, 40%) were the first substance that most of them used after the period of abstinence. Most prevalent (n=8, 40%) perceived reason for relapsing was lack of confidence to maintain the abstinence and only 20% (n=4) had participated in the aftercare programmes conducted by the RRT centers.

Conclusions: Poor response rate was observed for the follow up calls. A high tendency for relapse occurs during the 1st month after completing RRT. There was poor participation in aftercare programmes which could contribute to the observed relapses. Therefore, strengthening of aftercare programmes and explore new ways to prevent relapse is of paramount importance.

Keywords: Residential Rehabilitation Treatments, Relapse, Substance Use Disorder, Aftercare Programmes

PP2.3: INC005

Nursing Students' Knowledge, Attitude, and Self-efficacy of Palliative Care Towards End-of-Life Nursing in Laos

Khamsone N^{1#}, Se-Na Lee RN^{2,3}

¹Department of Adult Nursing, Faculty of Nursing Science, University of Health Sciences, Lao P.D.R

²Department of Cancer Control and Population Health, National Cancer Center Graduate School of Cancer Science and Policy

³Human Research Protection Center National Cancer Center, Goyang, Korea

#snlee0625@ncc.re.kr

Introduction: Nursing students' self-efficacy derives from their knowledge and attitudes toward palliative care and appropriate learning and practice in the curriculum as significant for providing effective palliative care.

Objective: To assess and investigate Laos nursing students' palliative care knowledge, attitudes, and self-efficacy toward end-of-life nursing.

Methods: An online questionnaire was administered to 269 nursing students from six different state nursing schools. Each nursing school surveyed 50 third-year higher diploma students. measurement includes the Lao version of the Palliative Care Quiz for Nursing, the Death Attitude Profile-Revised, the Palliative care Self-Efficacy Scale, and the Fromelt Attitude towards care of dying. Descriptive and correlational analyses have been performed.

Results: Regarding the fact that the vast majority of nursing students had a negative attitude toward death, their self-efficacy toward palliative care was average, with an average of 2.49 score. According to current research, nursing students have a modest degree of Palliative care knowledge, with an average total score of 13.16. FATCOD-L-Fear of death (0.344) and self-efficacy-Escape acceptance (0.162) showed a positive association in the correlation analysis, whereas FATCOD-L-Neutral acceptance (-0.215), escape acceptance (-0.192), and self-efficacy-FATCOD-L (-0.387) showed a negative relationship.

Conclusions: Students at the Lao Nursing School did not receive mandatory palliative care instruction, and only a few subjects relating to palliative care for chronic and critical were taught. nursing students should be taught how to provide terminal care in nursing schools in order to provide future quality Palliative care in Laos.

Keywords: Nursing students, Knowledge, Attitude to death, Self-efficacy palliative care

PP2.4: INC026

Factors associated with Work Engagement Among Nurses During COVID-19 Pandemic

Gamlath RDIM[#], Kumari WADN, Kariyawasam PL, Dammika MK, Thennakoon TMAI,
Edirisuriya MD, Senarath NSASN, Nisansala MWN

Faculty of Nursing, KIU, Sri Lanka

[#]rdimg9090@gmail.com

Introduction: Nurses act as front liners in managing COVID-19. However, outbreaks negatively impact work engagement mainly due to low job satisfaction, heavy workload, and staff shortage. Further, a higher level of job turnover was also widely reported during the pandemic. Exploration of factors associated with work engagement among nurses during covid 19 pandemic is important to improve and maintain patient care and occupational health safety.

Objective: To assess factors associated with work engagement among nurses during the COVID-19 pandemic.

Methods: A descriptive cross-sectional study was conducted among randomly selected 200 nurses who were working in selected hospital in Western province Sri Lanka from May to July 2022 by using a pre-tested self-administered questionnaire. The Utrecht Work Engagement Scale (UWES) was used to assess work engagement. UWES includes the subdomains of vigor, dedication, and absorption and UWES scores are classified as low (0 to 2), moderate (2.1 to 4), high (4.1 to 6). The data were analyzed by using descriptive and inferential statistics using SPSS version 25. The study was ethically approved by the Ethics Review Committee of KIU.

Results: The mean age of the study sample was 36.2 +1.5 years. The majority were females (88.3%) and married (67.7%). Most followed 6-hour duty schedules (62 %), one to four days of leaves per month (54%), and less than 10 years of working experience (61.7%). Majority (70.6%) reported high level of work engagement (moderate=14.9%, low =13.9%). Concerning the subdomain of UWES also, high level of work engagement (> 4.1 mean values) is reported for each subdomain (vigor = 4.3±1.36, dedication = 4.57±2.57 and absorption = 4.09 ±1.7). Statistically, a significant association couldn't be observed between work engagement with age, marital status, working experience, duty hours per day, and available leaves per month at the 95% confidence interval.

Conclusions: The higher level of work engagement is reported among nurses, and it was not associated with marital status, working experience, duty hours per day, and available leaves per month.

Keywords: COVID-19, Nurses, Work engagement

PP2.5: INC011

Perceived Barriers to the Use of Personal Protective Equipment (PPE) for Handling Chemotherapy: A Cross-Sectional Survey among Nurses at National Cancer Institute Sri Lanka

Rajakaruna RHMG[#], Karunarathna KSM, Kumari WMN, Wickramaarachchi JM, Arooshiya MMF,
Nisansala MWN, Senarath NSASN

Department of Nursing, Faculty of Nursing, KIU, Sri Lanka

[#]grkaruna1981@gmail.com

Introduction: Appropriate use of PPE reduces occupational exposure-related adverse health outcomes of handling Chemotherapy. Nurses are at higher risk category of getting exposed and perceived barriers that lead to the use of PPE for handling Chemotherapy need to be identified to improve better health of nurses.

Objective: To identify the perceived barriers to the use of PPE for handling chemotherapy among nurses at the National Cancer Institute Sri Lanka

Methods: A descriptive cross-sectional study was carried out among 232 nurses at the National Cancer Institute Sri Lanka using simple random sampling method. A self-administered questionnaire which consisted of the Hazardous Drug Handling Questionnaire was used to collect data and data were analyzed using SPSS version 25. The study was ethically approved by the ethical review committee at KIU.

Results: The mean age and working experience in the oncology unit were 35.84 ± 4.28 and 7.01 ± 3.14 years old respectively and the mean patient count of the unit was 45.61 ± 50.81 . The majority were female (81.9%) and diploma holders (72.8%). Common perceived barriers to the use of PPE were difficulty to obtain Chemotherapy specific PPE (94.9%), poor practice in the work setting (60.3%), reduced availability (90.5%), discomfort to continue nursing procedures (87.5%), and feeling hot (95.3%). According to the factor analysis, three common factors have been identified as attitude toward PPE (3.45 ± 0.93), nurse/staff-related barriers (9.96 ± 2.06), and discomfort to use PPE and availability issues (21.7 ± 3.74) that led to perceived barriers to the use of PPE. Statistically significant associations were observed between the attitude toward the use of PPE with gender ($p=0.038$) and working experience ($p=0.006$) and between the discomfort to use PPE and availability issues with patient count ($p=0.044$) and between nurse/ staff-related barriers with gender ($p=0.046$), working experience ($p=0.009$), and patient count ($p=0.007$).

Conclusion: Discomfort to use PPE and availability issues is a common barrier to the use of PPE for handling Chemotherapy. Perceived barriers are mainly associated with the working experience and the number of patients count.

Keywords: Chemotherapy, Safe handling, Nurses, PPE

Quality of Life and Patient Experience among Patient with Urinary Stones

Ho Thi Thuy Trang^{1#}, Tran Thi Thao², Duong Duc Hoa¹, Nguyen Thi Ngoc Minh³

¹Faculty of Nursing, Hue University of Medicine and Pharmacy, Vietnam

²Hue University of Medicine and Pharmacy, Vietnam

³Urology Department and Neurology Department, Hue University of Medicine and Pharmacy Hospital, Vietnam

#htttrang@huemed-univ.edu.vn

Introduction: Urinary stone disease is common illness that causes decreasing patients' quality of life.

Objective: To assess factors affecting for quality of life of the patients with urinary stones.

Methods: Cross-sectional data were obtained from a total of 132 urinary stones formers from 2 hospitals who completed the Wisconsin Stone Quality of Life and The Hospital Consumer Assessment of Healthcare Providers and Systems questionnaire from 9/2021 to 6/2022. Multiple linear regression (forward stepwise selection) were used to detect the factors associated with quality of life.

Results: The mean scores of quality of life was 53,8 (16,6) respectively. The significant factors associated with quality of life were found to be gender ($\beta = 9,331$, $p < 0.001$), patient experience ($\beta = 0.962$, $p = 0.023$), comorbid condition ($\beta = 6.323$, $p = 0.021$), type of urinary stones ($\beta = -5,867$, $p = 0.028$), prior intervention ($\beta = -8,400$, $p = 0.003$). The regression model accounted for 29.8% of the variance in quality of life.

Conclusions: Quality of life of patient with urinary stone is impacted by various factors such as gender, type of urinary stone, prior intervention, comorbid condition, and patient experience. Thus, it provides additional evidentiary support for developing and applying nursing interventions that improve quality of life in urinary stone populations. Nurses should include patient experience during hospitalization as measurable goals to promotion quality care.

Keywords: Quality of life, Urinary stones, Patient experience

Pain Experiences and Pain Management After Cesarean Delivery in Postpartum Mothers: A Cross-Sectional Study

Ton Nu Minh Duc^{1#}, Pham Thi Tinh², Ho Thi Thuy Trang¹

¹Faculty of Nursing, The University of Medicine and Pharmacy, Hue University, Vietnam

²The University of Medicine and Pharmacy, Hue University, Vietnam

#tnmduc@huemed-univ.edu.vn

Introduction: The experience of labor pain varies greatly, and pain management is major issue among women in the immediate postpartum period.

Objective: To assess patient experiences and pain management among mothers in the immediate postpartum period after caesarean delivery and to identify the factors related to pain experiences after cesarean delivery.

Methods: A cross-sectional study design among 190 postpartum women after cesarean during the first 24 hours after childbirth at Obstetrics and Gynecology Department, Hue University of Medicine and Pharmacy Hospital, Vietnam from August 2021 to July 2022. The socio- demographic characteristics, site of pain and self-report of pain were recorded. The mothers were interviewed to describe the nature of postpartum pain using the Brief Pain Inventory. Multiple linear regression was performed to identify factors independently associated with pain experience.

Results: The average pain experience level of the study group was 5.98 ± 0.92 . The percentage of postpartum mothers with moderate to severe pain at the time of the most pain was 95.2%. The pain relief method used was first-class analgesics, the average pain relief level was 5.47 ± 1.46 . A patient's previous experience of pain after cesarean section was associated with age, types of anesthesia, prenatal anxiety care support from relatives, and pain management ($p < 0.05$).

Conclusions: The rate of postpartum mothers after cesarean section experiencing moderate to severe pain is quite high, but effectiveness of postoperative pain management in postpartum mothers is still very low. Evaluation of factors associated with postpartum pain and pain management can help midwives to counsel women better about their delivery alternatives and can promote improved management of women undergoing both types of delivery experiences.

Keywords: Caesarean delivery, Pain experience, Pain management, Vietnam.

Level of Stress Among Nursing Undergraduates at Kaatsu International University During the COVID-19 Pandemic

Premakumari PDR¹, Morien MC¹, Amarasekara MPT¹, Ranasinghe VHHN¹,
Upeksha SHD^{1#}, Nisansala MWN¹, Amarasekara AATD²

¹Faculty of Nursing, Department of Nursing, KIU, Sri Lanka

²Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka

#dushani@kiu.ac.lk

Introduction: Nurses often face huge psychological pressure due to long working hours, heavy workloads, and high-risk environments. Moreover, pandemics also increase stress among nurses as they directly engage with infected patients as frontline healthcare workers.

Objective: To assess the level of stress among nursing undergraduates at KAATSU International University (KIU) during the COVID-19 pandemic.

Methods: A descriptive cross-sectional study was conducted among 110 nursing undergraduates studying at KIU. These nurses are working at different hospitals in Sri Lanka while studying at KIU. A convenient sampling method was used to collect data. A google form consists of baseline information and a perceived stress scale (PSS) used as the data collection tool. In PSS, a score of 0-13 was considered low stress, 14-26 was moderate stress, and 27-40 was considered high stress. Data were analyzed using descriptive statistics using the SPSS version 25. Ethical approval was obtained from the Ethics review committee of KIU.

Results: Majority of nurses were female 105 (95.5%), Sinhalese 105 (95.5%) and married 68 (61.8%). Most nurses (60.9%) were belonging to the age group of 24-32 years. The majority of nurses (57.3%) were grade III, nursing officers. The highest number of nurses 72 (65.4%) reported working \geq 12 hours per day while 37 (33.6%) of nurses worked in COVID-19 treatment units and ICU. According to the PSS, 26 (23.6%) had moderate stress, and 84 (76.4%) had high stress. As perceived by nursing undergraduates, heavy workload (83.6%) was the main contributory factor for stress. The majority (90.9%) were involved in recreational activities such as singing and painting to relieve stress.

Conclusions: High stress was reported by nursing undergraduates during COVID-19 pandemic. Hence recreational activities are recommended to relieve stress. Moreover, interventions to promote self-care and psychological support are recommended to reduce stress during the pandemic duration.

Keywords: Stress, COVID-19, Nursing undergraduates

Reviewers of the Abstracts

- Prof. S.S.P. Warnakulasuriya, Professor in Nursing, Department of Clinical Nursing Faculty of Nursing, University of Colombo
- Prof. A.A.T.D. Amarasekara, Professor in Nursing, Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura
- Prof. L.V. Athiththan, Professor in Biochemistry, Department of Biochemistry, Faculty of Medical Sciences, University of Sri Jayewardenepura
- Prof. R.S. Janaka Lenora, Professor in Physiology, Department of Physiology, Faculty of Medicine, University of Ruhuna
- Prof. Gayani Alwis, Professor in Anatomy, Department of Anatomy, Faculty of Medicine, University of Ruhuna
- Dr. G. Kisokanth, Senior Lecturer, Department of Clinical Nursing, Faculty of Nursing, University of Colombo
- Dr. Thanuja Asurakkody, Senior Lecturer, Department of Fundamentals of Nursing, Faculty of Nursing, University of Colombo
- Dr. D.A.S. Elvitigala, Senior Lecturer, Department of Basic Sciences and Social Science, Faculty of Nursing, University of Colombo
- Dr. G.A.S. Premakumara, Senior Lecturer, Department of Basic Sciences and Social Science, Faculty of Nursing, University of Colombo
- Dr. Malshani L. Pathirathna, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya
- Dr. H.D.W.T. Damayanthi, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya
- Dr. Sarath Rathnayake, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya
- Dr. A.M.S.D. Pathirana, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya
- Dr. S.M.K.S. Seneviratne, Senior Lecturer, Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura
- Dr. M.K.D.L. Meegoda, Senior Lecturer, Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura
- Dr. M.R.S. Jayathilake, Senior Lecturer, Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura
- Dr. I.M.P.S. Ilankoon, Senior Lecturer, Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura
- Dr. R.M.T.B. Abeyratne, Senior Lecturer, Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura
- Dr. Bimba Wickramarachchi, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna
- Dr. S.M.T.D. Sundarapperuma, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna

- Dr. R.H.M.P.N. Rathnayake, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna
- Dr. H.M.P. Herath, Senior Lecturer, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University
- Dr. Kalpani Abhayasinghe, Senior Lecturer, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University
- Dr. Sankarapillai Sujendran, Senior Lecturer, Department of Supplementary Health Science, Eastern University Sri Lanka
- Dr. R. Sanjeev, Senior Lecturer, Department of Human Biology, Faculty of Health Care Sciences, Eastern University
- Dr. K.A. Sriyani, Senior Lecturer, Nursing Department, Faculty of Health Sciences, Open University of Sri Lanka
- Dr. Nandika Nagodawithana, Research Associate, University of Alabama, Birmingham United State America
- Dr. Ho Thi Thuy Trang, Lecturer, Faculty of Nursing, Hue University of Medicine and Pharmacy, Vietnam
- Ms. W.A.R.P. Manike, Senior Lecturer, Department of Fundamentals of Nursing, Faculty of Nursing, University of Colombo
- Mrs. N.A.R. Nettasinghe, Senior Lecturer, Department of Fundamentals of Nursing, Faculty of Nursing, University of Colombo
- Mrs. M.G.A.S. Malkanthie, Senior Lecturer, Department of Fundamentals of Nursing, Faculty of Nursing, University of Colombo
- Mrs. H.M.C.M.Herath, Lecturer, Department of Clinical Nursing Faculty of Nursing, University of Colombo
- Ms. Nushka Ubhayawardane, Lecturer, Department of Basic Sciences and Social Science, Faculty of Nursing, University of Colombo
- Ms. A.Y.R. Athukorala, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya
- Mr. T.U.W. Abeygunasekara, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna
- Ms. S.M.E.B. Weeratunga, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna
- Ms. K.K.P.M.K. De Silva, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna
- Ms. A.D.S.S. Karunanayaka, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna
- Ms. Deivy Thabotharan, Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Jaffna
- Ms. Priyanga Munidasa, Senior Lecturer, Nursing Department, Faculty of Health Sciences, Open University of Sri Lanka
- Ms. P.W.G.D.P. Samarasekara, Senior Lecturer, Nursing Department, Faculty of Health Sciences, Open University of Sri Lanka

Sponsors of INC 2022

Main Sponsor

KAATSU International University, Sri Lanka



Bronze Sponsor

Melsta Laboratories, Sri Lanka



Other Sponsors

Infortec International Asia Campus, Sri Lanka



Acknowledgement

We extend our sincere gratitude to:

Chief Guest – Senior Professor H.D. Karunaratne
Vice Chancellor – University of Colombo

Sponsors of INC 2022
KAATSU International University, Melsta Labs, Infortec International Asia Campus

Keynote Speaker – Professor Jina Oh
Professor in Nursing, College of Nursing, Inje University, South Korea

Invited Speaker- Prof. Anousone Sisoulath
Vice Dean, Faculty of Nursing Sciences, University of Health Sciences, Laos

Invited Speaker- Prof. Wasana Ruaisungnoen
Faculty of Nursing, Khon Kaen University, Thailand

Invited Speaker – Prof. Sandeep Kumar
Department of Electronics and Communication Engineering, National Institute of
Technology, Surathkal, India

Professor Sudath Warnakulasuriya
Dean, Faculty of Nursing, University of Colombo

Reviewers, Session Chairs and Judges
International Nursing Conference 2022 – Faculty of Nursing, University of Colombo

Resource Persons of the Pre-Conference Workshop
Dr. G. Kisokanth, Dr. Anushka Elvitigala, Ms. Chathurika Sepala

Heads of the Departments, Faculty of Nursing, University of Colombo
Dr. G. Kisokanth, Mrs. R.P. Menike, Dr. Anushka Elvitigala

Academic and Non-academic Staff Members
Faculty of Nursing, University of Colombo

Students of the Faculty of Nursing, University of Colombo

All the Presenters and the Participants

