

Faculty of Nursing Newsletter 2024

Volume 3, Issue 1

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ACKNOWLEDGEMENTS

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Articles

Compassionate Care: Nurses at the Forefront of Breast Cancer Awareness

Breast cancer is a major global health concern, impacting millions of individuals and families each year. The incidence of breast cancer continues to rise, presenting a significant public health burden. Early detection and treatment are crucial, as they greatly enhance survival rates. Nurses play a vital role in this battle, providing compassionate care, support, and advocacy to those affected by the disease.

The World Health Organization reported that breast cancer is the most common cancer among women worldwide, with an estimated 2.3 million new cases diagnosed in 2020 (WHO, 2024). It also ranked as the fifth leading cause of cancer-related deaths. In Sri Lanka, the incidence of breast cancer is increasing, with nearly 3,000 women diagnosed annually (Ministry of Health, 2021). This data underscores the urgent need for improved patient education, effective early detection and screening programs, and streamlined care pathways globally, including in Sri Lanka.

The lifetime risk of developing breast cancer is one in nine for women over the age of 85 (American Cancer Society, 2023). Various factors including gender, age, family history, hormonal imbalances, lifestyle, and environmental factors contribute to this risk, with advancing age being the most significant. Approximately 80% of breast cancers occur in women over 50 years. However, according to the statistics, around 8,000 women are diagnosed with breast cancer before menopause each year (Singletary, 2003).

Many women confuse breast awareness with breast self-examination, believing that both are the same. However, breast awareness encourages women to become familiar with their breasts' normal look and feel through everyday activities, rather than following a specific examination routine. This approach helps women to recognize any unusual changes more easily including breast lumps, size or shape alterations, skin dimpling, nipple discharge, inversion of nipples, redness, persistent pain, and swelling of the breast. Awareness of these signs can aid in early detection and treatment of breast cancer. Changes in a woman's breasts can be distressing and cause fear of breast cancer. However, many changes are normal and occur naturally as breasts age. Women who receive breast awareness education from healthcare professionals demonstrate greater knowledge and

confidence than those who get information from other sources (Thornton and Pillarisetti, 2008).

Nurses are critical at every stage of the breast cancer journey, from prevention and screening to diagnosis, treatment, and survivorship. Their holistic approach addresses not only the physical aspects of the disease but also the emotional, psychological, and social needs of patients and their families. Further, they are uniquely positioned to educate and empower women about breast awareness in a non-alarmist way, reducing anxiety by providing clear information about what is normal and what changes to expect.

One key role of nurses in breast cancer awareness is education. They provide essential information about risk factors, early detection methods, treatment options, and supportive resources, empowering individuals to take control of their health. By conducting personalized educational sessions, nurses can discuss breast awareness with patients, teaching them what is normal for their breasts and how to recognize any changes. These sessions are important to meet individual needs and concerns, ensuring that each patient receives relevant and understandable information. Nurses also offer hands-on demonstrations to show how to perform breast self-examinations, highlighting the importance of familiarity with their breasts. They emphasize the need for regular check-ups and screenings, reinforcing that early detection can significantly improve outcomes (Bailey, 2000).

Beyond individual education, nurses engage in community outreach programs to raise awareness about breast cancer. They organize and conduct educational sessions that promote self-breast examination and regular screenings for breast cancer. These programs often target specific groups, such as women over 40 or those at higher risk, to emphasize the importance of regular clinical breast examinations and mammograms. By educating both individuals and communities, nurses help to ensure that more people are informed about breast cancer and its prevention, ultimately leading to earlier detection and better health outcomes.

In addition to medical treatment, nurses offer invaluable emotional support and advocacy to patients facing breast cancer. They act as trusted confidants, providing guidance and encouragement throughout the breast cancer journey. Whether addressing fears, helping with treatment decisions, or connecting patients with support groups and community resources, nurses are dedicated to holistic care. Their compassionate presence can

significantly alleviate the emotional burden of breast cancer, fostering a sense of hope and resilience in patients.

Similarly, nurses are also at the forefront of innovative breast cancer care approaches. They participate in clinical trials, adopt new technologies, and implement evidence-based practices to improve patient outcomes and quality of life of women. Nurse-led research is essential in advancing our understanding of breast cancer and improving treatment strategies. By staying informed about the latest developments in breast cancer care, they ensure that patients receive the most effective and up-to-date treatments available.

Recognizing the invaluable contributions of nurses to breast cancer awareness, it is essential to support their efforts by investing in ongoing education, training, and resources. Nurses can amplify their impact and reach underserved populations by collaborating with multidisciplinary teams and engaging in community outreach initiatives. Supporting nurses also means advocating for policies that improve working conditions and provide adequate resources for patient care.

In the fight against breast cancer, nurses are inspirations of hope, compassion, and expertise. Their dedication to holistic care, advocacy, and education is crucial in raising awareness, improving outcomes, and saving lives. Let us continue to honor and support nurses as they lead the charge in breast cancer awareness and compassionate care. Through their tireless efforts, nurses not only enhance the quality of life for breast cancer patients but also contribute significantly to the global endeavor of combating this prevalent condition.

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Evolving Geriatric Care Nursing as a Nursing Specialty in Sri Lanka

Health sector, as a non-income government institute in Sri Lanka is facing many challenges nowadays with the impact of the economic crisis. One of the factors affecting that is the increasing aging population and unbearable health expenditure spent on elderly care. Sri Lanka is also considered as a country with a fast rate of aging. Population estimate indicates that the proportion of Sri Lankans above the age of 60 years will increase from 14% in 2017 to 22% by the year 2037. With such a fast aging rate in the country, it is obligatory for policymakers to ensure that Sri Lankan economic and social institutions are ready enough to face the challenges related to fast aging in the future (Perera, 2017). Nursing professionals play the main role in caring aged people. This article thus focuses on the care for aging, a pivotal part of healthcare, as a current trend in the nursing profession in the Sri Lankan context.

Gerontology is the study of the process of aging and adults aged 65 years or above as defined by the World Health Organization (WHO). Although both the terms of gerontological nursing and geriatric nursing are used interchangeably, there is a considerable difference in geriatric care nursing as it more closely aligns with medicine used in diseases in later life, comprehensive health care for older persons and the well-being of their caregivers. Being a considerable nursing trend, geriatric care nursing influences several aspects of nursing including nursing practice, nursing education, nursing administration, and legal aspects of nursing. Geriatric nurses can work not only in primary care centers/ hospitals but also in nursing homes, patients' homes and communities, rehabilitation facilities, and retirement centers, etc. Therefore, it will definitely make a good opportunity for registered nurses (RN) to work in various working environments without being confined to a hospital ward where working can be very stressful due to heavy workload.

The prevalence of frailty in this rural Sri Lankan older population was high compared with high-income and upper-middle-income countries (Siriwardhana et al., 2019). Hypertension, diabetes mellitus, arthritis, visual and hearing impairments are the common health conditions in Sri Lankan elderly. In addition to these physical problems, many of them suffer from numerous mental problems (Santhalingam et al., 2021). According to that, geriatric care nursing should deal with the promotion of overall health status by preventing, treating, or controlling the diseases and disorders peculiarly including non-communicable diseases of the elderly by which the health expenditure on

older adults will be reduced in Sri Lanka as the ultimate objective. The severity of diseases, medication and hospital costs, and lack of care givers dramatically affect the economy in the country (Balasooriya A., 2023). Thus, geriatric care nursing will shape and boost the overall image of nursing profession by contributing to uplift the economy of country by other side.

Efficient pain management, psychological health support, and end-of-life care play a major role in putting these patients at the center of care through comprehensive assessments and evidence-based care. With advancements in technology, research, and nursing interventions within primary care sectors, it's vital for healthcare professionals to provide optimal patient care (Alfaouri et al., 2023). So, it's clear that geriatric care nurses are having many specific nursing roles in the care of elderly in order to achieve the overall and optimal well-being of them. Furthermore, geriatric care nursing provides many opportunities for nurses to practice in different fields of health care such as psychogerontology, neurogerontology, geriatric cardiology, geriatric nephrology, and work as geriatric nurse practitioners. Though these trends in nursing practice have not yet evolved in the Sri Lankan context, they might be the frontline perspectives and themes within future nursing, shaping the profession in a fantastic way. This trend, geriatric care nursing also influences-on the nursing education in Sri Lanka in many aspects, mainly in nursing research.

Both family members and caregivers reported a lack of facilities for referring the elderly for their needs; a lack of monetary support for infrastructure, drug supplements and utilizing human resources; inadequate knowledge on geriatric care and geriatric syndromes; and lack of desire to supply the service in elderly care homes as barriers in providing quality geriatric care (Gamage et al., 2024). This study which had been conducted recently indicates the challenges of geriatric care nursing such as addressing financial issues, resource management, and the lack of interest in caregiving in aged care homes (ACH). According to King et al. (2013), nursing educational institutes have a significant role in changing nursing students' attitudes towards elderly (Rathnayake et al., 2016). The study, which is the first of its kind undertaken in Sri Lanka, related to attitudes towards older people among nursing students highlights other challenges of geriatric care nursing. Nursing educators will have to make the learning curriculum broad enough to meet the geriatric care outcomes such as comprehensive geriatric assessment, cultivation of knowledge, attitudes and practices on geriatric care, and so on.

Geriatric care nursing is obviously a timely and specific nursing trend in the Sri Lankan context and it provides many opportunities in the nursing profession such as practice, education, administration, and ethical and legal aspects. The vast areas such as awareness on polypharmacy, the aspects of gerontology such as psychogerontology and patient care and delivery systems such as team or total care nursing approaches in geriatric nursing care, promotion of the concept of successful aging, and holistic care for older adults will be the special themes, and perspectives which will shape the nursing profession in Sri Lanka.

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Written by
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Academic Contribution

Invited Speeches

Professor Sudath Warnakulasuriya conducted a lecture on "Legal aspect of Nursing" at Edith Cowan University, Sri Lankan Branch, Rajagiria. It was conducted as a Hybrid event on 3rd February 2024 for internal undergraduates and was opened to the public audience online.





Professor Sudath Warnakulasuriya conducted a lecture on "Mosquito Borne diseases in Asia" at the Medical University of Gdansk, Poland on 19th April 2024 as a webinar.







Open lecture ,Medical University of Gdansk, Poland

Mosquito Borne diseases in Asia

Prof. S.S.P .Warnakulasuriya RN,RMN,BScN,MSCN,PGDCP,PhD Faculty of Nursing University of Colombo Sri Lanka



Professor Sudath Warnakulasuriya the Dean, of the Faculty of Nursing conducted a seminar on "Challenges in Management of Aging" at the Organization of Professional Association (OPA) on 14th May 2024 organized by the Senior citizens committee of







Professor Sudath Warnakulasuriya the Dean of the Faculty of Nursing attended as the chief gusset at the inauguration ceremony of BSc Nursing degree program at Edith Cowan University Sri Lankan Branch on 28th May 2024 and delivered a speech on the theme "Why graduate Nursing education is important in Sri Lanka."



International Nurses' Day celebration 2024 by Sri Lanka Nurses Association (SLNA)

Professor Sudath Warnakulasuriya the Dean of the Faculty of Nursing attended International Nurses Day Celebration on the 20th of May 2024 at Marino Beach hotel and delivered the theme speech.





Academic Programs

Inauguration Ceremony of the Orientation Program Summary for B.Sc. Nursing Degree (2022/2023 Intake)



The inauguration ceremony of the B.Sc. Honors in Nursing degree program for the 2022/2023 intake was held on April 22, 2024, at 8:00 am at the New Art Theatre, University of Colombo. The faculty welcomed approximately 90 new undergraduate students for the academic year. The event was graced by the chief guest, Vice Chancellor Senior Professor (Chair) H.D. Karunaratne. Professor Sudath Warnakulasuriya, Dean of the Faculty of Nursing, delivered the welcome speech. Additional addresses were given by Dr. Rajitha Silva, Senior Student Counselor, and the Deputy Chief Marshal of the university. The ceremony was attended by the Registrar of the University, the Acting Librarian of the University, the Dean of the Faculty of Medicine, Heads of Departments, and the faculty staff. Recreational performances by students from the 2021/22 intake added a festive touch to the event. Mrs. Sakunthala Samarakoon, Assistant Registrar, concluded the ceremony with a vote of thanks.



Inauguration ceremony of the Advanced Certificate in Caregiving Program- 2024

The inauguration ceremony of the Advanced Certificate in Caregiving program - Intake of was successfully held on January 4, 2024, at the Open Auditorium of the Faculty of Nursing, University of Colombo. The ceremony was honored by the presence of Senior Professor H. D. Karunarathne, Vice Chancellor of the University of Colombo, who served as the Chief Guest. The Course Coordinator, Mrs. D.L.N.L. Ubhayawardana, welcomed the attendees. Following this, Prof. Sudath Warnakulasuriya the Dean of the Faculty of Nursing, addressed the gathering. Senior Professor H. D. Karunarathne then spoke about the significance of the caregiving profession and the timeliness of undertaking the course. During the inauguration, Ms. Ruwandi De Silva, one of the academic coordinators of the program, introduced the "Advanced Certificate in Caregiving" course for the first time. The occasion was further enhanced by a drama performed by undergraduate students of the faculty. The ceremony concluded with a vote of thanks from Mrs. Shiroma Malkanthi, another academic coordinator of the program.

This advanced certificate course is designed to cover all fundamental aspects of caregiving, equipping participants with the skills needed to provide professional caregiving services. The training offered in this course is expected to lead to well-paying jobs and increased opportunities for work visas abroad.



Achievements and Awards

Vice Chancellor's Award for Research Excellence - 2022

Prof. Anushka Elvitigala, Professor and the Head of the Department of Basic Sciences and Social Science of the Faculty of Nursing was awarded the Vice Chancellor's Award for Research Excellence – 2022 at the Postgraduate Convocation held on the 12th of January 2024 at the Bandaranayake Memorial International Conference Hall.



International Affairs

Professor Sudath Warnakulasuriya Dean, Faculty of Nursing and the country coordinator of the Neurocare capacity building project attended the project monitoring and evaluation session organized by the Ministry of Education and made a presentation on the progress of nuro-care project in Sri Lanka



Research, Conferences and Workshops

MENA Congress for Rare Diseases 2024

Professor Sudath Warnakulasuriya Dean, Faculty of Nursing attended the international conference which was organized by the Global Nursing Network for Rare Disease in Abu Dhabi as an invited speaker.



4th International Conference on Future of Preventive Medicine and Public Health in Amsterdam, Netherland

Professor Sudath Warnakulasuriya Dean, Faculty of Nursing attended the 4th International Conference on the Future of Preventive Medicine and Public Health in Amsterdam, Netherlands on 18th March 2024 and made a presentation on the Prevalence of NCD risk factors, health-promotive behaviors, and associated factors among nursing students in two selected Schools of Nursing in the Western province, Sri Lanka".



Pre-conference Workshop

Professor Sudath Warnakulasuriya, the Dean of the Faculty of Nursing participated as a resource person in the Pre-conference workshop organized by the Sri Lanka Association of Geriatric Medicine parallel to the 10th Anniversary Academic Sessions which was held on 27th June 2024 at Post Basic College of Nursing.



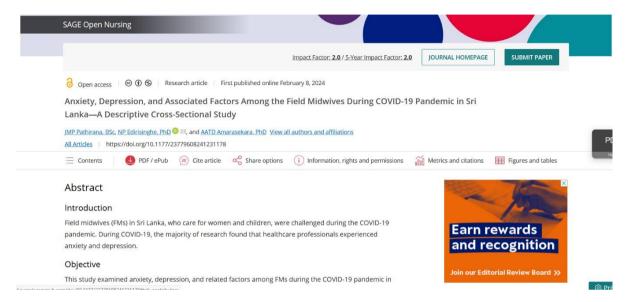
Neurocare conference

Professor Sudath Warnakulasuriya Dean, Faculty of Nursing attended the Neurocare conference organized by the Faculty of Medicine, University of Ljubljana, Slovenia and made a presentation on "Trends in Neurodegenerative Disorders in Sri Lanka" on 7th June 2024.



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

Pathirana J, **Edirisinghe N**, Amarasekara A. Anxiety, Depression, and Associated Factors Among the Field Midwives During COVID-19 Pandemic in Sri Lanka—A Descriptive Cross-Sectional Study. SAGE Open Nursing. 2024;10. doi:10.1177/23779608241231178



Wijesooriya, W.D.T.H. and **Gunathilaka**, **M.D.T.L.**, 2024. Green coffee and green tea as alternative medicines for the treatment of hyperglycemia. *Sri Lankan Journal of Biology*, 9(2).



Herath, H. M. L. N., Ilankoon, I. M. P. S., **Kisokanth, G.** (2024). Knowledge, Perception and Practices Regarding COVID-19 among frontline Nurses at Selected hospitals in Sri Lanka during COVID-19 Pandemic. *International Journal of Occupational Safety and Health*, 14(1), 51–59. https://doi.org/10.3126/ijosh.v14i1.54033



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Original Article

Knowledge, Perception and Practices regarding COVID-19 among frontline Nurses at Selected Hospitals in Sri Lanka during COVID-19 Pandemic

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ABSTRACT

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Introduction: The World Health Organization confirmed the COVID-19 epidemic situation as a public health emergency and is an emerging public health problem that has threatened millions of lives worldwide. Since COVID-19 has significantly affected the healthcare system globally, it is essential to update healthcare workers especially frontline nurses on the best practices for the proper management of the disease. The study aimed to assess Knowledge, Perceptions, and Practices

Nadeeshani KMD, **Kisokanth G**, Prathapan S. Mental and physical health-related quality of life among below-knee amputees in Sri Lanka. International Journal on Disability and Human Development 2024;23(1):13-21.

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Mental and physical health-related quality of life among below-knee amputees in Sri Lanka

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Abstract

A below knee amputation is a surgical procedure to remove all or part of a limb that can be lifesaving yet negatively affect the health-related quality of life of the patient. This study was conducted to determine the effects of social and clinical factors on the mental and physical health-related quality of life (HRQOL) in individuals with unilateral below knee amputations. In this descriptive cross-sectional study interviewed 223 unilateral below knee amputes using the validated version of SF-36 health survey questionnaire. Results showed that a majority of the participants were males (70%), married (69%) and had a transtibial amputation (54%). The mean age was 47.6 (±14.9). Gender has affected

Special Events

International Nurses' Day Celebration – Faculty of Nursing 2024

The Faculty of Nursing hosted the International Nurse's Day Celebration Programme on May 21, 2024, in the open auditorium from 9:00 a.m. to 12:00 p.m. at the faculty premises, University of Colombo.



Senior Professor H.D. Karunarathne, Vice Chancellor of the University of Colombo, graced the ceremony as the chief guest. Professor S.S.P. Warnakulasuriya, the dean, Faculty of nursing, delivered the welcome speech. The ceremony was attended by respected department heads, academic staff members, and the students from the Faculty of Nursing. Mrs. W.A.R.P. Menike performed the felicitation of Nightingale.

Mrs. H.M.C.M. Herath delivered the commemoration speech, while Ms. Ishara Senanayake served as the compere. The vote of thanks speech-was delivered by Ms. Shereen Senarathna.



The students from the 2020/2021 batch organized the ceremony, and the students from the 2019/2020, 2020/2021, and 2021/2022 batches participated in the event it. The Nurses Day celebration included a quiz competition, speeches, and cultural events in addition to the above items. The quiz competition was conducted by Ms. K.A.D.S. Kaushalya.



The quiz competition was held with the participation of eight student groups which were created, selecting eight students from each batch and adding three members to each group. The competition consisted of three rounds: the first round, the semifinal round, and the final round. The finalists' group and the overall best performance group received certificates. All participants received a participation certificate.



The first runner-up team included Barthelot, D.E. H.A.T.D. Hettiarachchi, and D.B. Deepamali. The winners were Y.U. Yasendra, M.D.G. Ayodya, and S.D.H.D. Nimnadi. Ms. M.D.G. Ayodya was awarded Performance the Best The Certificate. program successfully concluded at 12.00 noon.



Written by,
Ms. H. Shereen Senarathne,
Programme Coordinator
International nurses' day program -2024

Celebrating Commitment, Compassion, and Integrity in Nursing: Oath-Taking Ceremony of the 2020/2021 B.Sc. (Hons) Nursing Batch



The Oath Taking Ceremony for the 2020/2021 B.Sc. (Hons) nursing students of the Faculty of Nursing, University of Colombo, was held on the 28th of June 2024, at the faculty auditorium. This prestigious event marked a significant milestone in the lives of 104 students as they formally entered the nursing profession, symbolized by the donning of their caps and badges.

The ceremony was graced by the presence of Senior Professor (Chair) H.D. Karunarathne, Vice Chancellor of the University of Colombo, as the Chief Guest. We were honored to welcome Dr. Sujatha Senevirathna, the former Head of the Department of Nursing and Midwifery at the Faculty of Allied Health Sciences, University of Sri Jayewardenepura, as the Guest of Honor. The Dean of the Faculty of Nursing, Professor S.S.P. Warnakulasuriya, delivered a warm and heartfelt welcome speech to formally commence the ceremonial event.



Distinguished attendees included Dr. Rajitha Silva, Senior Student Counselor of the University of Colombo, and Professor D.L.P.M. Rathnasinghe, the Director of the Career Guidance Unit who also graced the occasion. The event was further elevated by the participation of chief matrons from leading hospitals such as Sri Jayewardenepura General Hospital and Colombo South Teaching Hospital, as well as the esteemed

academics including the heads of the departments from universities, including the Open University of Sri Lanka and General Sir John Kotelawala Defence University.



A special moment of the ceremony was the felicitation of Florence Nightingale, led by Dr. T.A. Asurakkody, Head of the Department of Fundamentals of Nursing. Dr. Sujatha Senevirathna, the Guest of Honor, had the privilege of lighting the ceremonial lamp. The ceremonial act of donning caps and offering lamps and badges was conducted by the esteemed nursing invitees and the academic staff of the Faculty of Nursing, further emphasizing the symbolism of this rite of passage.





The ceremony concluded with a heartfelt vote of thanks delivered by Dr. T.A. Asurakkody. The event highlighted the values of commitment, compassion, and professionalism that our students are now entrusted to uphold. The presence of distinguished guests from the healthcare sector underscored the strong collaborative spirit between the university and the broader healthcare community, reinforcing the professional recognition our institution proudly upholds.

This memorable occasion celebrated not only the achievements of our students but also the collective efforts of the Faculty of Nursing in shaping future leaders in the nursing profession.

Written by,

Ms. Nilushi Nisansala

Coordinator

Oath-Taking Ceremony of the 2020/2021 B.Sc. (Hons) Nursing Batch

Members of the Library Committee-Faculty of Nursing

Prof. S.S.P. Warnakualasuriya

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We look forward to hearing from you!