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The Dean, the Heads of Departments, the members of the academic staff and the students are greatly appreciated for providing information for this newsletter. Further, we would like to acknowledge the photo credit for the pictures included in this newsletter and the use of AI tools in designing the cover page.

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

Articles

Think Before You Trust AI: Ensuring Accurate Statistical Interpretation for High-Quality Nursing Research

Generative Artificial intelligence (AI) tools are rapidly becoming valuable “facilitators” of the research process, assisting in data analysis, statistical interpretation, and scientific writing. Though research efficiency is improved with generative AI technology, inaccurate or fake interpretations are also yielded when utilizing it without logical reasoning (Sallam, 2023). This article describes common misleading statistical interpretations seen in AI-assisted analysis and provides recommendations for using AI precisely in nursing research.

Generative AI tools, such as ChatGPT (OpenAI) and Gemini (Google DeepMind), are powered by large language models which can explain statistical concepts, advice on data analysis, and draw conclusions (Chugunova et al., 2026). The adoption of generative AI has risen recently among researchers. AI adoption is increasing in research and education and its prevalence varies across populations and applications. Studies at the University of Baltimore reported previous ChatGPT use among 67% of faculty staff and 53% of students (Stansbury et al., 2023), while a University of Michigan study reported that 58% of faculty staff and up to 66% of students had used a generative AI tool at least once (Duraisamy et al., 2023). Further, another survey found that 21.5% of respondents used ChatGPT for data analysis (Statista Research Department, 2024). The rising incidence of mishandling data with AI applications is likely due to limited statistical knowledge, inadequate critical evaluation skills, and the increasing demand for rapid research outputs.

However, the application of sound statistical tests is a vital part of original studies as well as reviews. Because errors can cause false-positive or false-negative interpretations throughout statistical analysis process and may influence the validity, credibility, and reproducibility of research findings (Wasserstein and Lazar, 2016). For nursing researchers, ensuring the accuracy of data analysis and interpretation is crucial for generating credible evidence which impacts clinical practice, education, and health policy.

Generative AI tools can assist with or execute statistical analyses, depending on their capabilities and the information provided. Tools such as ChatGPT, Gemini, and Claude support researchers by explaining statistical concepts, suggesting appropriate analytical

approaches, and helping interpret statistical outputs. However, the reliability of AI-assisted analysis depends on the quality of the input data, the appropriateness of the selected methods, the correctness of the computational procedures, and the validity of the interpretation.

Even though AI tools are capable of boosting research efficiency, AI-generated conclusions should never be accepted without careful verification (Alnaimat et al., 2025). Table 1 summarizes common statistical pitfalls associated with AI-assisted data analysis in quantitative research, synthesized from the literature (Nature, 2023, Sallam, 2023, ICMJE, 2024, Wasserstein and Lazar, 2016).

To prevent those potential drawbacks, researchers should possess a sound understanding of research methodology and statistics. Before relying on AI-generated recommendations, nursing researchers should be able to,

- understand the research question, hypothesis and study design before asking AI for statistical advice
- identify the types of variables (discrete, continuous, ordinal, nominal and/or dependent/independent) and evaluate whether AI recommends an appropriate statistical test
- understand basic statistical concepts, including p-values, confidence intervals, effect sizes, and statistical assumptions
- develop critical appraisal skills to examine AI-generated interpretations instead of accepting given results
- identify the difference between statistical significance and clinical significance, particularly in nursing research where practical implications for patient care are essential
- follow established reporting guidelines, such as CONSORT, STROBE, and PRISMA, to ensure transparent and accurate reporting

Developing these competencies is essential for critically evaluating AI-generated outputs and making precise statistical decisions. However, knowledge alone is insufficient unless it is transformed into good research practice (Ordak, 2026). The following practical strategies can help nursing researchers to minimize common AI-related errors, to strengthen the accuracy of statistical interpretations, and to ensure that AI is wisely utilized throughout the research process.

AI should be considered a supportive assistant rather than an autonomous decision-maker. The responsibility for selecting appropriate statistical methods, interpreting findings accurately, and maintaining scientific integrity remains totally with the researcher. So, the below approach is suggested as a practical checklist for AI - assisted data analysis.

The 5V principle for AI-assisted data analysis

1. **Verify:** Check AI-generated results, interpretations, and references against reliable sources.
2. **Validate:** Confirm the suitability of statistical methods and analytical procedures.
3. **Visualize:** Examine data patterns, distributions, outliers, and missing values.
4. **Value:** Consider clinical significance alongside statistical significance, effect sizes, and confidence intervals.
5. **Verify again:** Independently cross-check conclusions using statistical references or expert advice

Table 1: Common AI-related statistical pitfalls

Common AI-Related Statistical Pitfalls	**Example**
Choosing an inappropriate statistical test	Selecting an independent *t*-test for ordinal or highly skewed data instead of a non-parametric test
Misinterpreting p-values	Interpreting $p < 0.05$ as evidence that the hypothesis is true
Confusing statistical significance with clinical significance	Stating an intervention is clinically important since it is statistically significant
Inferring cause and effect based on correlation	Concluding that exercise caused improved quality of life from a cross-sectional study
Ignoring assumptions of statistical tests	Recommending ANOVA without checking assumptions like considering normality or homogeneity of variance
Not considering effect sizes and confidence intervals	Focusing only on p-values while ignoring effect sizes and the precision of estimates reflected by confidence intervals
Creating artificial explanations	Providing confident justifications & adjustments but fabricated statistical interpretations or references

Overgeneralizing findings	Drawing broad conclusions from a small or non-representative sample
Overlooking missing data and data quality issues	Interpreting results without considering missing values, outliers, or measurement errors
Choosing an inappropriate statistical test	Selecting an independent *t*-test for ordinal or highly skewed data instead of a non-parametric test

Table 2: Practical recommendations to avoid AI-related potential risks

Potential Risk	**How to Avoid It**
Inappropriate statistical test	Verify AI recommendations using statistical textbooks or consult a statistician.
Incorrect interpretation of p-values	Consider effect sizes, confidence intervals, margin of error and clinical relevance alongside statistical significance.
Hallucinated information	Cross-check AI outputs with original research articles, reporting guidelines, or standard statistical references.
Correlation interpreted as causation	Ensure interpretations align with the study design and acknowledge the limitations of observational studies.
Ignoring statistical assumptions	Assess assumptions (e.g., normality, independence, homogeneity of variance) before applying statistical tests.
Over generalization	Interpret findings within the context of the study population and sample characteristics.
Inappropriate statistical test	Verify AI recommendations using statistical textbooks or consult a statistician.
Incorrect interpretation of p-values	Consider effect sizes, confidence intervals, margin of error and clinical relevance alongside statistical significance.

Conclusion

Even though AI can assist statistical interpretation, it should never replace critical thinking or statistical expertise. Every AI-generated recommendation should be verified, validated, and interpreted within the context of the research question and study design. It is important to recognize that the quality and credibility of AI-assisted research depend not

only on the technology itself but also on the researcher's knowledge, critical judgment, and commitment to scientific integrity.

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Therapeutic Communication: The Heart of Nursing Practice

Nursing practice is largely based on human relationships and interactions. In addition to technical and clinical skills, therapeutic communication is crucial in the delivery of safe, effective and compassionate care. Here, therapeutic communication refers to purposeful communication between nurses and patients; it is distinct from interprofessional communication, which takes place among healthcare professionals. Effective therapeutic communication can improve the quality-of-care patients receive and support their participation in decisions about their health (Molina-Mula & Gallo-Estrada, 2020). The nurse–patient relationship is based on nurses' therapeutic communication competence. It is crucial for helping nurses understand patients' physical, psychological and emotional needs (Abdolrahimi et al., 2017). Nurses can establish trust, address patient anxieties and engage patients in care decisions through meaningful communication (Pan & Wang, 2025).

Nurses need to understand that therapeutic communication is not a regular conversation. It is purposeful, professional and patient centred. It consists of verbal and non-verbal behaviours and facilitates patients' ability to communicate, understanding health information, dealing with illness and making decisions (Open RN, 2022). Elements of active listening, empathy, clarity, respect, appropriate questioning and sensitivity to non-verbal cues are important principles of therapeutic communication. Nurses also need to know their own boundaries and ethical responsibilities in communication.

When thinking of the outcomes of patient care, the role of therapeutic communication becomes even more obvious. Empathetic communication fosters trust in healthcare providers, encourages patients to share information and promotes adherence to treatment plans and active participation in care (Pavlova, 2024). Clear, compassionate communication can also help to alleviate anxiety, enhance understanding and facilitate informed decision-making (Stubbe, 2017). When communication is not effective, it can result in misunderstanding, anxiety, discontent and lack of adherence. A lack of clinical knowledge, poor information sharing, and low patient participation directly cause adverse health effects, medication errors, and worse treatment outcomes (Howick et al., 2024).

As observed globally, these concerns are applicable to nursing practice in Sri Lanka. Nurses are in regular contact with patients and families with a diverse range of linguistic, cultural and educational backgrounds, often in challenging clinical settings. Some of these challenges have been demonstrated in Sri Lankan studies. A study among nurses in teaching hospitals in Kandy District found that the majority supported promoting therapeutic communication in their clinical settings, while increased workload was cited as an important constraint on the practice of therapeutic communication (Dissanayake et al., 2020). In another study conducted among nursing students from two state universities in Sri Lanka, communication barriers were found during clinical learning, which included language differences among the barriers to communication with patients (Nasmil & Seneviratne, 2020). This indicates that even when effective communication is recognised as important, it cannot be taken for granted.

If nurses do not provide opportunities for patients to ask questions and express concerns, patients are not likely to do so. This is especially crucial during times of anxiety, pain or when the patient is not familiar with medical terminology or is not as comfortable in the

language used. Some of the practices which could be easily adopted by Sri Lankan nurses to improve their therapeutic communication skills are listening before talking, speaking at the patient's level, checking for understanding, being responsive to emotional and non-verbal communication and giving time for the patient and family to ask questions. Knowledge of linguistic and cultural differences may also contribute to the fostering of trust and help patients feel valued and respected.

Compassion and caring are not the only elements of a professional relationship. There are various circumstances in a nurse's practice that require them to manage anger and complaints, assist families when in crisis, and speak to patients in distress and uncertainty. Communication needs to be respectful, empathetic and professional in such scenarios. Despite these communication challenges nurses must remain in a therapeutic relationship with patients and provide high-quality care (Kourkouta & Papathanasiou, 2014). There are also proper boundaries for professional practice, ensuring that nurses act in an empathetic manner but are not emotionally involved.

Therapeutic communication also plays a role in patient safety and is related to effective interprofessional relationships. Communication with doctors, other nurses, allied health workers and support staff is needed to provide nursing care. Communication in healthcare teams is therefore important, while clarity, respect, assertiveness and active listening are equally important in nurse-patient communication. Successful communication among professionals facilitates coordinated care, minimises misunderstandings and contributes to patient safety (Kourkouta & Papathanasiou, 2014).

Although the importance of communication is paramount, it should not be assumed to develop automatically from clinical experience. The literature indicates that professional communication skills are sometimes overlooked or assumed to develop through clinical exposure. (Bassett et al., 2025). However, therapeutic communication needs to be taught deliberately, practised and assessed appropriately (Abdolrahimi et al., 2017). Sri Lankan data also indicate that there is a need for better communication skills training in nursing education and continuing education for practising nurses (Nasmil & Seneviratne, 2020).

There is no need to use complicated interventions to improve these skills. Nursing students and/or practising nurses may have opportunities to practise conversations in the real world, receive feedback and engage in reflection to consider how they would respond to patients in different situations with respect to their conversation style. Nurses can use

role play, clinical scenarios and guided discussion to practise listening, empathy and responding to difficult interactions before engaging in them in the clinical setting. Ongoing professional development can also enhance effective communication, especially with distressed patients, family issues, language barriers and challenging clinical situations.

The commitment of nurses, educators and healthcare organisations is therefore needed to strengthen therapeutic communication. Communication should be regarded as an integral component of competent nursing practice and not a personal characteristic. Nursing education and continuing education should offer opportunities for learning, practising and evaluating communication skills, and clinical settings should provide opportunities for nurses to apply these skills. Effective nurse–patient communication is both complicated and crucial in Sri Lanka, where linguistic diversity and complex clinical environments can pose challenges to the ability of nurses to communicate effectively with their patients.

Therapeutic communication shapes how patients experience nursing care, participate in decisions, and build trust with nurses. In Sri Lanka, strengthening this skill requires attention to patients' language and cultural needs as well as the realities of clinical practice. Therapeutic communication should therefore be taught, practised, and assessed as a core nursing competency.

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Academic Contribution

Sharing Knowledge and Inspiring the Nursing Profession: International Nurses' Day 2026

As part of the International Nurses' Day 2026 celebrations, Mrs. H.M.C.M. Herath had the privilege of serving either as a keynote speaker or guest speaker at four healthcare institutions across Sri Lanka. These engagements provided a valuable opportunity to celebrate the nursing profession while empowering nurses through professional development, leadership, and compassionate practice.

On 12 May 2026, she delivered a keynote address at Teaching Hospital Kuliyapitiya titled "Developing a Caring Attitude Among Nurses: Motivation, Inspiration, and Overcoming Challenges." Her address emphasized the vital role of compassion, resilience, and professional commitment in nursing practice, inspiring nurses to overcome workplace challenges while upholding the highest standards of patient-centred care.



Mrs. Herath presented a paper titled "Caring for Patients and Collaboration with Multidisciplinary Teams" at District General Hospital Nawalapitiya on 14th May 2026. Her presentation highlighted the importance of person-centred care, effective communication, and collaborative teamwork in nursing practice. She emphasized the vital role of interdisciplinary collaboration in ensuring coordinated care, enhancing patient safety, and improving overall patient outcomes.

On 16th May 2026, she delivered a keynote address aligned with the International Nurses' Day 2026 theme, "Our Nurses. Our Future." The presentation focused on the evolving role of nurses in shaping the future of healthcare through leadership, innovation, evidence-based practice, and lifelong learning.

She conducted another session on "Continuous Professional Development" at District General Hospital Chilaw on 23rd May 2026. The session emphasized the importance of lifelong learning, continuous skills enhancement, and professional advancement, encouraging nurses to strengthen their competencies, remain responsive to evolving healthcare needs, and uphold high standards of nursing practice. In addition to her keynote presentations, she was invited to appear on a special television programme on iTV on 10 May 2026, where she shared her professional journey as a nurse and academic. The programme highlighted her experiences, challenges, and opportunities throughout her career, offering valuable insights to motivate and inspire fellow nurses. She also emphasized the importance of perseverance, lifelong learning, and effective leadership in fostering professional growth and advancing the nursing profession.



These engagements were both professionally rewarding and personally fulfilling. They provided an opportunity to connect with nurses from diverse healthcare settings, celebrate their invaluable contributions, and encourage them to continue providing compassionate, evidence-based care while striving for excellence in professional practice. Contributing to the International Nurses' Day celebrations in this way reaffirmed my commitment to supporting the development of the nursing workforce and inspiring the next generation of nursing professionals.

Submitted by :- Mrs. H.M.C.M. Herath
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Academic Programmes

Inauguration Ceremony of the Advanced Certificate in Caregiving Programme - Intake 03 and Certificate Awarding

The Faculty of Nursing, University of Colombo, successfully held the Inauguration Ceremony of the Advanced Certificate in Caregiving Programme - Intake 03, together with the Certificate Awarding Ceremony for Intake 02, on 27 February 2026 at the Open Auditorium of the Faculty of Nursing.

The ceremony was graced by Prof. Sampath Punchihewa, Acting Vice-Chancellor of the University of Colombo, as the Chief Guest, and Prof. S. S. P. Warnakulasuriya, Dean of the Faculty of Nursing, as the Guest of Honour. The academic and non-academic staff members of the Faculty, together with participants from Intakes 02 and 03 were present at this significant occasion.

The programme commenced with a welcome address by the Course Coordinator, Mrs. D. L. N. L. Ubhayawardana, who welcomed the distinguished guests, staff members, and participants. This was followed by an address by Prof. S. S. P. Warnakulasuriya, Dean of the Faculty of Nursing, who highlighted the importance of professional caregiving and the valuable role of trained caregivers in meeting the growing demand for quality care. Delivering the keynote address, Prof. Sampath Punchihewa, Acting Vice-Chancellor of the University of Colombo, emphasized the timeliness and relevance of the Advanced Certificate in Caregiving Programme and its contribution towards addressing the increasing need for professionally trained caregivers.

The ceremony marked two important milestones in the Advanced Certificate in Caregiving Programme: celebrating the successful completion of Intake 02 and welcoming the new cohort of Intake 03. Certificates were awarded to the successful participants of Intake 02 in recognition of their dedication and successful completion of the programme, while the inauguration formally marked the commencement of a new academic journey for Intake 03.

The event reflected the continued commitment of the Faculty in providing quality education and professional training in caregiving, thereby contributing to the

development of a competent, skilled, and compassionate caregiving workforce in Sri Lanka.

Submitted by :-

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Inauguration and Orientation Programme for the B.Sc. (Hons) in Nursing Degree Programme (2024/2025 Intake)

The Faculty of Nursing, University of Colombo, warmly welcomed the new intake of students of the B.Sc. (Hons) in Nursing (2024/2025 Intake). It commenced with the inauguration programme held on 10 June 2026 at the New Arts Theatre (NAT), University of Colombo, welcoming approximately 110 newly admitted nursing undergraduates.



The ceremony was organized by the Department of Basic Science and Social Science for Nursing, with the support of the Departments of Clinical Nursing and Fundamentals of Nursing. The inauguration programme provided an opportunity for students to become familiar with the university environment, understand academic expectations, and gain insight into the opportunities and responsibilities associated with university life.



The event commenced with a welcome address by Mrs. W.A.R.P. Menike, Dean of the Faculty of Nursing, followed by an inspiring address by the Chief Guest, Prof. Indika Mahesh Karunathilake, Vice Chancellor of the University of Colombo. The newly enrolled students were further inspired by valuable messages delivered by Prof. Nilanthi Senanayake, Senior Student Counselor, and Mr. A.V.P.D. De Silva, Deputy Chief Marshal of the University. Their addresses highlighted the importance of academic excellence, professional conduct, student wellbeing, available support services, and active participation in university activities, encouraging students to make the most of their educational journey and university experience.

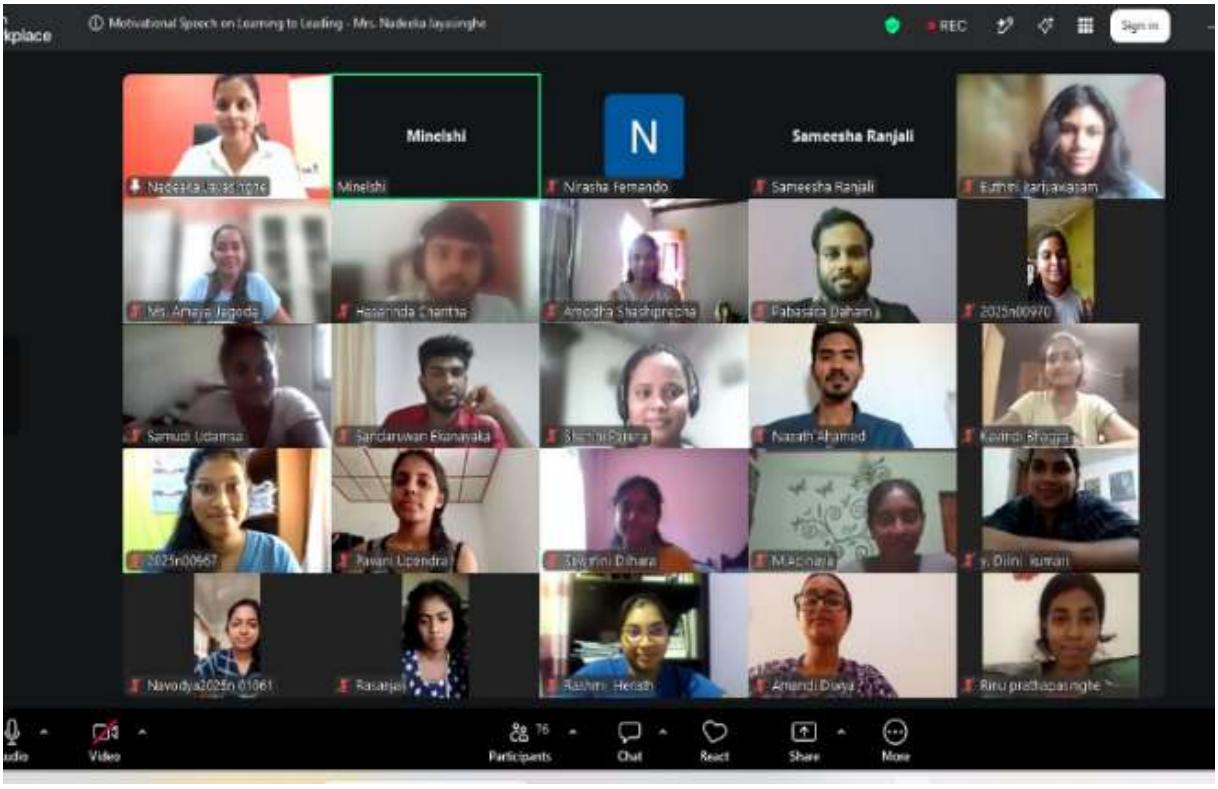
The occasion was graced by the presence of Heads of Departments, academic, non-academic, and administrative members, guests, and family members of the new students. Adding color and enthusiasm to the event, senior students presented recreational performances, creating a welcoming atmosphere and strengthening the bond between senior and junior students. The ceremony concluded with a vote of thanks delivered by Mrs. S.F. Imam, Senior Assistant Registrar of the Faculty of Nursing.

Following the inauguration ceremony, the Examination Branch conducted an informative session to guide students on the Student Information System (SIS), providing essential

instructions on its functions and the role in supporting academic activities. Subsequently, a guided university visit was organized with the support of the marshals, allowing students to become familiar with important locations, facilities, and services within the university premises. This activity helped students gain confidence in navigating the university environment and encouraged a smooth transition into university life.



Beginning the University Journey: Orientation Programme



Following the inauguration ceremony, the orientation programme for the B.Sc. (Hons) in Nursing Degree Programme (2024/2025 Intake) commenced on 15 June 2026 and continued until 31 July 2026.

The programme included a series of interactive and informative online sessions conducted by the Dean of the Faculty of Nursing, Heads of Departments, Senior Student Counselor, academic staff members, and invited experts from the University of Colombo, other universities, and the health sector.

The orientation programme offered students a valuable opportunity to explore many dimensions of university life and the nursing profession through approximately 45 informative, interactive, and engaging sessions. The programme was carefully designed to support students' academic transition, personal wellbeing, and professional development as they commenced their journey in nursing education. Throughout the programme, students were introduced to essential areas including academic procedures, university regulations, student support services, research and evidence-based practice, mental health and wellbeing, cultural competence, presentation and communication skills, medical terminology, and reflective practice.

The sessions further enhanced students' understanding of the diverse roles of nurses in different healthcare settings, nursing career opportunities, professional values, and responsibilities. Important contemporary topics such as gender-based violence, respectful relationships, and creating a safe and inclusive learning environment were also addressed. Through these comprehensive sessions, students gained valuable knowledge, skills, and confidence to adapt successfully to university life and to develop as compassionate, competent, and professional nursing graduates prepared to contribute effectively to healthcare services.

The journey has just begun; guided by knowledge, supported by the faculty community, and inspired by the values of nursing, these students are now ready to transform their passion into excellence and become the compassionate healthcare leaders of tomorrow.

Submitted by :-
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Achievements and Awards

Inter-Faculty Championship – 2026

EVENT: - BEACH VOLLYBALL
PLACE: - 1ST RUNNER UP
NAME:- F.K.A.SAKEER & S.A.M.ANAS



The Beach Volleyball Competition of the Inter-Faculty Sports Tournament organized by the University of Colombo was held on 14th June 2026 at the Wellawatte Beach Volleyball Court. Representing the Faculty of Nursing, University of Colombo, **F.K.A. Sakeer & S.A.M. Anas** secured the 2nd place in the Men's Volleyball Tournament.

EVENT: - SWIMMING (MEN'S 200 METER FREESTYLE)
PLACE: - 2ND RUNNER UP
EVENT: - SWIMMING (MEN'S 100 METER FREESTYLE) PLACE: - 3RD RUNNER UP
NAME : - LASHAN AKALANKA



The Swimming Competition of the Inter-Faculty Sports Tournament organized by the University of Colombo was held at the swimming pool complex of Thurstan College. Representing the Faculty of Nursing, University of Colombo, **Lashan Akalanka** secured the 3rd and 4th places in swimming events of Men's 100 and 200 metres.

EVENT: - MEN'S WEIGHTLIFTING
PLACE: - 1ST RUNNER UP
NAME: - A.SHARANRAM



Inter-Faculty Weightlifting Championship was held on the 6th of May 2026, at the Indoor Sports Complex of University of Colombo. A.Sharanram, representing the Faculty of Nursing secured the second place in the **Men's Weightlifting event, under 88kg weight category**.

Squadra 2026

"Together We Play, Together We Triumph"

More than just a cricket tournament, "Squadra 2026 - Together We Play, Together We Triumph" was a celebration of brotherhood, unity and unforgettable memories. Squadra 2026 was organized by the students of the 2023/2024 batch under the guidance of the Students' Union of the Faculty of Nursing, University of Colombo and the tournament brought together teammates, friends and batchmates to share a day filled with sportsmanship, laughter and togetherness.





It was Held on Saturday, 20th of June 2026, at the Isura Devapriya Sports Ground, Jayawardenepura. The event featured an exciting four team competition between

Nova Knights, Storm Breakers, Titans and Alpha Riders. After a series of thrilling encounters, Storm Breakers emerged as the champions of Squadra 2026.





The tournament was further honoured by the presence of the Dean of the Faculty of Nursing, University of Colombo, Mrs. W. A. R. P. Menike, and Senior Lecturer, Sports advisory committee member of faculty of nursing Mrs. Shiroma Malkanthi. The event was also graced by the President and members of the Students' Union of the Faculty of Nursing, University of Colombo, along with the brothers and sisters from senior batches, all of whom accepted the invitation and joined in celebrating this memorable occasion.



As a token of appreciation, commemorative plaques were presented to the distinguished guests in recognition of their presence and support. During the closing ceremony, the championship trophy was proudly awarded to the victorious Storm Breakers team.

The event was enriched with vibrant musical performances and energetic dance acts, the celebration continued until 4.00 p.m., making the entire day a truly memorable and successful experience for everyone in attendance.





Squadra 2026 reminded us that true victory lies not in lifting a trophy, but in building friendships, strengthening our bond and creating moments that will last a lifetime. It was never just about cricket, it was about the spirit of teamwork, the joy of the game and the enduring brotherhood of the Nursing fraternity.

Submitted by : -

M.G.A. Shiroma Malkanthie

Senior Lecturer

Dept. of Fundamentals of Nursing

Career Guidance Coordinator, Faculty of Nursing

Research, Conferences and Workshops

Webinar on "Harnessing Natural Products in Drug Discovery: From Bioactive Compounds to Therapeutic Products"



Dr. Thilina Gunathilaka, Senior Lecturer, Faculty of Nursing, University of Colombo conducted a webinar on "Harnessing Natural Products in Drug Discovery: From Bioactive Compounds to Therapeutic Products," The event was organized by the Young Scientists Forum (YSF) of NASTEC.

The webinar explored the process of natural product research, from the identification of bioactive compounds to the development of potential therapeutic products. Participants gained insights into the role of natural resources in modern drug discovery and the importance of interdisciplinary research in developing innovative healthcare solutions. The session provided a valuable platform for students and researchers to learn about emerging trends and opportunities in natural product-based drug development.

Submitted by: - Dr. Thilina Lakmini Gunathilaka
Senior Lecturer
Department of Basic Sciences and Social Science for Nursing
Faculty of Nursing
University of Colombo

Best Presenter Award at IRCHS 2026

Ms. H. Shereen Senarathne, Lecturer (Probationary), Department of Clinical Nursing, Faculty of Nursing, University of Colombo, received the Best Presenter Award – Oral Presentation at the International Research Conference in Health Sciences (IRCHS 2026), organized by the Faculty of Allied Health Sciences, University of Sri Jayewardenepura.



The award recognises the quality of her research presentation and her contribution to the dissemination of nursing and health sciences research. This achievement highlights the continued engagement of the faculty in research and scholarly activities.

Submitted by: -
Mrs. Shereen Senarathne
Lecturer (Probationary)
Department of Clinical Nursing
Faculty of Nursing
University of Colombo

Member of the Panel of Judges - 5th Biennial Academic Session GNFSL- 2026

The 5th Biennial Academic Session of the Graduate Nurses Foundation of Sri Lanka (GNFSL) was held on 21st February 2026. **Dr. NP Edirisinghe** served as a member of the panel of judges for the Poster Presentation sessions.



Submitted by :- Dr. N.P. Edirisinghe
Senior Lecturer (Grade II)
Department of Fundamental Nursing
Faculty of Nursing
University of Colombo

Career Guidance Activities conducted by the Faculty of Nursing

The Faculty of Nursing, University of Colombo, conducted a career guidance webinar on 27th June 2026 for all undergraduates under the theme ***"Nursing Beyond the Classroom: Community Health Roles and Career Growth".*** The session emphasized the expanding scope of nursing practice beyond clinical settings, particularly in community health, and highlighted strategies for career advancement. The invited resource person, Mrs. Kunachana Jayasinghe, Provincial Supervising Public



Health Nursing Officer of the North Central Province, Anuradhapura, contributed significantly by sharing her expertise and practical experiences in public health nursing. Her insights provided the students with a deeper understanding of the multifaceted roles of nurses in community health and offered valuable guidance on professional growth, thereby reinforcing the faculty's commitment to preparing graduates for dynamic and evolving healthcare environments. The program was organized by Ms. M.G.A.S. Malkanthie, Senior Lecturer and Career Guidance Coordinator, with the objective of supporting undergraduates in navigating diverse professional pathways and strengthening their employability skills.

Submitted by : -

M.G.A. Shiroma Malkanthie

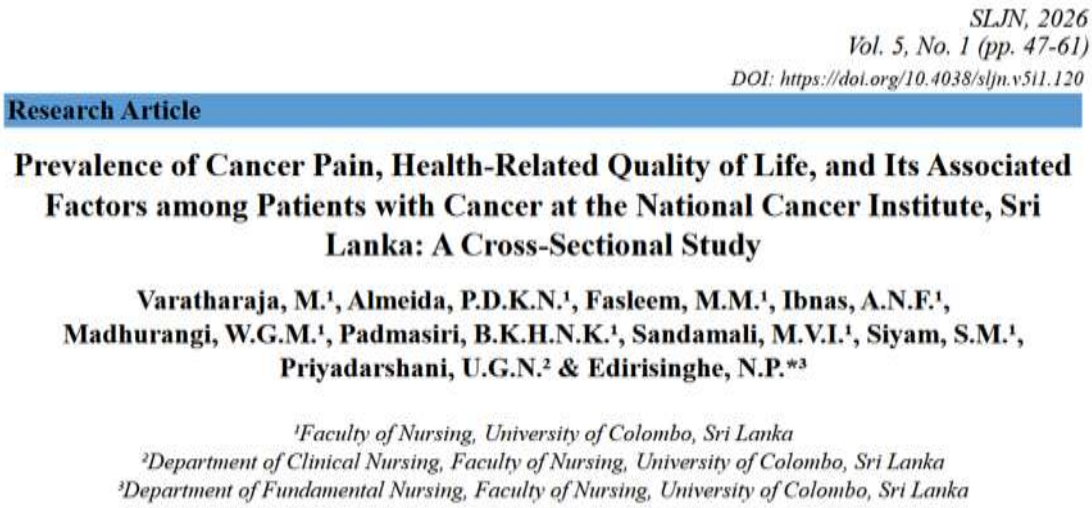
Senior Lecturer

Dept. of Fundamentals of Nursing

Career Guidance Coordinator, Faculty of Nursing

Research Articles Published by the Academics of the Faculty of Nursing

Varatharaja, M., Almeida, P.D.K.N., Fasleem, M.M., Ibnas, A.N.F., Madhurangi, W.G.M., Padmasiri, B.K.H.N.K., Sandamali, M.VI., Siyam, S.M., **Priyadarshani, U.G.N. & Edirisinghe, N.P.** (2026). Prevalence of cancer pain, health-related quality of life, and its associated factors among patients with cancer at the National Cancer Institute, Sri Lanka: A Cross-Sectional Study. *Sri Lankan Journal of Nursing,* 5(1), 47-61.



SLJN, 2026
Vol. 5, No. 1 (pp. 47-61)
DOI: https://doi.org/10.4038/sljn.v5i1.120

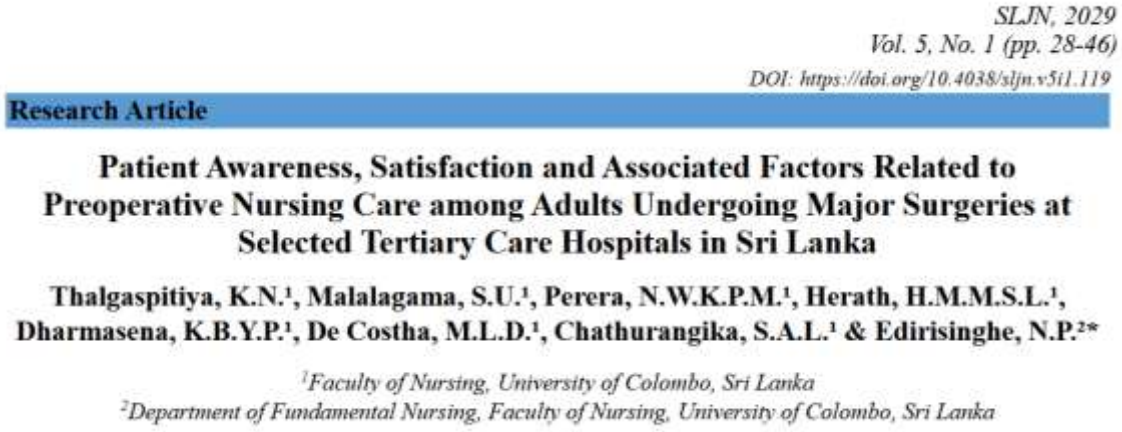
Research Article

Prevalence of Cancer Pain, Health-Related Quality of Life, and Its Associated Factors among Patients with Cancer at the National Cancer Institute, Sri Lanka: A Cross-Sectional Study

Varatharaja, M.[1], Almeida, P.D.K.N.[1], Fasleem, M.M.[1], Ibnas, A.N.F.[1], Madhurangi, W.G.M.[1], Padmasiri, B.K.H.N.K.[1], Sandamali, M.V.I.[1], Siyam, S.M.[1], Priyadarshani, U.G.N.[2] & Edirisinghe, N.P.*[3]

[1]Faculty of Nursing, University of Colombo, Sri Lanka
[2]Department of Clinical Nursing, Faculty of Nursing, University of Colombo, Sri Lanka
[3]Department of Fundamental Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

Thalgaspitiya, K.N., Malalagama, S.U., Perera, N.W.K.P.M., Herath, H.M.M.S.L., Dharmasena, K.B.Y.P., De Costha, M.L.D., Chathurangika, S.A.L. & **Edirisinghe, N.P**. (2026). Patient awareness, satisfaction and associated factors related to preoperative nursing care among adults undergoing major surgeries at selected Tertiary Care Hospitals in Sri Lanka. *Sri Lankan Journal of Nursing*, 5(1), 28-46



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Vol. 5, No. 1 (pp. 28-46)
DOI: https://doi.org/10.4038/sljn.v5i1.119

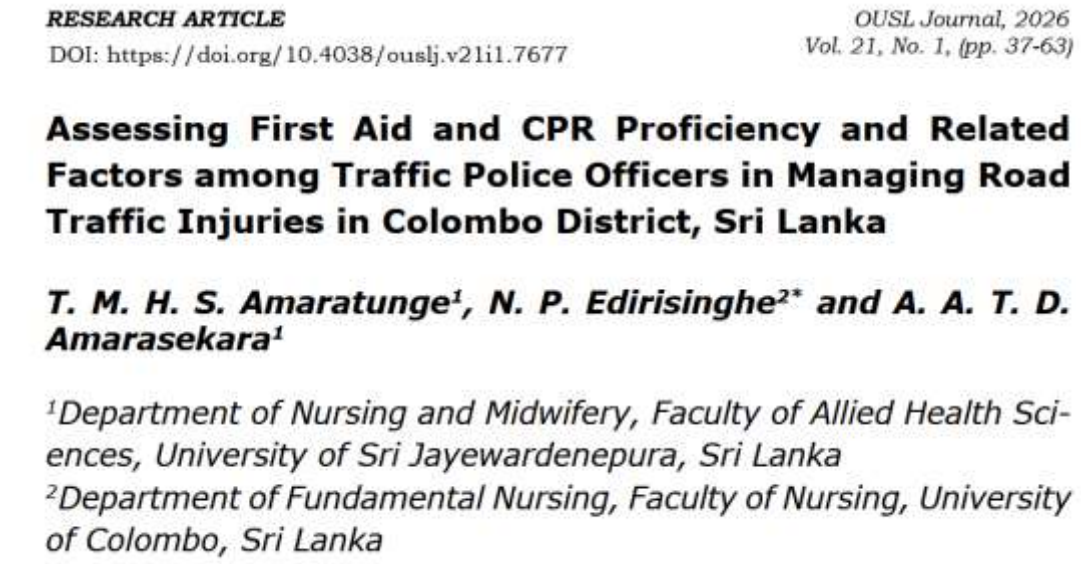
Research Article

Patient Awareness, Satisfaction and Associated Factors Related to Preoperative Nursing Care among Adults Undergoing Major Surgeries at Selected Tertiary Care Hospitals in Sri Lanka

Thalgaspitiya, K.N.[1], Malalagama, S.U.[1], Perera, N.W.K.P.M.[1], Herath, H.M.M.S.L.[1], Dharmasena, K.B.Y.P.[1], De Costha, M.L.D.[1], Chathurangika, S.A.L.[1] & Edirisinghe, N.P.[2]*

[1]Faculty of Nursing, University of Colombo, Sri Lanka
[2]Department of Fundamental Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

Amaratunge, T.M.H.S., **Edirisinghe, N.P.** and Amarasekara, A.A.T.D. (2026) 'Assessing First Aid and CPR Proficiency and Related Factors among Traffic Police Officers in Managing Road Traffic Injuries in Colombo District, Sri Lanka', *OUSL Journal*, 21(1), p. 37-63. Available at: https://doi.org/10.4038/ouslj.v21i1.7677.



RESEARCH ARTICLE
DOI: https://doi.org/10.4038/ouslj.v21i1.7677

OUSL Journal, 2026
Vol. 21, No. 1, (pp. 37-63)

Assessing First Aid and CPR Proficiency and Related Factors among Traffic Police Officers in Managing Road Traffic Injuries in Colombo District, Sri Lanka

T. M. H. S. Amaratunge[1], N. P. Edirisinghe[2*] and A. A. T. D. Amarasekara[1]

[1]Department of Nursing and Midwifery, Faculty of Allied Health Sciences, University of Sri Jayewardenepura, Sri Lanka
[2]Department of Fundamental Nursing, Faculty of Nursing, University of Colombo, Sri Lanka

Geeganage, J.R., Kumarasinghe, H.S. & **Gunathilaka, T.L.** Phytochemical constituents of winged bean (*Psophocarpus tetragonolobus*) and their modulatory effects on glycaemic control. *Phytochem Rev* (2026). https://doi.org/10.1007/s11101-026-10283-1.



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Phytochemical constituents of winged bean (*Psophocarpus tetragonolobus*) and their modulatory effects on glycaemic control

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Mithurja, S., Jayarathna, W. A. S. C., Pramodya, M. R., Ekanayake, E. M. M. B. U. B., Tharik, H. M., Dharmawardana, P. H. W. S., Udayanganee, M. A. L., & **Gunathilaka, M. D. T. L.** (2026). Prevalence and factors associated with poor sleep quality among nursing undergraduates in Sri Lanka. *BMC Nursing*, 25, 218. https://doi.org/10.1186/s12912-026-04340-5.


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Chathurika, S.N., Rathnayake, R.M.C., Nanayakkara, D.I. and Thennakoon, S.U.B. (2026). Level of physical activity during pregnancy among Sri Lankan primigravida mothers: a cross-sectional study', *BMC Pregnancy and Childbirth*, 26(769). doi: 10.1186/s12884-026-09327-3.


Chathurika et al. BMC Pregnancy and Childbirth (2026) 26:769
https://doi.org/10.1186/s12884-026-09327-3

BMC Pregnancy and Childbirth

RESEARCH Open Access

Level of physical activity during pregnancy among Sri Lankan primigravida mothers: a cross-sectional study

Sepalage Nilanthi Chathurika, Rathnayake Mudiyanselage Chathura Rathnayake, Deepika Indumathie Nanayakkara and Sampath Udaya Bandara Thennakoon

Abstract

Chathurika, S.N., Rathnayake, R.M.C., Nanayakkara, D.I., Thennakoon, S.U.B. and Rathnayake, A. (2026) 'Experiences of physical activity during pregnancy: a phenomenological study among Sri Lankan primigravid women', *Scientific Reports*, 16(20863). doi: 10.1038/s41598-026-49950-w.



Special events

Appointment of the New Dean, Faculty of Nursing, University of Colombo

The special occasion marking the appointment of Senior Lecturer Grade I, Mrs. W.A.R.P. Menike, as the new Dean of the Faculty of Nursing, University of Colombo, was held at 9.00 a.m. on 5th June 2026 at the Multi-Purpose Hall, Faculty of Nursing. Mrs. Menike is the second nursing professional to serve as the Dean of Sri Lanka's only Faculty of Nursing.

Distinguished guests from the University of Colombo and the healthcare community gathered to mark this significant occasion. The event was graced by the Vice Chancellor of the University of Colombo, Professor I.M. Karunathilaka, along with academics and heads of the Open University of Sri Lanka and the University of Sri Jayewardenepura. Further, the Chief Nursing Officers and nursing professionals representing leading

healthcare institutions and, the administrative staff of the MOH Office, Homagama participated in this event.



Mrs. W.A.R.P. Menike brings extensive experience in nursing education, academic leadership, and research, having made significant contributions to the development of nursing education and the advancement of the profession in Sri Lanka. Her vision emphasises nurturing competent, compassionate, and globally competitive nursing graduates, while fostering an inclusive and supportive environment for students, academic staff, and professional partners.

Addressing the gathering, the Vice Chancellor extended his best wishes to the new Dean. The former Dean, Professor S.S.P. Warnakulasuriya, along with Chief Nursing Officers of leading hospitals and the Medical Officer of Health, Homagama, also offered their congratulations to the new Dean.




The Faculty extended its sincere appreciation to the outgoing Dean for her dedicated leadership and invaluable contributions to the growth and development of the Faculty. It then warmly congratulated Mrs. W.A.R.P. Menike on her appointment and wished her every success in leading the Faculty of Nursing toward new milestones of academic excellence and professional distinction.

Revisiting a Legacy: Mr. Yoshi Shimada Returns to the Nurses' Training School After 26 Years

The Faculty of Nursing recently had the pleasure of welcoming Mr. Yoshi Shimada, a retired Japanese engineer who was involved in the construction of the Nurses' Training School (NTS) building. Now 71 years old, Mr. Shimada was visiting Sri Lanka on a private trip and took the opportunity to revisit the NTS premises after 26 years.




Mr. Shimada expressed his delight at seeing the building still in excellent condition, commending the institution for maintaining the facility so well over the years and for ensuring that it continues to serve its intended purpose effectively.

During the visit, Mr. Shimada was accompanied by the Dean of the Faculty of Nursing, Mrs. W.A.R.P. Menike. The occasion held special significance for her, as she had been serving as a Nursing Lecturer at the NTS when construction of the building first began. As they toured the premises together, the two shared fond memories of the project's early days and reflected on the remarkable journey of the institution over the past 26 years.

Mr. Shimada also spoke of a recent visit to Kathmandu, where he had observed a hospital development project, and noted that he was especially impressed by the condition and upkeep of the NTS building in comparison. He expressed satisfaction in seeing the facility remain well utilised and carefully preserved.

During their discussion, Mrs. Menike conveyed her appreciation for the support extended through Japanese development initiatives and requested Mr. Shimada's assistance, where possible, in strengthening ties with the Government of Japan to promote future development projects and academic collaboration.

The visit was a memorable occasion that underscored the enduring value of international cooperation and the lasting impact of development projects. It also served as a reminder of the shared commitment and dedication of those who helped establish a facility that continues to play a vital role in nursing education in Sri Lanka.

Oath Ceremony - 2026

The Oath Ceremony of the 2022/2023 B.Sc. Nursing undergraduates was ceremonially held on 13th January 2026 at the Faculty of Nursing, University of Colombo. This distinguished academic occasion marked a significant milestone in the professional journey of the nursing undergraduates, as they solemnly pledged their commitment to ethical practice, compassionate care, and professional accountability within the nursing profession.



The ceremony symbolized the formal transition of students into responsible and accountable members of the healthcare workforce. It further reflected the faculty's steadfast commitment to nurturing competent, compassionate, and ethically grounded nursing professionals who uphold the highest standards of practice.



The event was organized under the guidance of the Dean of the Faculty of Nursing, Prof. S.S.P. Warnakulasuriya, with the coordination of the Department of Fundamentals of Nursing and the appointed organizing committee comprising faculty members.

The ceremony was graced by Prof. Indika Mahesh Karunathilake, Vice-Chancellor of the University of Colombo, as the Chief Guest, and Mr. K.A. Sunil Shantha, Director of Nursing Education, Ministry of Health, as the Guest of Honour. The occasion was further enriched by the presence of distinguished invitees from the academic and clinical sectors, alongside the undergraduates and their esteemed parents and guardians.



Submitted by :-
Ms. R.A.N.D. Ranaweera
Lecturer (Probationary)
Dept. of Fundamental Nursing
Coordinator- Oath Ceremony – 2026

Food Festival 2026 (2022/2023 Batch)
"From Caring Hands to Nourishing Plates"

The 7th batch (2022/2023) of undergraduate nursing students successfully held their annual food festival on 23rd January 2026 as a partial completion of the Clinical Nutrition module. This year, the event theme was "From Caring Hands to Nourishing Plates". The event was organized by the Department of Clinical Nursing to apply knowledge in the nutrition field to their daily practices in patient care.





This year, the festival was coordinated by Mr.D.K.M. De Silva, module coordinator, with valuable support and guidance from all academic, academic supportive, and non-academic staff members of the department.



Submitted by :-

D.K.M. De Silva
Lecturer (Probationary)/ Module coordinator
Dept. of Clinical Nursing
Faculty of Nursing
University of Colombo

New year festival-Faculty of nursing, University of Colombo

“Suryabhisheka 2026 - The Golden Festival whispers at the doorstep of Nursing grace" was successfully held on Saturday, 25th of April 2026 at Madiwela Praja Mandala premises. It was organized for the third consecutive time by the 2023/2024 students.



Submitted by :-

K.Y.S.U Perera

Library committee representative

2023/2024 Batch, Faculty of Nursing

Mandara - 2025

The farewell party , Mandara '25' was organized by the junior students of the 5th batch (2020/2021) to mark the departure of the 4th batch (2019/2020) from the Faculty of Nursing, University of Colombo.







Submitted by :-

K.Y.S.U Perera

Library committee representative

2023/2024 Batch, Faculty of Nursing

Faculty of Nursing Celebrates International Nurses Day 2026

The Faculty of Nursing, University of Colombo, celebrated **International Nurses Day 2026** on 14th May 2026 at the Faculty Auditorium, honoring the legacy of Florence Nightingale. This year's celebration theme was **"Our Nurses, Our Future: Empower Nurses, Save Lives,"** highlighting the importance of empowering nurses to strengthen healthcare services, improve patient outcomes, and build a healthier future for all.



The event was graced by the presence of the former dean of the Faculty of Nursing, **Prof. S. S. P. Warnakulasuriya**. A key highlight of the celebration was the felicitation of Florence Nightingale and the delivery of the *Nightingale Speech* by **Dr. Nirosha Priyadarshani Edirisinghe**, Head, Department of Basic Sciences and Social Sciences for Nursing. The event was coordinated by **Mr. D. K. M. De Silva, Lecturer (Probationary), Department of Clinical Nursing**, together with the organizing team of the Faculty of Nursing.



Submitted by :-

D.K.M. De Silva
Lecturer (Probationary)
Dept. of Clinical Nursing
Faculty of Nursing
University of Colombo

Members of the Library Committee

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Mrs. W.A.R.P. Menike

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