ISSN 2950-7189

4th INTERNATIONAL
NURSING CONFERENCE 2025

29th OF OCTOBER 2025

PROCEEDINGS

AI IN HEALTHCARE: ADVANCING PATIENT CARE AND EVIDENCE-BASED PRACTICE



FACULTY OF NURSING
UNIVERSITY OF COLOMBO
SRI LANKA



4th International Nursing Conference

"AI in Healthcare: Advancing Patient Care and Evidence-Based Practice"

PROCEEDINGS

FACULTY OF NURSING

UNIVERSITY OF COLOMBO

2025

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Published by
Faculty of Nursing University of Colombo

ISSN 2950-7189

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Table of Contents

Organizing Committee of the 4th International Nursing Conference…….. 1

Message from the Vice Chancellor – University of Colombo……... 3

Message from the Dean – Faculty of Nursing…… 4

Message from the Conference Chair – INC 2025…….. 5

Message from the Conference Secretary – INC 2025…… 6

Abstract of the orator's speech ……...7

Programme Outline…… 8

Programme of the Technical Sessions…….9

Introduction to Keynote Speaker……... 14

Abstract of the Keynote Speech…….15

Abstract of the Plenary Speech…….. 16

Technical Sessions – Oral Presentations……17

Technical Sessions – Poster Presentations…… 33

Reviewers of the Abstracts…… 42

Sponsors for the Oration ……... 44

Acknowledgement…… 45

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Message from the Vice Chancellor, University of Colombo



It is my immense pleasure to convey a message as the Vice Chancellor of the University of Colombo for the 4th International Nursing Conference, organized by the Faculty of Nursing, University of Colombo. First and foremost, I would like to warmly welcome all participants to the 4th International Nursing Conference (INC-2025), which is one of the satellite conferences under the Annual Research Symposium (ARS 2025) of the University of Colombo. I strongly believe that this 4th international conference will enhance the quality of research and foster international collaborations aimed at strengthening nursing research and practice. Research plays a pivotal role in improving the outcomes of institutions as well as the development of the country. Therefore, research outcomes must be critically evaluated, with suitable solutions and recommendations considered after constructive discussions and arguments.

The theme of the conference, "AI in Healthcare: Advancing Patient Care and Evidence-Based Practice" highlights the transformative role of artificial intelligence in modern healthcare. It emphasizes how AI-driven innovations are reshaping clinical decision-making, enhancing patient outcomes, and strengthening evidence-based approaches across the healthcare system. This conference is enriched by invited speakers and innovative researchers from a multidisciplinary team related to healthcare delivery.

I am confident that this conference will advance the objectives of the Faculty of Nursing and contribute to establishing it as an excellent academic and research center at the University, producing high-quality nursing graduates worldwide. Additionally, INC-2025 offers an excellent platform for establishing strong collaborations with globally recognized institutions to address issues and develop effective, practical solutions for the continued improvement of the Faculty of Nursing.

Finally, I would like to extend my gratitude to the keynote and plenary speakers, reviewers, sponsors, and participants. I also thank the organizing committee and all staff members of the Faculty of Nursing for their efforts in organizing this international conference. I wish everyone all the very best in their endeavors.

Professor I.M. Karunathilake
Vice Chancellor
University of Colombo
Sri Lanka

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Message from the Dean, Faculty of Nursing



It is my great pleasure to address the 4th International Nursing Conference, 2025, organized by the Faculty of Nursing, University of Colombo, Sri Lanka, under the theme "AI in Healthcare: Advancing Patient Care and Evidence-Based Practice." This annual event has become a cornerstone of our academic calendar, consistently showcasing high-quality research by academics, undergraduates, and scientists.

This year's symposium is particularly significant as it aligns with the global shift towards advanced patient care and evidence-based practice enhanced by AI in healthcare. It also marks the presentation of research projects by our recent nursing graduates. Furthermore, this year's conference is especially meaningful as, for the first time, we are introducing an oration to our annual research conference. I strongly believe this symposium will be a great success, as we have organized two technical sessions, with more opportunities for scientific dialogue expected to take place. The proceedings include 25 research abstracts, thoroughly reviewed and assessed by a panel of academics to ensure quality. I extend my sincere gratitude to the organizing committee, led by Dr. Thilina Gunathilaka, for their dedication and hard work. I also thank the Heads of Departments, academic staff, Senior Assistant Registrar, and non-academic staff for their unwavering support. I congratulate all the presenters for contributing their research to this conference.

My special appreciation goes to Dr. Kaneeka Vidanage, Senior Lecturer and Head of the Department of Computer Science, General Sir John Kotelawala Defence University, for delivering the Keynote Address, as well as to all the plenary speakers of the 4th International Nursing Conference. I would also like to place on record my heartfelt thanks to Professor Indika Mahesh Karunathilake, Vice Chancellor of the University of Colombo, for his moral support, visionary leadership, guidance, and inspiration in the recent past, which have contributed greatly to the development and smooth functioning of the Faculty of Nursing.
I warmly welcome all participants and hope you will enjoy the scholarly richness and vibrant atmosphere of the 4th International Nursing Conference, Faculty of Nursing, University of Colombo.
I wish the 4th International Nursing Conference 2025 great success!

Professor S.S.P. Warnakulasuriya
Dean
Faculty of Nursing
University of Colombo
Sri Lanka

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Message from Conference Chair - INC 2025



It is with great pleasure that I welcome you to the 4th International Nursing Conference 2025, held under the theme "AI in Healthcare: Advancing Patient Care and Evidence-Based Practice." This theme reflects our shared commitment to exploring how artificial intelligence is revolutionizing nursing practice, enhancing clinical decision-making, and strengthening the foundation of evidence-based care.

We are proud to open this year's conference with a Preconference Workshop titled "AI for Academic Research and Publications." This interactive session is designed to empower researchers and students with practical knowledge on how AI can support literature reviews, data analysis, manuscript writing, and scholarly dissemination tools that are increasingly essential in today's academic landscape.

I would also like to take this opportunity to extend my sincere appreciation to our sponsors and the organizing committee for their dedication and hard work in making this event a reality. Their unwavering support has been instrumental in creating a platform for meaningful exchange and professional growth.

A special thanks goes to Dr. Kaneeka Vidanage, Senior Lecturer and Head of the Department of Computer Science, Faculty of Computing at General Sir John Kotelawala Defence University, for delivering the keynote address. We are honored by his presence and the insights he brings into the integration of AI within healthcare systems. I also extend my gratitude to all our invited speakers for their valuable contributions to this conference.

We are confident that INC 2025 will offer a professionally enriching and memorable experience for all participants. Let us embrace the future of nursing by advancing patient care through the thoughtful integration of artificial intelligence and evidence-based practice

Dr. Thilina Lakmini Gunathilaka

Senior Lecturer (Gr. II)

Department of Basic Science and Social Science for Nursing

Faculty of Nursing

University of Colombo.

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Message from Conference Secretary - INC 2025



I am privileged to contribute this message to the proceedings of the 4th International Nursing Conference 2025, organized by the Faculty of Nursing, University of Colombo. The theme, "AI in Health Care: Advancing Patient Care and Evidence-Based Practice," reflects the increasing importance of digital innovation in transforming nursing and healthcare delivery.

In the Sri Lankan context, artificial intelligence offers significant opportunities to enhance diagnostic accuracy, patient monitoring, and decision support systems, while also raising important questions about accessibility, equity, and ethical use. As our health system continues to evolve, it is vital to explore how AI can be responsibly integrated to strengthen evidence-based nursing practice and improve patient outcomes.

This year's conference is enriched by a keynote address and a plenary session from leading Sri Lankan experts in AI and healthcare, ensuring that discussions remain both globally informed and locally relevant. The inclusion of a special oration further elevates the academic value of the conference, creating a platform for critical reflection and scholarly exchange.

I extend my sincere gratitude to all presenters, reviewers, sponsors and organizing committee members for their dedication and commitment to making this event possible. May the insights shared here inspire sustainable innovations in nursing practice and reinforce the pivotal role of nursing in advancing healthcare in Sri Lanka and beyond.

Ms. M.W.N Nisansala

Senior Lecturer (Gr. II)

Department of Fundamental Nursing

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Abstract of the Orator's speech

A Journey of Inquiry and Impact: From Passion to Legacy in Nursing Research

This oration reflects a lifelong journey of discovery, resilience, and transformation, a narrative that began with passion and evolved into purpose, empowerment, and legacy within nursing research. In order to make it more concise, it was organized under three main themes.

From Passion to Purpose - The Birth of a Researcher:

The journey commenced with a deep curiosity and commitment during my undergraduate studies, where my first research project earned a research award and became the spark that ignited my enduring passion for inquiry. The presidential award for my first international publication marked a defining milestone, affirming my potential as a scholar and strengthening my identity as a nursing researcher. These early achievements instilled in me a vision to inspire others leading me to embrace teaching and mentoring as vital extensions of my research mission. Research, for me, was no longer an academic requirement; it became an art and a purpose-driven path to elevate nursing as a science and profession.

Creating Ripples - Empowering Others and Expanding Horizons:

Over two decades, my journey has been dedicated to nurturing a culture of research among nurses in Sri Lanka. Through continuous teaching, supervision, and mentorship, I have guided countless undergraduates and postgraduates toward developing inquiry-based thinking and scholarly excellence. The recognition of 22 research awards and numerous international presentations not only highlights personal achievement but also symbolizes collective progress. By establishing collaborations with global researchers, I have sought to enhance Sri Lanka's presence in international nursing scholarship, fostering communities of inquiry and empowering a new generation of nurse researchers.

Resilience, Recognition, and Legacy - A Journey of Lifelong Learning:

This path was not without challenges - limited institutional resources, personal sacrifices, and systemic barriers often tested perseverance. Yet, resilience transformed these obstacles into opportunities for growth. Investing personal effort and resources led to meaningful outcomes, including achieving the highest citation impact and h-index among Sri Lankan nursing scholars. Each experience became a lesson in leadership, endurance, and vision.

Ultimately, this journey embodies the essence of nursing research, transforming passion into purpose, challenges into milestones, and knowledge into a legacy that continues to inspire future generations.

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Programme Outline

Programme of the 4th International Nursing Conference

8.00 am- 8.30 am	Registration of the participants
8.30 am- 8.40 am	Inauguration of the 4th International Nursing Conference Lighting the Traditional Oil Lamp Faculty song
8.50 am- 8.55 am	Welcome Address Dr. M.D.T.L. Gunathilaka, Chairperson, 4th International Nursing Conference
8.55 am- 9.00 am	Introduction of the Orator by Prof. D.A.S. Elvitigala
9.00 am- 9.30 am	Oration Prof. S. S. P. Warnakulasuriya
9.30 am- 9.35 am	Introduction to the Chief Guest by the Dean – Faculty of Nursing
9.35 am- 9.45 am	Address by the Chief Guest Professor Indika Karunaratne Vice-Chancellor, University of Colombo
9.45 am- 9.55 am	Newsletter and E proceedings of the 4th INC 2025 (Launching)
9.55 am- 10.00 am	Introduction to the Keynote Speaker by Dr. M.D.T.L. Gunathilaka, Chairperson, 4th International Nursing
10.00 am- 10.30 am	Keynote Speech Dr. Kaneeka Vidanage, Senior Lecturer, General Sir John Kotelawala Defence University
10.30 am- 10.40 am	Vote of Thanks by Ms. Nilushi Nisansala, Secretary, 4th International Nursing Conference
10.40 am-11.10 am	Refreshment
11.10 am- 11.15 am	Introduction to Plenary Speaker by Ms. Nadini Ranaweera, Secretary, 4th International Nursing Conference
11.15 am- 11.45 am	Plenary Speech Prof. K. P. Hewagamage, University of Colombo School of Computing
11.45 am- 12.45 pm	*Lunch*
1.00 pm onwards	Technical Sessions
3.30 pm – 4.00 pm	Awarding of Certificates for the presenters and closing remarks

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Programme of the Technical Session

ORAL PRESENTATIONS- PANEL 01		
SN	**Paper ID**	**Title and author/s of the paper**
OP1.1	INC005	RELATIONSHIP BETWEEN ATTITUDES AND PRACTICES OF NURSES TOWARDS INTESTINAL STOMA CARE IN SURGICAL UNITS OF SELECTED TERTIARY CARE HOSPITALS IN THE WESTERN PROVINCE, SRI LANKA ***Uthpala UHT**, De Silva DKM, Asuakkody TA*
OP1.2	INC006	FACTORS AFFECTING KNOWLEDGE AND PRACTICES AMONG PUBLIC TRANSPORT DRIVERS ON PRE-HOSPITAL HANDLING OF SPINAL CORD INJURY VICTIMS IN COLOMBO DISTRICT, SRI LANKA ***Perera ASK**, Demel LMTM, Gunawardhana KSDA, Madhushika KLAT, Senarath DM, Madushika WA, Wickramasinghe WMDD, Menike WARP*
OP1.3	INC007	PSYCHOLOGICAL, LIFESTYLE AND PHYSIOLOGICAL FACTORS AFFECTING HEALTH-RELATED QUALITY OF LIFE AMONG STROKE PATIENTS IN SELECTED TEACHING HOSPITALS IN WESTERN PROVINCE, SRI LANKA ***Herath HMCR,** Mahadanarachchi AS, Sudeshika SBH, Perera LDR, Dharmarathne EAHU, Kuruppu KAIL, Uyanwaththa UGNP1, Ranaweera RAND, Asurakkody TA*
OP1.4	INC008	ATTITUDE, PRACTICES, AND ASSOCIATED FACTORS TOWARDS SELF-CARE FOR CHEMOTHERAPY SIDE EFFECTS AMONG CANCER PATIENTS AT APEKSHA HOSPITAL, SRI LANKA ***Alwis LLNT**, Karunarathne GVMN, Nimasha KS, Gampalage KM, Ruhunage LS, Vidanage HVDB, Nilmini K, Mahanama MMGC, Nishara MGS, Malkanthie MGAS*
OP1.5	INC024	PERCEPTIONS TOWARDS HEALTH-SEEKING BEHAVIOR AMONG COMMUNITY-DWELLING OLDER ADULTS IN A SELECTED VILLAGE IN THE EMBILIPITIYA MOH AREA, SRI LANKA ***Rasangi MLP**, Meegoda MKDL*
OP1.6	INC028	VALIDATION OF THE SINHALA VERSION OF THE NOTTINGHAM LEISURE QUESTIONNAIRE (NLQ) FOR POST-STROKE PATIENTS IN SRI LANKA ***Sulochana GPK**, Randeniya KKLI, Vathsala BVV, Kariyawasam GPN, Dias MPHK*

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ORAL PRESENTATIONS- PANEL 02		
SN	**Paper ID**	**Title and author/s of the paper**
OP2.1	INC013	READINESS FOR TECHNOLOGY USAGE AND ITS ASSOCIATED FACTORS AMONG SELECTED PERI-URBAN POPULATION WITH DIABETES MELLITUS IN COLOMBO DISTRICT, SRI LANKA ***Nimasha MC**, Karunasinghe SPGDH, Wanigasundara WASD, Gobika S, Attanayaka AMSN, Sajinth P, Abeywickrama MS, Siribaddhana N, Nisansala MWN*
OP2.2	INC015	LEVEL OF COGNITIVE FUNCTION AND ASSOCIATED FACTORS AMONG COMMUNITY-DWELLING OLDER ADULTS IN A SEMI-URBAN AREA IN COLOMBO DISTRICT, SRI LANKA. ***Kavindya HWI,** Chathumini DGI, Nithusha K, Gunarathna GTM, Samaranayaka KKPM, Weerathunga MTSD, Kalpani ULPS, Priyadarshani UGN, Warnakulasuriya SSP*
OP2.3	INC019	KNOWLEDGE, ATTITUDES AND PRACTICES RELATED TO SYPHILIS AMONG UNDERGRADUATES OF UNIVERSITY OF COLOMBO, SRI LANKA ***Kumara DMID**, Yoosuf MSM, Sankeethan P, De Costa MAA, Gunathilaka WNMLHR, Hansika WTP, Pieris ADK, Ranjani B, Amarasinghe TS, Ubhayawardana DLNL*
OP25.4	INC020	HEALTH-RELATED QUALITY OF LIFE AMONG PATIENTS DIAGNOSED WITH RHEUMATOID ARTHRITIS ATTENDING GAMPAHA WICKRAMARACHCHI AYURVEDA TEACHING HOSPITAL, YAKKALA, SRI LANKA *Mawaththe MWDM, Nawarathna NPCM, Senevirathna WASS, Wannisekara WMTA, Priyadarshani WAM, **Karunarathna TPNP**, Kariyawasam KHAY*

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ORAL PRESENTATIONS- PANEL 03		
SN	**Paper ID**	**Title and author/s of the paper**
OP3.1	INC003	THE INTENTION OF MIGRATION AND ASSOCIATED FACTORS AMONG NURSING UNDERGRADUATES OF SELECTED STATE UNIVERSITIES IN SRI LANKA ***De Silva DKM,*** *Herath HMCM, Sepala NC, Priyadarshani UGN, Bandara DMOTK, Rathnayake N, Warnakulasuriya SSP*
OP3.2	INC011	GENETICS-RELATED KNOWLEDGE, ATTITUDES, AND READINESS FOR PRACTICE AMONG FINAL-YEAR DIPLOMA NURSING STUDENTS IN WESTERN PROVINCE, SRI LANKA ***Alawathupitiya ARMCAK****, Jayathilaka PWGAV, Veenavi WVH, Nawodya MJ, Rathnayaka RMNM, Fernando TMH, Sumuduni MEI, Samarasinghe SKAMS, Senarathne HS, Elvitigala DAS*
OP3.3	INC012	AWARENESS, SATISFACTION, AND ASSOCIATED FACTORS OF PREOPERATIVE NURSING CARE AMONG ADULTS UNDERGONE MAJOR SURGERIES IN SELECTED GOVERNMENT TEACHING HOSPITALS, COLOMBO DISTRICT, SRI LANKA *Thalgaspitiya KN, Malalagama SU, Perera NWKPM,* ***Herath HMMSL****, Dharmasena KBYP, De Costha MLDD, Chathurangika SAL, Edirisinghe NP*
OP3.4	INC010	KNOWLEDGE ON INSULIN SELF-ADMINISTRATION, ITS ADHERENCE AND ASSOCIATED FACTORS AMONG PATIENTS WITH DIABETES MELLITUS ATTENDING DIABETIC CLINICS AT SELECTED TEACHING HOSPITALS, COLOMBO DISTRICT, SRI LANKA ***Sangavi S****, Gunasekara WAD, Darshana KGD, Kumari HWPM, Nuwandhara PDT, Wijerathne KPRT, Damayanthi KMN, Bandara DMOTK, Kisokanth G*
OP3.5	INC026	FAMILY CAREGIVERS' EXPERIENCE IN PROVIDING HOME-BASED CARE FOR CANCER PATIENTS WITH COMPROMISED ACTIVITIES OF DAILY LIVING IN ALAWWA MOH AREA, SRI LANKA ***Weerasinghe RMRS****, Rasandika MGM, Suriyaarachchi SARND, Rathnayake RMDS, Wijesekara GGWC*

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POSTER PRESENTATIONS PANEL 01		
SN	**Paper ID**	**Title and author/s of the paper**
PP1.1	INC004	PREVALENCE OF UNDERNUTRITION AND ASSOCIATED FACTORS AMONG PREGNANT WOMEN IN THE FIRST TRIMESTER AT COLOMBO DISTRICT, SRI LANKA ***Jayasooriya LHDD,*** *Uthpala UHT, Fernando HSPF, Afridi AMM, Nawanjana NMI, Rajamuni RDSG, De Silva DKM, Herath HMCM*
PP1.2	INC014	PREVALENCE AND ASSOCIATED FACTORS OF POOR SLEEP QUALITY AMONG NURSING UNDERGRADUATES IN STATE UNIVERSITIES, SRI LANKA ***Jayarathna WASC****, Mithurja S, Pramodya MR, Ekanayake EMMBUB, Tharik HM, Udayanganee MAL, Dharmawardana PHWS, Gunathilaka MDTL*
PP1.3	INC017	TRENDS IN HOSPITALIZED MYOCARDIAL INFARCTION INCIDENCE IN SRI LANKA: A RETROSPECTIVE STUDY ***De Silva DKM****, Lewliyadda LMUL, Bandara DMOTK, Nisansala MWN, Nishara MGS, Ranasinghe WMDDS, Dharmaratne SD, Warnakulasuriya SSP*
PP1.4	INC018	ASSESSMENT OF POSTOPERATIVE PAIN AND STRESS LEVEL AMONG PATIENTS IN A RURAL HOSPITAL SETTING IN SRI LANKA ***Karunarathna TPNP****,* Kuruppu KADVR, Sandamali KGA, Dananjani DBN, Jayathilaka GMPH, Sandyani DW, Kariyawasam KHAY, Nisansala MWN
PP1.5	INC025	A RETROSPECTIVE ANALYSIS OF SEPTICEMIA INCIDENCE AND MORTALITY IN HOSPITALIZED PATIENTS IN SRI LANKA ***Nishara MGS****, Warnakulasuriya SSP*

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POSTER PRESENTATIONS PANEL 02		
SN	**Paper ID**	**Title and author/s of the paper**
PP2.1	INC016	ADOPTION OF ARTIFICIAL INTELLIGENCE IN SELECTED NURSING SCHOOLS: A STUDY ON HIGHER EDUCATION IN NURSING IN THE WESTERN PROVINCE OF SRI LANKA ***Ratnayake SMS**, Asurakkody TA, Wikramaarachchi RD*
PP2.2	INC021	NURSES' KNOWLEDGE AND PRACTICE IN PREVENTING CENTRAL VENOUS CATHETER INFECTIONS IN INTENSIVE CARE UNITS IN COLOMBO NATIONAL HOSPITAL OF SRI LANKA: A DESCRIPTIVE STUDY *Basnayake BMUU, Atapattu RCR, Senarathna BRAI, **Fernando WNR**, Shopijen E, Priyanthi WN*
PP2.3	INC023	KNOWLEDGE, ATTITUDES, AND PRACTICE ABOUT ORAL SELF-EXAMINATION IN IDENTIFYING ORAL CANCER AMONG YOUNG ADULTS ATTENDING DENTAL CLINICS AT THE NATIONAL DENTAL HOSPITAL OF SRI LANKA *Maleesha DS, Thanuja BHD, Sewwandi VKN, Withanaarachchi WC, **Gunasekare MKCP**, Wijesekara GGWC*

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Introduction To Keynote Speaker



Dr. Kaneeka Vidanage

Senior Lecturer and the Head
Department of Computer Science
Faculty of Computing
General Sir John Kotelawala Defence University

Dr. Kaneeka Vidanage is a Senior Lecturer and the Head of the Department of Computer Science, Faculty of Computing at General Sir John Kotelawala Defence University, Sri Lanka. His academic specialization is in Artificial Intelligence and Healthcare Integration, with a research focus on applying intelligent systems to improve clinical workflows and patient care.

Dr. Vidanage earned his PhD in Ontological Modelling for intelligent computerized clinical workflow management from University Malaysia Terengganu, where his work was recognized with several international research awards and intellectual property rights granted by the Malaysian Intellectual Property Organization (MyIPO). He also completed an M.Phil. in Artificial Intelligence and psychological process governance and an M.Sc. in Information Technology at the University of Colombo, along with a B.Sc. in Computing with a second class upper from the National University of Ireland.

A professional member of the British Computer Society, Dr. Vidanage has established strong international research collaborations with partners in Malaysia and New Zealand. His scholarly work has been published in numerous high-ranked journals and has already attracted close to 200 citations, reflecting the global impact of his research.

With his expertise at the intersection of AI, healthcare, and knowledge systems, Dr. Vidanage continues to advance innovative, human-centered solutions while inspiring the next generation of researchers and practitioners in the field of computing.

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Abstract of the Keynote Speech

ARTIFICIAL INTELLIGENCE IN NURSING – TECHNOLOGIES, APPLICATIONS, EMERGING TRENDS AND CHALLENGES.

Artificial Intelligence (AI) is no longer a distant promise but a powerful reality reshaping healthcare. At the heart of this transformation lies the nursing profession- an indispensable pillar of patient care- where AI has the potential to empower professionals, enrich decision-making, and elevate service standards. Recent advancements in machine learning, natural language processing, and robotics are beginning to redefine how nurses support clinical decision-making, monitor patients, optimize workflows, and share knowledge. These technologies, when harnessed responsibly, can free up valuable time for compassionate caregiving, the true essence of nursing. Yet, the road ahead is not without challenges. Issues of ethics, privacy, algorithmic bias, and explainability demand thoughtful engagement and collaboration between nursing professionals and technology experts. A rationalized decision-making framework is essential to guide non-technical stakeholders in aligning AI solutions with the real needs of nursing practice. By striking the right balance between innovation and responsibility, AI can serve not as a replacement, but as a powerful ally, enabling nurses to deliver care with greater precision, humanity, and impact.

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Abstract of the Plenary Speech

AI IN HEALTHCARE: ADVANCING PATIENT CARE THROUGH EVIDENCE-BASED PRACTICE

Senior Prof. K. P. Hewagamage
Senior Professor in Computer Science
University of Colombo School of Computing (UCSC)



Artificial Intelligence (AI) is reshaping healthcare, moving beyond theory into practical tools that improve the way care is delivered, decisions are made, and patients are supported. *This keynote explores how AI strengthens evidence-based practice (EBP) while keeping patient-centered care at the core.*

The presentation begins with an overview of the current AI landscape in healthcare, highlighting applications in **diagnosis, prediction, and imaging**. From AI-assisted radiology that detects early signs of lung cancer and diabetic retinopathy that analyze clinical notes and laboratory reports for diagnostic insights, AI is enhancing the accuracy, speed, and consistency of medical decisions.

Beyond clinical diagnosis, AI is transforming **healthcare operations and management**. Hospitals are adopting AI for continuous patient monitoring, medication adherence, chronic disease management, and early warning systems to predict deterioration. These tools reduce workload for staff, optimize resources, and improve patient safety. Importantly, they also free nurses and clinicians to spend more time at the bedside, reinforcing the human connection in care.

Central to this discussion is the link between AI and **evidence-based practice**. AI systems can synthesize vast amounts of clinical trial data, guidelines, and real-world patient information, providing clinicians with actionable, evidence-informed insights at the point of care. In this way, AI acts as a bridge between research and practice, ensuring that patient care is guided not only by clinical expertise and patient values, but also by the most current and comprehensive evidence available. For nursing and allied health professionals, this journey highlights how AI can empower them to deliver safer, smarter, and more personalized care—anchored firmly in the principles of evidence-based practice.

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Technical Session – Oral Presentations

ISSN 2950-7189 *© Faculty of Nursing, University of Colombo*

OP1.1: INC005

RELATIONSHIP BETWEEN ATTITUDES AND PRACTICES OF NURSES TOWARDS INTESTINAL STOMA CARE IN SURGICAL UNITS OF SELECTED TERTIARY CARE HOSPITALS IN THE WESTERN PROVINCE, SRI LANKA

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Introduction: Intestinal stoma care is a critical aspect of practice in surgical units, where patients often require postoperative management, especially for novel stomas. Nurses' attitudes toward stoma care can directly influence the quality of patient management. Despite this, the relationship and the impact of this relationship remain unclear in this area in Sri Lanka

Objective: This study aimed to assess the correlation between attitudes and practices of nurses towards intestinal stoma care in surgical units of selected tertiary care hospitals in Western province in Sri Lanka.

Methods: A cross-sectional, correlational study was conducted among 422 nurses in surgical wards at three randomly selected tertiary-care hospitals in Western Province. Participants were selected using a simple random sampling method. Data was collected using a self-administered, pretested, and self-developed questionnaire with 0.871Cronbach's alpha. Data analysis was conducted using SPSS v26. Descriptive statistics, mean, standard deviations, frequencies, and percentages, were computed. Pearson's correlation was used to assess the relationships between variables. Ethical approval was obtained from the Ethics Review Committee of the Faculty of Medicine, University of Colombo.

Results: Of the 422 nurses approached, 317 responded (75.11%). The mean age was 33.67 ± 8.11 years. Most participants held a diploma in nursing (64.7%) and had 1–10 years of experience (65%). The mean attitude score was 67.96 ± 6.32, while the mean practice score was 65.83 ± 20.04. A majority (84.2%) demonstrated a positive attitude, but only 45.7% showed a good level of practice. Pearson's analysis revealed a statistically significant, positive correlation between attitude and practice scores ($r = 0.193$, $p = 0.001$).

Conclusions: Although most nurses had positive attitudes, fewer demonstrated good practice. A weak but significant correlation suggests that favorable attitudes modestly influence better practice. Strengthening education, hands-on training, and supportive supervision is crucial to improve both attitudes and competencies in surgical stoma care.

Keywords: Intestinal Stoma Care, Nurses' Attitudes, Clinical Practices, Surgical Units

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OP1.2: INC006

FACTORS AFFECTING KNOWLEDGE AND PRACTICES AMONG PUBLIC TRANSPORT DRIVERS ON PRE-HOSPITAL HANDLING OF SPINAL CORD INJURY VICTIMS IN COLOMBO DISTRICT, SRI LANKA

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Background: Spinal cord injuries (SCI) account for approximately 10% of global deaths annually. SCI has a lower mortality rate, but it often leads to permanent disability. Safe pre-hospital handling and immediate transport to the hospital play a crucial role in SCI.

Objectives: To assess factors affecting knowledge and practices of public transport drivers on safe pre-hospital handling of victims with suspected SCI in selected suburban areas in the Colombo district, Sri Lanka.

Methods: A descriptive cross-sectional study was conducted in Nugegoda, Dehiwala-Mount Lavinia, and Homagama. Public transport drivers aged 20–60 years, possessing a valid driving license and at least one-year driving experience were recruited through convenience sampling (n=422), proportionally distributed across study areas. Data were collected using a newly developed, pre-tested and validated, interviewer-administered questionnaire comprising four sections including socio-demographics, knowledge (MCQs), attitudes (likert scale), and practices (binary scale). A 50% threshold, based on prior literature, was used to categorize knowledge and practices. Data were analyzed using SPSS version 26.0.

Results: The response rate was 97.6%. The majority (86.9%, n=358) were male while 28.9% (n=119) of participants were in the 52-59 age category. Thirty eight point six percent (n=121) of participants were educated up to O/L. The majority (98.1%, n=404) demonstrated good knowledge (Mean=76.54, SD=11.37), while 55.3% (n=228) had poor practice (Mean=52.72, SD=12.00) regarding pre-hospital handling of SCI. Level of knowledge was significantly associated with education level ($p=0.036$) and being first aid trained ($p<0.001$). Level of practice was significantly associated with language ($p=0.002$), education level ($p=0.037$), type of employment ($p<0.001$), and being first aid trained ($p<0.001$). The level of knowledge was not associated with the level of practice ($p=0.129$).

Conclusion: This study highlights the significant gap between adequate knowledge and poor practice among public transport drivers in SCI handling. Key influencing factors are education, language, employment type, and being first aid trained. Targeted awareness programs including first aid training should be established.

Keywords: Knowledge, Practices, Pre-hospital handling, Spinal cord injuries

ISSN 2950-7189 © Faculty of Nursing, University of Colombo

OP1.3: INC007

PSYCHOLOGICAL, LIFESTYLE AND PHYSIOLOGICAL FACTORS AFFECTING HEALTH-RELATED QUALITY OF LIFE AMONG STROKE PATIENTS IN SELECTED TEACHING HOSPITALS IN WESTERN PROVINCE, SRI LANKA

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Introduction: Stroke remains a significant global health burden, representing the second leading cause of death and a key contributor to long-term disability. Health-related quality of life (HR-QoL) is a crucial indicator of post-stroke outcomes.

Objective: To identify psychological factors, lifestyle and physiological factors that are affecting Health-Related Quality of Life (QoL) among Stroke Patients in selected Teaching Hospitals in Western Province Sri Lanka.

Methods: A descriptive cross-sectional design utilized for 206 conveniently selected stroke patients from stroke units and neurology clinics at National Hospital Sri Lanka and Colombo North Teaching Hospital. Content validated interviewer administered, Modified Rankin Scale (mRS;α=0.85–0.95), Life style assessing tool, Barthel Index (BI;α=0.89–0.95), DASS-21, demographic screening tool and HR-QoL were used**.** Data were analyzed using SPSS version 27 with descriptive and inferential statistics. Ethical approval was obtained from the Ethics Review Committee, Faculty of Medicine, University of Colombo.

Results: Among the sample, mean age of 60.34 (±10.95). Individuals with severe or extremely severe depression, a history of stroke, or moderate-to-severe disability tend to have lower QoL. Depression, anxiety, and stress levels were strongly associated with lower QoL ($p<0.001$), with severe cases showing significantly worse QoL outcomes. Those with Obesity Class 2 are absent from the high QoL group. Significant associations with QoL were found for family history ($p = 0.021$), Modified Rankin Scale ($p < 0.001$), and Barthel Index ($p< 0.001$).

Conclusion: The study highlights the significant impact of psychological factors such as depression, anxiety, and stress on the health-related QoL of stroke survivors in Sri Lanka. Disability level, functional dependence, and family history of stroke were found to be key determinants of QoL outcomes. Strengthening rehabilitation, mental health support, and post-stroke follow-up services are crucial to improving outcomes.

Keywords: Anxiety, Depression, Health-related Quality of Life, Stress, Stroke

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OP1.4: INC008

ATTITUDE, PRACTICES, AND ASSOCIATED FACTORS TOWARDS SELF-CARE FOR CHEMOTHERAPY SIDE EFFECTS AMONG CANCER PATIENTS AT APEKSHA HOSPITAL, SRI LANKA

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Introduction: Chemotherapy is a common cancer treatment that often leads to significant side effects affecting patients' well-being. Self-care practices are essential for managing these side effects; however, the attitudes involved in self-care can vary based on demographics and clinical factors, which can impact quality of life.

Objectives: To assess attitudes, practices, and associated factors related to self-care behaviours for chemotherapy side effects among cancer patients attending Apeksha Hospital, Maharagama, Sri Lanka.

Methods: A cross-sectional quantitative study was conducted with 387 patients diagnosed with any type of cancer who were undergoing chemotherapy at Apeksha Hospital. Data were collected using a validated interviewer-administered questionnaire and analysed with SPSS version 27.0 using descriptive statistics and chi-square tests. Ethical approval was granted by the ethics review committee, Faculty of Medicine, University of Colombo.

Results: A majority of participants (78.6%) had a positive attitude towards self-care for managing chemotherapy side effects. Significant associations were found between attitudes, education level ($p = 0.001$), and employment status ($p = 0.024$). Common side effects reported included fatigue (83.2%), hair loss (88.4%), and loss of appetite (87.6%). Patients commonly used strategies like rest (60.8%), dietary changes (51.5%), medication (69.4%), and wearing wigs (58.8%) to manage these effects. Peripheral neuropathy affected 69.3% of patients, with 32.5% not adhering to any self-care practices. Of those experiencing decreased sexual desire (15.2%), 50.8% communicated with their partner, while 44.1% took no action. Although 87.04% engaged in some form of self-care measures, no significant relationship was found between these practices and attitude levels ($p = 0.366$).

Conclusion: Most patients demonstrated admirable positivity and engaged in self-care practices to manage the side effects of chemotherapy. Notable variations emerged, particularly concerning neuropathy and sexual health. Factors such as education and employment status significantly influenced these attitudes. Enhancing patient education and supportive strategies is essential for improving self-care and treatment outcomes.

Keywords: Attitude, Chemotherapy, Practices, Self-care, Side effects

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OP1.5: INC024

PERCEPTIONS TOWARDS HEALTH-SEEKING BEHAVIOR AMONG COMMUNITY-DWELLING OLDER ADULTS IN A SELECTED VILLAGE IN THE EMBILIPITIYA MOH AREA, SRI LANKA

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Introduction: Population aging is rapidly increasing worldwide, including in Sri Lanka, becoming a major demographic trend. Aging brings physical, psychological, and social changes, increasing dependency and vulnerability. Health-seeking behavior is key to managing age-related conditions.

Objective: To explore older adults' own perceptions of health-seeking behavior among community-dwelling older adults in a selected village in the Embilipitiya MOH area, Sri Lanka.

Methods: A qualitative study was conducted using a descriptive phenomenological design to explore the lived experiences and individual perceptions of older adults regarding their health-seeking behaviors. Participants were recruited using purposive sampling, and in-depth interviews were conducted using a validated interviewer guide until data saturation was reached, which was conducted at 25 participants. Face validity of the guide was assessed. Thematic analysis was performed following the six-phase framework: familiarization with data, generating initial codes, searching for themes, reviewing themes, defining and naming themes, and producing the report. All themes were reviewed by subject experts. Trustworthiness was ensured through credibility, transferability, dependability, and confirmability. Ethical approval was obtained from the Ethics Review Committee, Faculty of Allied Health Sciences, University of Peradeniya.

Results: The study included 25 older adult participants over 60 years, predominantly female (68%), Buddhist (92%), married (84%), educated (40%), and housewives (44%), with 72% reporting chronic illnesses. Two major themes were identified: (1) Limited engagement in health-seeking behaviors, with sub-themes: Preventive healthcare practices, Use of professional healthcare services, Reliance on traditional and home-based remedies; and (2) Perceptions influencing health-seeking behavior, with sub-themes: Personal beliefs about the importance of seeking healthcare and Influence of cultural and traditional values.

Conclusion: The findings emphasize the need for culturally appropriate strategies to promote proactive health-seeking behaviors among older adults. Integrating traditional beliefs with formal health systems may enhance the accessibility and acceptance of healthcare in rural aging populations.

Keywords: Perceptions, health-seeking behavior, community-dwelling, older adults

ISSN 2950-7189 *© Faculty of Nursing, University of Colombo*

OP1.6: INC028

VALIDATION OF THE SINHALA VERSION OF THE NOTTINGHAM LEISURE QUESTIONNAIRE (NLQ) FOR POST-STROKE PATIENTS IN SRI LANKA

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Introduction: Stroke is one of the leading causes of death worldwide and one of the most common causes of disabilities. Engaging in leisure activities helps to overcome physical, psychological, emotional, social, and environmental consequences, and assessment of leisure engagement is pivotal in post-stroke rehabilitation. A significant gap remains in assessing leisure engagement and tools to assess leisure engagement among stroke survivors in the Sri Lankan context.

Objective: To validate the Sinhala version of the NLQ to assess leisure engagement among stroke survivors in Sri Lanka.

Methods: This descriptive cross-sectional study was conducted at the National Hospital in Galle. The study sample involved 170 post-stroke patients who attended follow-up clinics at the National Hospital, Galle. A convenience sampling method was used. The tool was translated, synthesized, and back-translated by an expert committee. Content validity was assessed. Cronbach's alpha and the Interclass Correlation Coefficient were confirmed psychometric validity. Ethical clearance was obtained from the Ethics Review Committee, Faculty of Allied Health Sciences, University of Ruhuna.

Results: There were 170 participants with a mean age of 60.06 (SD ± 11.54) and an age range of 18 to 80 years (SD ± 11.54). 56.5% were males (n=96) and 43.5% were females (n=74). Most participants were diagnosed with an ischemic stroke, accounting for 79.41% (n = 135), while the remaining participants (20.95%) had a hemorrhagic stroke. The NLQ tool demonstrated a Cronbach's alpha value of 0.783 and an Internal Correlation Coefficient (ICC) value of 0.897. The Corrected Item Total Correlation confirmed that 15 items were consistent with the overall leisure participation score. The Content Validity Ratio (CVR) was calculated. Sixteen items were deemed highly relevant to the Sri Lankan context.

Conclusions: The Sinhala-translated NLQ tool is a reliable and valid instrument for assessing leisure activity engagement among Sinhala-speaking post-stroke patients in Sri Lanka.

Keywords- Follow-up clinics, Leisure time activities, Post-stroke, Validation, Sri Lanka

ISSN 2950-7189 *© Faculty of Nursing, University of Colombo*

OP2.1: INC013

READINESS FOR TECHNOLOGY USAGE AND ITS ASSOCIATED FACTORS AMONG SELECTED PERI-URBAN POPULATION WITH DIABETES MELLITUS IN COLOMBO DISTRICT, SRI LANKA

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Background: Technology plays a pivotal role in management of chronic diseases, such as diabetes. Therefore, assessing technology readiness and its associated factors specially among diabetic patients are vital. This can gain substantial benefits to improve health outcomes of diabetic patients by identifying the targeted interventions.

Objectives: This study aimed to assess readiness for technology usage and its associated factors among selected peri-urban population with diabetes mellitus in Colombo district, Sri Lanka.

Methods: A descriptive cross-sectional study was conducted among 422 randomly selected diabetic patients from selected 3 divisional hospitals in Colombo district. Data were collected using a pre-tested, researcher-developed, interviewer-administered questionnaire. Technology readiness was measured using 11 items (total score is 17). The scores were converted to percentages and categorized as low (0–49%), moderate (50–70%) and high (71–100%). Descriptive and inferential analyses such as independent sample t-tests, one-way ANOVA and chi-square tests were performed using SPSS version 26. p value < 0.05 was considered as statistically significant. Ethical approval was obtained from the Ethics Review Committee, Faculty of Medicine, University of Colombo.

Results: Majority of the participants were females (60.4%) and married (85.3%). The majority had internet device availability (66.4%) and internet access availability (65.4%). However, 43.4% of individuals never used the internet for health-related purposes. Language (62.1%) and cost (60.4%) were the main barriers in using the internet. Among the participants, 47.9% had low readiness while 35.3% of them had high readiness for technology usage. The mean readiness for technology usage score was 7.82±5.52. Age, marital status, educational level, occupation and monthly income were significantly associated with the readiness for technology usage ($p<0.05$).

Conclusions: The findings indicate that the technology readiness level is low among the majority of diabetic patients, highlighting a significant technology readiness gap. Interventions such as patient motivation, supplying technological devices at low prices, workplace-based digital training, workshops, reducing data package costs and introducing apps for disease management could help in bridging this gap.

Key words: Diabetic patients, Readiness for Technology Usage

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OP2.2: INC015

LEVEL OF COGNITIVE FUNCTION AND ASSOCIATED FACTORS AMONG COMMUNITY-DWELLING OLDER ADULTS IN A SEMI-URBAN AREA IN COLOMBO DISTRICT, SRI LANKA.

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Introduction: Population aging is a growing concern worldwide. Older adults face various health challenges, including cognitive decline, which significantly affects memory, decision-making abilities, and overall quality of life. Despite the significance of research in this area, limited studies have been conducted in Sri Lanka to identify the level of cognitive function and associated factors.

Objectives: This study aimed to identify the level of cognitive function and the associated factors among community-dwelling older adults in the Homagama Divisional Secretariat area.

Methods: A descriptive cross -sectional study was conducted among 420 community-dwelling older adults aged ≥60 years. The cluster sampling technique was used to achieve the required study sample. Data were collected by administering the Montreal Cognitive Assessment (MoCA) tool, which has been validated for Sri Lankan context. The maximum score is 30 points and the cut-off value for mild cognitive impairment is <26 points. Data analysis was performed using the Statistical Package of Social Sciences (version 27.0). Descriptive statistics, Pearson's Chi-Square test and Pearson's correlation test were performed to assess significant associations. The level of significance was set as<0.05.

Results: Mean age of the study sample was 69 ± 6.83 years. The majority (282, 67.1%) of the participants were females. The mean score for MoCA was 19.30 ± 4.16. The prevalence of cognitive impairment in the study sample was 93.6%. Cognitive function significantly associated with hypertension (p=0.013), sleep problems (p<0.001), use of antihypertensive drug (p=0.002), antihyperglycemic drug (p=0.042), lipid lower drug (p=0.009), monthly income (p<0.001), employment status (p=0.002). There was a significant negative correlation between age and cognitive function (r = -0.285, p<0.001).

Conclusions: The prevalence of cognitive impairment among older adults in this sample was high. Cognitive function was significantly associated with age, health conditions, medication use and socioeconomic factors. These findings highlight the need for regular cognitive assessments and targeted interventions to promote healthy aging among Sri Lankan older adults.

Key words: Level of cognitive function, Associated factors, Community-dwelling older adults, Semi-Urban area

ISSN 2950-7189 *© Faculty of Nursing, University of Colombo*

OP2.3: INC019

KNOWLEDGE, ATTITUDES AND PRACTICES RELATED TO SYPHILIS AMONG UNDERGRADUATES OF UNIVERSITY OF COLOMBO, SRI LANKA

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Introduction: Sexually transmitted infections (STIs), including syphilis, constitute a significant global public health problem. University students, as a sexually active population, exhibit diverse levels of knowledge, attitudes, and practices concerning syphilis, which can affect the efforts of disease prevention and control.

Objective: This research aimed to evaluate the knowledge, attitudes, and practices regarding syphilis among undergraduates of the University of Colombo, Sri Lanka.

Methods: A quantitative cross-sectional study was conducted with 400 third-year undergraduates using proportional convenience sampling from all ten faculties. Data were gathered through a self-administered questionnaire, and participants were classified as having good or poor knowledge based on their total knowledge scores. Attitudes and practices were analyzed descriptively, and associations between demographic variables and KAP indicators were examined using SPSS.

Results: The mean age of participants was 24.21 years (SD = 1.64), with 32.5% male and 66.8% female students. The mean knowledge score was 49.04% (SD = 27.41), indicating moderate knowledge with health faculty students demonstrating significantly higher knowledge compared to the non-health faculties ($p < 0.001$). A considerable proportion of students (37.5%) held the misconception that syphilis is not serious because it is curable, a belief significantly associated with gender ($p = 0.002$). While 76.8% of students reported not actively considering syphilis in their health concerns, 55.8% indicated unwillingness to participate in a syphilis prevention program. Furthermore, students from non-health faculties were more likely to engage in risky sexual behaviours ($p < 0.05$).

Conclusion: In conclusion, although the average syphilis knowledge among participants was moderate at 49%, students from health related faculties exhibited greater understanding than the students from non-health related faculties. Misconceptions about syphilis were prevalent. Most students did not view syphilis as a priority health concern and were disinclined to engage in prevention programs. Importantly, students from non-health related faculties demonstrated higher risk sexual behaviours, highlighting the need for targeted educational and preventive interventions tailored to this population.

Keywords: Syphilis, Knowledge, Attitudes, and Practices (KAP), university students

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OP2.4:INC020

HEALTH-RELATED QUALITY OF LIFE AMONG PATIENTS DIAGNOSED WITH RHEUMATOID ARTHRITIS ATTENDING GAMPAHA WICKRAMARACHCHI AYURVEDA TEACHING HOSPITAL, YAKKALA, SRI LANKA

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Introduction: Rheumatoid arthritis (RA) is a chronic inflammatory autoimmune disease characterized by progressive joint pain, stiffness, and disability, often imposing severe limitations on daily activities and mental well-being, highlighting the profound impact on overall quality of life. With an estimated prevalence of 0.7% from hospital-based studies, RA presents a notable health challenge in Sri Lanka.

Objective: This study aimed to assess the health-related quality of life among patients diagnosed with rheumatoid arthritis attending Gampaha Wickramarachchi Ayurveda Teaching Hospital, Yakkala, Sri Lanka.

Methodology: A descriptive cross-sectional study was conducted among 385 patients diagnosed with rheumatoid arthritis through convenience sampling at Gampaha Wickramarachchi Ayurveda Teaching Hospital, Yakkala. Data were collected using a validated, interviewer-administered questionnaire that included the 36-Item Short-Form Health Survey (SF-36). It covers eight health domains: physical function, pain, emotional well-being, social interaction, fatigue, sleep, daily activities, and self-efficacy, and scoring entails turning raw scores into a 0–100 scale. Higher scores imply better health status. Data analysis was done using SPSS version 26, including both descriptive and inferential statistics.

Results: The majority of participants were female (73.77%), aged 61-70 years (73.25%), residing in rural areas (89.6%), unemployed (78.2%), and had completed up to Advanced Level (79.7%). The overall quality of life was fair in 66% (n=284) of the participants. Approximately 74.5% (n=287) experienced significant limitations in vigorous activities. Severe bodily pain was reported by 56.62% (n=217), and 40.25% (n=155) had frequent physical functioning limitations. Approximately 70% (n=270) of rheumatoid arthritis patients were physically inactive.

Conclusion: Rheumatoid arthritis can significantly affect a person's quality of life, causing pain, stiffness, fatigue, and difficulty with daily activities. Patients must work closely with their healthcare providers to manage symptoms and improve their overall well-being.

Keywords: Physical health, quality of life, rheumatoid arthritis

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OP3.1: INC003

THE INTENTION OF MIGRATION AND ASSOCIATED FACTORS AMONG NURSING UNDERGRADUATES OF SELECTED STATE UNIVERSITIES IN SRI LANKA

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Introduction: Migration for better career opportunities and quality of life is a global trend. Due to the increasing demand for nurses in developed countries, Sri Lankan nursing undergraduates seek professional and personal growth abroad, driven by challenges in their home-country, such as limited career advancement and low salaries.

Objective: To identify the intention of migration (ITM) and its associated factors among nursing undergraduates in selected state universities in Sri Lanka.

Methods: A descriptive cross-sectional study was conducted at two state universities in the Western and Southern provinces of Sri Lanka. A total of 384 nursing undergraduates were selected through stratified random sampling. A validated, pre-tested, self-administered questionnaire adapted from a previous study was used to measure ITM using five statements on a 5-point Likert scale. Data were analyzed using SPSS v.26. ITM was categorized into "high" and "low" based on the median score cutoff value. The chi-square test was used to identify the associations between ITM levels and associated factors. Ethical approval was obtained from the ethics review committees at the Faculty of Art, University of Colombo.

Results: In total, 300 (78.12%) participants responded. Nearly half (52%) of nursing undergraduates had a high ITM, with Australia being the most preferred destination (n=201), followed by the UK(n=187) and Canada (n=151). Factors influencing ITM included gender, marital status, birth location, family economy, overseas experiences, having relatives/friends abroad, and future career plans ($p<0.05$). Females, urban undergraduates, and undergraduates from higher socio-economic backgrounds were more likely to express a higher ITM.

Conclusions: A considerable proportion of nursing undergraduates have a high ITM, and the complex interplay of socio-economic and personal factors influences ITM. Marital status, birth location, family economy, overseas experiences, having relatives/friends abroad, and future career plans were the major determinants of ITM. Government policies need to be established to facilitate ethical migration by balancing the positive and negative impacts of nurses' migration to the country.

Keywords: Associations of migration, Intention of migration, Nursing undergraduates, Sri Lanka

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OP3.2: INC011

GENETICS-RELATED KNOWLEDGE, ATTITUDES, AND READINESS FOR PRACTICE AMONG FINAL-YEAR DIPLOMA NURSING STUDENTS IN WESTERN PROVINCE, SRI LANKA

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Introduction: Nurses play a vital role in integrating knowledge of genetics in healthcare globally. In Sri Lanka, genetic services show limited expansion, mostly due to limited training in nursing curricula.

Objective: To assess the knowledge, attitudes and readiness to implement nursing practices related to Genetics in nursing and to identify the relationships of the knowledge of Genetics with attitudes of practicing Genetics in Nursing and knowledge of Genetics with readiness to implement Genetics in nursing among final year diploma nursing students in Western Province.

Methodology: A descriptive cross-sectional study was conducted among 297 final-year nursing students from three National Schools of Nursing in the Western Province, Sri Lanka, selected through systematic random sampling. Data collection used a validated, self-administered questionnaire, which was pre-tested. Levels of knowledge categorized as <80% Poor, 60-80% Fair, <60% Poor. Descriptive and inferential analyses, including Chi-square test, One-way ANOVA and Pearson's correlation were performed using SPSS version 27.0, with significance level at $p < 0.05$.

Results: Among the total of 297 nursing students, the majority fell within the age range of 26-28 years (58.2%) and 90.2 % were females. 46.5% of students had a poor level of knowledge. The majority (65%) had positive attitudes, while 35% of participants had negative attitudes on Genetics. 95.3% of participants were found to be ready to practice Genetics in Nursing. A positive relationship between knowledge and attitudes ($p=0.009$, $r=0.151$) as well as knowledge and readiness ($p<0.001$, $r=0.253$) to practice Genetics was detected respectively.

Conclusion: Most students had poor knowledge, although showed both positive attitudes and favorable readiness to implement Genetics in nursing practices. Improving Genetic education may enhance students' preparedness and confidence in applying Genetics in clinical settings. Therefore, integrating Genetics-focused training into nursing programs is vital to prepare nurses for delivering quality, Genetics-informed patient care in future.

Keywords: Genetics in Nursing, Knowledge, Attitudes, Readiness to Practices, Nursing Students

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OP3.3: INC012

AWARENESS, SATISFACTION, AND ASSOCIATED FACTORS OF PREOPERATIVE NURSING CARE AMONG ADULTS UNDERGONE MAJOR SURGERIES IN SELECTED GOVERNMENT TEACHING HOSPITALS, COLOMBO DISTRICT, SRI LANKA

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Introduction: Preoperative nursing care is integral to surgical outcomes, influencing patient satisfaction and recovery. Multiple factors are associated with patient awareness and satisfaction on preoperative nursing care. There is limited data on such care in Government Teaching Hospitals in Sri Lanka.

Objectives: The study aims to assess awareness, satisfaction and associated factors on pre-operative nursing care among adults who underwent major surgeries at selected Government Teaching Hospitals in Colombo District, Sri Lanka.

Methods: A descriptive cross-sectional study was conducted among 430 patients (>18 years) who underwent major surgeries at the National Hospital of Sri Lanka and Colombo South Teaching Hospital. Data were collected using consecutive sampling and a pretested, content-validated, interviewer-administered questionnaire. Descriptive and Chi-square analyses were performed using SPSS version 27 ($p < 0.05$). The mean value was used as the cutoff for knowledge levels due to normal data distribution.

Results: Among 430 participants, 224 (52.1%) had low awareness, and 206 (47.9%) had high awareness. The mean awareness level was 57.62% (SD ± 17.77). The mean satisfaction level was 80.79% (SD ± 10.85), with 318 (74%) demonstrating high satisfaction and 112 (26%) low satisfaction. Significant associations between awareness with gender ($p = 0.020$), marital status ($p = 0.018$), income ($p = 0.001$), type of surgery ($p = 0.019$), illness duration ($p = 0.004$), expectations ($p = 0.026$), current health ($p = 0.003$), healthcare workers in family ($p = 0.003$), and caregiver availability ($p = 0.011$) were found. Satisfaction was significantly associated with gender ($p = 0.006$), illness duration ($p = 0.007$), and patient expectations towards nursing care ($p = 0.001$).

Conclusion: A significant proportion of patients exhibited high awareness, while gaps remained in knowledge about personal preparation. Also, overall satisfaction was impressively high; multiple socio-demographic and surgery-related factors influenced both awareness and satisfaction. Standardized pre-operative health education sessions are recommended to enhance the outcomes.

Keywords: Pre-operative phase, Pre-operative nursing care, Awareness, Satisfaction, Associated factors

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OP3.4: INC010

KNOWLEDGE ON INSULIN SELF-ADMINISTRATION, ITS ADHERENCE AND ASSOCIATED FACTORS AMONG PATIENTS WITH DIABETES MELLITUS ATTENDING DIABETIC CLINICS AT SELECTED TEACHING HOSPITALS, COLOMBO DISTRICT, SRI LANKA

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Introduction: Diabetes Mellitus (DM) is a growing global health concern and the second leading cause of death in Sri Lanka. Achieving effective glycaemic control is crucial to prevent complications and relies mainly on proper insulin self-administration and adherence. Adequate knowledge on insulin self-administration enables patients to actively manage their disease condition, resulting in better glycaemic control, and enhancing the quality of life.

Objective: To assess knowledge on insulin self-administration, its adherence and associated factors among patients with diabetes mellitus attending diabetic clinics at selected Teaching Hospitals, Colombo District, Sri Lanka.

Methods: A descriptive cross-sectional study was conducted among 422 patients with DM who had been self-administering insulin for more than six months. Data were collected by using a validated and pre-tested interviewer - administered questionnaire. The knowledge score was calculated out of 40 and categorized as Good (76–100%), Adequate (50–75%), and Poor (0–49%). Adherence was assessed using the 4-item Morisky Medication Adherence Scale and classified as High (0), Medium (1–2), and Low (≥3) adherence. Descriptive and inferential analyses, including independent samples t-test, one-way ANOVA was performed to check the mean score differences, and chi-square test was performed to identify the associated factors with level of adherence to insulin self-administration using SPSS. A p value < 0.05 was considered significant at all levels.

Results: Among the participants, 54.8% were aged between 61 and 80 years, 65.8% were females, and nearly 60% had been diagnosed with diabetes mellitus for more than 10 years. Only 12.5% of the participants scored a good level of knowledge regarding insulin self-administration. In addition, only 23% had high adherence towards insulin self-administration. Hospital that they attended, occupation, monthly income, diagnosis duration, family history, presence of other chronic diseases, medication duration, medication form, clinic attendance and source of insulin were significantly associated with the level of adherence to insulin self-administration ($p<0.05$).

Conclusions: Only a small proportion of patients had good knowledge and high adherence to insulin self-administration. It is recommended to implement targeted interventions that enhance adherence and address the factors associated with adherence to insulin self-administration to improve the glycaemic control and reduce the diabetes-related complications.

Keywords: Diabetes Mellitus, Insulin Self-Administration, Knowledge, Adherence, Associated factors.

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OP3.5: INC026

FAMILY CAREGIVERS' EXPERIENCE IN PROVIDING HOME-BASED CARE FOR CANCER PATIENTS WITH COMPROMISED ACTIVITIES OF DAILY LIVING IN ALAWWA MOH AREA, SRI LANKA

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Introduction: Cancer is a major cause of death and disability worldwide, affecting millions of individuals each year. Most cancer patients experience compromised activities of daily living due to the illness. Family caregivers play a vital role in providing care for cancer patients, and often face significant emotional, physical, and financial burdens. In Sri Lanka, most cancer patients rely on family caregivers after hospital discharge. Understanding family caregivers' experiences is essential for strengthening support systems, improving the quality of care, and minimizing negative impacts on caregivers themselves.

Objectives: The study aimed to explore the experiences of family caregivers regarding their roles, needs, and challenges in caring for cancer patients with compromised activities of daily living in a home care setting in the Alawwa MOH area.

Methods: A qualitative phenomenological research design was employed. Data were collected from a convenience sample of 12 family caregivers in the Alawwa MOH area using semi-structured interviews guided by an interview guide. The data were analyzed using thematic analysis. Ethics approval was obtained from the Ethics Review Committee of the Department of Health Services, Provincial Council of the North-Western Province.

Results: The study sample was predominantly female (92%, n=11), with the mean age of 48.4 (SD=±9.5) years. Most participants (42%, n=05) had completed education up to the Ordinary Level. Four main themes emerged from qualitative data analysis, related to the caregivers' roles, needs, and challenges: providing total care at home, lack of caregiving knowledge, managing care with limited resources, and adapting to the caregiver role.

Conclusion: The study emphasizes the crucial role of caregivers in supporting cancer patients, highlighting the numerous challenges they face and their diverse needs. Key recommendations include evaluating caregiver skills, conducting regular follow-ups, offering psychological support, and providing fundamental caregiving training. Further research is recommended to investigate the long-term caregiving impacts.

Keywords: Cancer patients, Compromised activities of daily living, Family caregivers, Experience, Home care setting

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Technical Session – Poster Presentations

ISSN 2950-7189 *© Faculty of Nursing, University of Colombo*

PP1.1: INC004

PREVALENCE OF UNDERNUTRITION AND ASSOCIATED FACTORS AMONG PREGNANT WOMEN IN THE FIRST TRIMESTER AT COLOMBO DISTRICT, SRI LANKA

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Introduction: Undernutrition during pregnancy remains a critical public health concern, particularly in low and middle-income countries, including Sri Lanka, where it contributes to poor maternal and neonatal outcomes. Identifying nutritional status early in pregnancy is crucial for timely intervention and improving maternal and fetal health.

Objectives: To assess the prevalence of undernutrition and determine associated socio-demographic and pregnancy-related factors among pregnant women in the first trimester in Colombo District, Sri Lanka.

Methods: A descriptive cross-sectional study was conducted among 422 pregnant women in 1st trimester attending antenatal clinics in four purposively selected Medical Officer of Health (MOH) areas within the Colombo District. Participants were selected using a stratified random sampling technique. Undernutrition was assessed using standard mid-upper arm circumference, which was less than 23cm. Data were collected through a validated questionnaire that consisted of demographics, pregnancy-related, and anthropometric data. Descriptive statistics were used for frequency and percentage distribution, while chi-square tests identified significant associations between undernutrition and various factors. Statistical significance set at $p < 0.05$.

Results: A total of 380 participants responded. Of the 243 (63.9%) were aged >30 years. Among the participants, 32.9% (n=125) were identified as undernourished. Undernutrition was significantly associated with maternal age ($p < 0.001$), educational attainment ($p < 0.001$), marital status ($p < 0.001$), unplanned pregnancies ($p = 0.002$), absence of regular antenatal follow-up ($p = 0.025$), and inadequate rest ($p < 0.001$). Socioeconomic factors such as occupation type ($p < 0.001$) also showed significant associations, whereas monthly income did not demonstrate a strong link ($p = 0.250$).

Conclusions: A considerable proportion of pregnant women in Colombo experience undernutrition. Strengthening the interventions targeting young, less-educated, unemployed, and unmarried mothers, particularly those with unplanned pregnancies and irregular antenatal visits, is essential though further analysis is required to confirm independent predictors of undernutrition.

Keywords: Antenatal care, Maternal health, Nutritional status, Undernutrition

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PP1.2: INC014

PREVALENCE AND ASSOCIATED FACTORS OF POOR SLEEP QUALITY AMONG NURSING UNDERGRADUATES IN STATE UNIVERSITIES, SRI LANKA

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Introduction: Good sleep is vital for overall well-being, but nursing undergraduates in Sri Lankan state universities often face heavy workloads, academic stress, and clinical demands that affect their sleep quality. Understanding prevalence and contributing factors such as sociodemographic, health, academic, stress-related, and lifestyle factors is key to addressing this issue.

Objectives: To determine the prevalence and associated factors of poor sleep quality among nursing undergraduates in state universities, Sri Lanka.

Methodology: Stratified random sampling was used to select 412 nursing undergraduates from Sri Lankan state universities for a descriptive cross-sectional study. Those who had commenced academic schedules were included, while those who had completed their studies and were awaiting graduation were excluded. Data were collected using validated, pre-tested online self-administered versions of the Pittsburgh Sleep Quality Index (PSQI) and Perceived Stress Scale (PSS). Ethical clearance was obtained from the Ethical Review Committee, Faculty of Medicine, University of Colombo. Descriptive and inferential analyses were conducted using SPSS (Version 27), with significance set at $p < 0.05$, including chi-square tests. Poor sleep quality (PSQI > 5) was found in 84% (n = 346) of participants.

Results: The majority of participants were aged 24–26 years (51%). There were 239 females (71.1%), and 251 (60.9%) were of Sinhala ethnicity. Final-year undergraduates made up 146 (35.4%) of the sample. Significant associations were found between poor sleep quality and socio-demographic factors, including place of residence ($p < 0.002$), lifestyle and diet ($p < 0.008$), electronic device use ($p < 0.01$), and sleep hygiene ($p < 0.000$). Clinical rotations ($p < 0.002$) and academic stress ($p < 0.01$) were also significant academic-related factors..

Conclusion: The study found that nursing undergraduates in Sri Lankan state universities experience poor sleep quality, linked to factors like living conditions, diet, electronic device use, sleep hygiene, academic stress, and clinical schedules.

Keywords: Prevalence, sleep quality, stress, nursing undergraduates

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PP1.3: INC017

TRENDS IN HOSPITALIZED MYOCARDIAL INFARCTION INCIDENCE IN SRI LANKA: A RETROSPECTIVE STUDY

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Introduction: Myocardial infarction (MI) has been one of the leading causes of morbidity and mortality across the world. Since the MI burden is substantial in Sri Lanka, comprehensive data on MI incidence and in-hospital mortality trends are limited. Understanding these trends is crucial for improving patient outcomes and guiding preventive measures.

Objective: To identify the trends in incidence and mortality rates of MI cases in public sector hospitals in Sri Lanka from 2012 to 2021 and to predict future trends.

Methods: A retrospective study was conducted on secondary data from public sector hospital admissions and in-hospital MI deaths from 2012 to 2021. Data were obtained from the "Annual Indoor Morbidity and Mortality Reports". The data were entered and analyzed using SPSS V.26. Incidence and mortality rates were calculated per 100,000 population. The auto-regressive integrated moving average (ARIMA) model was used to project the future MI incidence.

Findings: The incidence rates of MI have increased from 2012 to 2021. For both sexes, it rose from "137" in 2012 to "267" in 2019 before slightly declining to "230" in 2021. Male incidence was consistently higher than female, showing a growth rate of 5.88% annually compared to females (4.86%). Predicted values from 2022 to 2031 suggest a continued rise in MI incidence, with the rate of both sexes projected to reach "390" by 2031. Mortality rates demonstrated fluctuations, with a general increase from "185" in 2012 to "259" in 2019, followed by a decrease to "216" in 2021. The mortality rate due to MI was consistently higher among males compared to females.

Conclusion: The incidence of hospitalized MI trend in Sri Lanka has shown an upward trend during the past decade, and that is expected to increase in the next decade. This indicates an urgent need for focused preventive measures and strategies.

Keywords: Myocardial Infarction (MI), Incidence, Mortality, Trends, Sri Lanka

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PP1.4: INC018

ASSESSMENT OF POSTOPERATIVE PAIN AND STRESS LEVEL AMONG PATIENTS IN A RURAL HOSPITAL SETTING IN SRI LANKA

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Introduction: Postoperative pain and psychological stress are common issues that significantly impact patient recovery and well-being. In rural Sri Lankan hospitals, inadequate management of postoperative pain and stress due to lack of standardized protocols, limited resources, and insufficient attention to patient-reported outcomes often leads to increased stress, delayed healing, prolonged hospital stays, and reduced quality of life.

Objective: This study aims to assess postoperative pain and stress levels among patients in the District General Hospital, Embilipitiya, Sri Lanka.

Methods: A descriptive cross-sectional study was conducted among 384 patients in the surgical wards after minor and major surgeries and must be in the postoperative period (within 24–72 hours after surgery)**.** A convenient sampling method was used. Data collection involved an interviewer-administered questionnaire covering demographic data, validated scale of McGill Pain Questionnaire, and the Perceived Stress Scale (PSS). Data analysis was performed using SPSS software version 26 involving descriptive and inferential statistics (chi-square).

Results: Among 384 patients, the majority were females (62.8%, n=241) and above 50 years (40.1%, n=157). Major surgeries comprised 50.8% (n=195) of cases, and 68.6% (n=263) of patients received subcutaneous morphine for pain relief. According to the McGill pain score, the pain types are categorized as continuous pain, intermittent pain, neuropathic pain and affective pain. The mean values of the components of pain were 34.89±2.55, 34.90±2.33, 34.31±2.05, 23.23±1.76 respectively. The results indicated high pain levels across all patients. PSS revealed that 75.8% (n=291) of patients experienced high stress levels. A significant association was found between postoperative pain and stress levels (p=0.041).

Conclusion: The study highlights the high prevalence of postoperative pain and stress among patients after surgery at DGH Embilipitiya. The significant association between pain and stress underscores the need for integrated pain management approaches addressing both physical and psychological components.

Keywords: Management, stress, pain, postoperative patients

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PP1.5: INC025

A RETROSPECTIVE ANALYSIS OF SEPTICEMIA INCIDENCE AND MORTALITY IN HOSPITALIZED PATIENTS IN SRI LANKA

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Introduction: Septicemia is a major global health threat that accounts for 19.5% of worldwide deaths. In Sri Lanka, the burden of septicemia is increasing; however, comprehensive data on in-hospital incidence and mortality are limited. Understanding these trends is vital for enhancing clinical management and improving patient outcomes in both acute and critical care settings.

Objective: To determine the trends in incidence and in-hospital mortality rates of septicemia in Sri Lankan government hospitals from 2012 to 2021

Methods: A retrospective study was conducted on secondary data available from government hospital admissions and in-hospital deaths due to septicemia from 2012 to 2021. Data were obtained from the publicly available "Annual Indoor Morbidity and Mortality Reports" (IMMR). The data were entered and analyzed using SPSS V.26. The data were descriptively analyzed. Incidence and mortality rates were calculated per 100,000 population.

Results: The incidence of septicemia increased from 33.54 per 100,000 population in 2012 to a peak of 71.42 in 2019, before declining to 57.46 in 2021. A similar trend was observed in both genders: among males, incidence rose from 37.36 in 2012 to 74.52 in 2019 and then dropped to 61.04 in 2021; among females, it increased from 29.95 in 2012 to 68.51 in 2019 before declining to 54.10 in 2021. Male incidence rates were higher than females, indicating an annual growth rate of 5.48% compared to females (4.42%). The overall mortality rate increased during the study period, with the lowest rate indicated as 12.62 in 2012 and the highest reported in 2019 as 28.61. Throughout the period, male mortality rates consistently exceeded those of females.

Conclusion: The incidence of in-hospital septicemia has a rising tendency throughout the period, while males were reported to be more vulnerable than females. The need for improved hospital-based sepsis prevention and targeted interventions in Sri Lanka was highlighted.

Keywords- Septicemia, Incidence, Mortality, Sri Lanka

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PP2.2: INC016

ADOPTION OF ARTIFICIAL INTELLIGENCE IN SELECTED NURSING SCHOOLS: A STUDY ON HIGHER EDUCATION IN NURSING IN THE WESTERN PROVINCE OF SRI LANKA

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Introduction: Integration of Artificial Intelligence (AI) in higher education has significantly increased in the field of nursing education to transform traditional teaching and learning methods.

Objective: This study evaluates AI usage among final-year state diploma nursing students in the Western Province of Sri Lanka

Method: A descriptive cross-sectional study conducted with 422 participants from three state nursing schools in three districts were selected randomly utilizing a self-administered questionnaire was used and analyzed with Statistical Package for the Social Science (SPSS) 27.0 version. Descriptive statistics and inferential statistics were used in data analysis.

Results: AI adoption was widespread, with 95.5% (402) of students incorporating AI into their education, only 4.5% (20) did not. Usage frequency varied with 216 (50%) utilized AI several times weekly, 145 (33.6%) daily, and fewer monthly 28 (6.5%), rarely 25 (5.8%), weekly 5 (1.2%), or once a month 3 (0.7%). A negative Pearson correlation indicated younger students were more likely to adopt AI. Participants reported 1,304 total tool selections across different categories. ChatGPT was the most used and dominant, selected by 403 respondents (95.5%) Language and communication aids (Google Translate and Replika) followed with 310 selections (73.46%). Organizational software (Office 365, Evernote) 228 uses (54.02%), writing aids (Grammarly, Quill Bot, Zotero) were mentioned 101 times (23.93%). Communication platforms (Slack, Microsoft Teams) 99 times (23.46%), virtual learning aids (Khan Academy, Coursera, and Duolingo) 61 times (14.45%). Less common choices included voice assistants (e.g., Siri, Alexa) with 54 mentions (12.8%), adaptive platforms (e.g., Socratic by Google) 28 mentions (6.63%), miscellaneous tools (24 mentions), and AI research aids (e.g., Mendeley) with 20 mentions (4.74%).

Conclusion: Frequent and diverse AI use suggests growing reliance on AI for academic tasks. Usage varies by accessibility and age. Preparing students with skills and ethical awareness is essential for future healthcare settings.

Keywords: Artificial Intelligence, AI tools, Nursing education, Student engagement, Technology integration

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PP2.3: INC021

NURSES' KNOWLEDGE AND PRACTICE IN PREVENTING CENTRAL VENOUS CATHETER INFECTIONS IN INTENSIVE CARE UNITS IN COLOMBO NATIONAL HOSPITAL OF SRI LANKA: A DESCRIPTIVE STUDY

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Introduction: Central Venous Catheter (CVC) is an important medical device used to access major veins near the heart for a variety of medical purposes. The critically ill patients at the Intensive Care Units (ICU) are vulnerable to CVC infections. Among all the healthcare workers, nurses as frontline healthcare workers, have an important role in preventing CVC infections. Assessing nurses' knowledge and practices for CVC infection prevention is important for enhancing patient care and outcomes.

Objective: This study aims to assess the nurses' knowledge and practices in the prevention of CVC infections in the ICUs of Colombo, National Hospital of Sri Lanka (NHSL).

Methods: A quantitative descriptive, cross-sectional study was carried out among 201 nurses working in 15 ICUs of NHSL. The nurses who act as the liaison nurse for infection control for the relevant ICU were excluded. Non-probability Convenience sampling method was used and data were collected between May 2024 to August 2024, using a pretested, content validated, and self-administered questionnaire. Data were analyzed using the Software Packages for Social Sciences (SPSS version 26).

Results: Most of the participants (82.6%) were females. The majority of the participants (91.5%) demonstrated good knowledge regarding CVC infection prevention. However, there were some notable knowledge gaps identified in areas such as skin preparation, puncture site selection for renal failure patients etc. Males had a higher mean knowledge score (88.51±8.29), than females (86.96±7.07). Males had a higher mean practice score (61.68±21.61), than females (54.42±12.38). The majority (93.0%) of the nurses demonstrated standard practice related to CVC infection prevention.

Conclusions: Most of the nurses in the selected ICUs demonstrated good knowledge and standard practices related to CVC infection control procedures. However, education programs should be organized to address the knowledge and practice gaps identified among ICU nurses at the NHSL to improve the patient outcomes.

Keywords: Central Venous Catheter infection, nurses, Intensive Care Unit

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PP2.4: INC023

KNOWLEDGE, ATTITUDES, AND PRACTICE ABOUT ORAL SELF-EXAMINATION IN IDENTIFYING ORAL CANCER AMONG YOUNG ADULTS ATTENDING DENTAL CLINICS AT THE NATIONAL DENTAL HOSPITAL OF SRI LANKA

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Introduction: Oral cancer is a significant health problem worldwide and ranks among the top three cancers in Sri Lanka. Oral self-examination refers to systematic inspection of one's own oral cavity including lips, gums, and tongue to identify any abnormalities. Regular oral self-examination helps detect oral cancer early and improve treatment outcomes, particularly in young adults.

Objective: To determine knowledge, attitudes and practice about oral self-examination in identifying oral cancer among young adults attending dental clinics at the National Dental Hospital of Sri Lanka.

Method: A quantitative and descriptive, cross- sectional study was conducted among a convenient sample of 332 young adults attending dental clinics at the National Dental Hospital of Sri Lanka. Ethical clearance was obtained from the ERC, National Hospital of Sri Lanka. Data were collected using a researcher-developed, interviewer-administered questionnaire, content validated by an expert and pilot-tested with participants. Descriptive statistics were used for data analysis with SPSS version 27.0.

Results: The majority had low knowledge level (71.2%) with only 44.4% identified smoking, 22.2% betel chewing, 19.4% poor oral hygiene, 8.3% unhealthy diet, 5.6% family history, and none identified alcohol use or ageing as oral cancer risk factors. Also, no one was aware that painful ulcers and pain while swallowing are potential symptoms of oral cancers. In terms of attitudes, 52.2% exhibited negative attitudes, with only about half perceiving oral self-examination as very important and feeling confident in detecting abnormalities. Regarding practices, 78.9% had unsatisfactory levels, with 32.3% having never performed an oral self-examination.

Conclusions: The findings indicate a low level of knowledge, negative attitudes and unsatisfactory practices regarding oral self-examination among young adults. Recommended strategies include integrating oral health education into school curricula, implementing awareness programs in workplaces, and community settings, and utilizing mass and social media to enhance knowledge, attitudes and practices regarding oral self-examination.

Keywords- Oral cancer, oral self-examination, knowledge, attitudes, practice

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Sponsorship Acknowledgement for the Oration

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Acknowledgement

We extend our sincere gratitude to:

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Plenary Speaker- Senior Prof. K. P. Hewagamage
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