

# CURRICULUM VITAE



## 1. PERSONAL PARTICULARS

- **Name:** Ipitagama Liyana Arachchige Nuwan Darshana
- **Date of Birth:** 9<sup>th</sup> February 1988
- **Sex:** Male
- **Address:** 153/1, Woodward lane, Galle, Sri Lanka
- **Telephone Numbers:** Office: +94-91-2234017  
Mobile: +94-714196948
- **E-mail :** ilandare@gmail.com
- **Official address:** Department of Community Medicine, Faculty of Medicine, University of Ruhuna, P O Box 70, Galle, Sri Lanka.
- **Citizen of:** Sri Lanka.
- **Civil status:** Married
- **Present post:** Lecturer in Community Medicine, Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Sri Lanka

## 2. TRAINING AND QUALIFICATIONS

### ❖ Academic Qualifications

- **MBBS (University of Ruhuna) 2008-2013**  
Medical undergraduate, Faculty of Medicine, University of Ruhuna, Sri Lanka  
2nd MBBS – March 2010 – Pass  
3rd MBBS – October 2012– 2<sup>nd</sup> class honors  
Final MBBS – November 2013 – 2<sup>nd</sup> class honors

- **Certificate Course in Professional Development in Higher Education(CCPDHE) in 2017**

- **MSc (Community Medicine) 2018-2019**

Post graduate trainee, Post Graduate Institute of Medicine, University of Colombo, Sri Lanka.

**Major Course Modules:**

Epidemiology, statistics, demography, research methodology, maternal & child health, adolescent health, nutrition, gerontology, environmental health, occupational health, health planning & management, health education, behavioral sciences and health service programs

**Clinical attachments**

General Medicine, Pediatrics, Obstetrics and Psychiatry

**Dissertation**

“A descriptive study on Patterns, determinants and associated health and social problems of past illicit drug use among incarcerated males in prison, Galle”

- **Master of Philosophy (Community Medicine) 2020**

Faculty of Graduate Studies, University of Ruhuna

Thesis:

“Effects on Health and Social Wellbeing due to Drug Abuse among Institutionalized Male Drug Addicts in Four Districts, Sri Lanka”

❖ **WORK EXPERIENCE**

*(Commencement & termination dates – most recent first)*

- **Lecturer in Community Medicine** (01.12.2015 to date)

Department of Community Medicine, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka

- **Additional Medical Officer of Health, University Health Unit Area (Bope-Poddala)** (01.12.2015 to date)

- **Visiting Lecturer** (2016 to date)

Allied Health Sciences Degree Program (Nursing/ BPharm), Faculty of Medicine, University of Ruhuna

- **Intern Medical Officer [Medicine]** (28.05.2015-27.11.2015)

Medical Unit A, District General Hospital, Matara, Sri Lanka

Supervised by Dr.R.P.Jayasinghe, (MBBS, MD)

Consultant Physician, District General Hospital, Matara, Sri Lanka

- **Intern Medical Officer [Obstetrics and Gynecology]** (27.11.2014 -27.05.2015)

Obstetrics and Gynecology Unit A, District General Hospital, Matara, Sri Lanka

Supervised by Dr. J.A.Gunasinghe (MBBS, MS, FSLCOG),

Consultant Obstetrician and Gynecologist, District General Hospital, Matara, Sri Lanka

- **Temporary Demonstrator (Department of Community Medicine)**

(01.03.2014-26.11.2014)

Department of Community Medicine, Faculty of Medicine, University of Ruhuna,

Galle, Sri Lanka

### **3. PROFESSIONAL MEMBERSHIPS**

- Registered in Sri Lanka Medical Council in 2015. (SLMC registration number; 32902)
- Life Member of the Sri Lanka Medical Association (SLMA)
- Life Member of the Galle Medical Association (GMA)
- Life member of national Science Foundation(NSF)

### **4. AWARDS AND GRANTS**

- Received UGC Grant for higher Studies in 2017 to follow MPhil Study titled “Effects on health and social wellbeing due to drug abuse among the institutionalized male drug addicts in four districts, Sri Lanka” at University of Ruhuna
- NSF travel Grant received to participate 12<sup>th</sup> International Medical Education Conference held in Kuala Lumpur, Malaysia on April 2017
- Best Oral Presentation in 80<sup>th</sup> Annual Academic Sessions of the Galle Medical Association – 2021

## 5. PUBLICATIONS

- **MSc Dissertation;** submitted as a requirement for Master of Science in Community Medicine, to Postgraduate Institute of Medicine, University of Colombo.

*“Patterns, Determinants and associated health and social problems of past illicit drug use among incarcerated males in Prison, Galle”*

Supervisor: Dr. C. J. Wijesinghe

- MPhil Thesis: submitted as a requirement for Master of Philosophy in Community Medicine, to Faculty of Graduate studies, University of Ruhuna.

*“Effects on Health and Social Wellbeing due to Drug Abuse among Institutionalized Male Drug Addicts in Four Districts, Sri Lanka”*

Supervisors: Dr. C. J. Wijesinghe, Prof P V de Silva

- **Full papers**

1. **LL.A.N.Darshana**, T. Ponnampereuma, B. Perera, P V De Silva, *Evaluation of Community Attachment Program: A Multidisciplinary Community Based Medical Education program for Medical Undergraduates in University of Ruhuna, Sri Lanka*, 1<sup>st</sup> World Conference on Education 12-13<sup>th</sup> October 2017, Colombo-Sri Lanka,, Vol 1, 2017, pp 1-8, ISSN 2613-8654
2. **ILAN Darshana**, CJ Wijesinghe, R Ruben, *Health and social problems following illicit drug use among males experiencing incarceration in prison; a cross sectional study on single centre experience*. Galle Medical Journal. 2021 Aug 14;26(2).
3. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Relapse rate following institutionalized rehabilitation of male heroin addicts: A Sri Lankan experience*, Journal of Heroin Addiction and Related Clinical Problems, 2021 Aug

- **Abstracts presented at international conferences**

1. **I.L.A.N. Darshana**, N.P.Nanayakkara , P.V.De Silva, *Evaluation of the Clerkship Program in Community medicine, Faculty of Medicine, University of Ruhuna*, 3<sup>rd</sup> South East Asian Regional Association for Medical Education (SEARAME) and 2<sup>nd</sup> FOSME Conference.12<sup>th</sup> - 15<sup>th</sup> November 2014, Sri Lanka
2. **I.L.A.N.Darshana**, N.P.Nanayakkara , T. Ponnampereuma *Evaluation of the Community Attachment Program (CAP) for the Medical Students at Department of Community Medicine, Faculty of Medicine, University of Ruhuna*, 3<sup>rd</sup> South East Asian Regional Association for Medical Education (SEARAME) and 2<sup>nd</sup> FOSME Conference.12<sup>th</sup> - 15<sup>th</sup> November 2014, Sri Lanka
3. **I.L.A.N.Darshana**, T. Ponnampereuma, B. Perera, P V De Silva, *Community Attachment Program: Do assessment Marks reflect the student's perspective regarding current Assesment Process?* 12<sup>th</sup> International Medical Education Conference held in Kuala Lumpur, Malaysia on April 2017
4. **I.L.A.N.Darshana**, T. Ponnampereuma, B. Perera, P V De Silva, *Evaluation of Community Attachment Program: A Multidisciplinary Community Based Medical Education program for Medical Undergratuates in University of Ruhuna, Sri Lanka*, 1<sup>st</sup> World Conference on Education 12-13<sup>th</sup> October 2017, Colombo-Sri Lanka,
5. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Degree and Correlates of Problematic Drug Use Among Male Illicit Drug Users in Rehabilitation Centers, Sri Lanka*, 131<sup>st</sup> Anniversary International Medical Congress of SLMA, Colombo, 2018
6. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *The Characteristics of Male Heroin Users Entering Rehabilitation Centers in Sri Lanka*, International conference on health sciences, water's Edge, Colombo, October, 2018
7. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Assessment of Motivation for Rehabilitation among Male Illicit Drug Users in Rehabilitation Centers of Sri Lanka*, 19<sup>th</sup> International Postgraduate Research Conference, Faculty of Graduate Studies, University of Kelaniya, Sri Lanka, 2018
8. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Characteristics of Male Illicit Drug Users in Rehabilitation Centers in Sri Lanka*, 11<sup>th</sup> International Research Conference, General Sir John Kotelawala Defense University, Sri Lanka, 2018

9. **ILAN Darshana**, CJ Wijesinghe, R Ruben, *Past Illicit Drug Use and Associations of Drug Related Incarceration Among Male Prison Inmates in Prison Galle, 1<sup>st</sup> South East Asia Regional Group Meeting of the International Epidemiological Association & Annual Academic Sessions of the College of Community Physicians of Sri Lanka*, Cinnamon Grand Hotel Colombo, Sri Lanka, 2019
10. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Risk Behaviors for Sexually Transmitted Diseases and Blood-Borne Infections among Male Illicit Drug Users in Selected Rehabilita*, 1<sup>st</sup> South East Asia Regional Group Meeting of the International Epidemiological Association & Annual Academic Sessions of the College of Community Physicians of Sri Lanka, Cinnamon Grand Hotel Colombo, Sri Lanka, 2019
11. **ILAN Darshana**, CJ Wijesinghe, R Ruben, *Assessment of Problematic Level of Past Illicit Drug Use among Male Prison Inmates in Prison, Galle Sri Lanka Using Drug Abuse Screening Test -20*, 7<sup>th</sup> Ruhuna International Science and Technology Conference (RISTCON 2020), University of Ruhuna, Matara, Sri Lanka- 2020
12. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Drug dependency and drug use behavior among male illicit drug users in selected rehabilitation centers in Sri Lanka*, International Conference on Health Sciences (ICH 2019), Faculty of Medical Sciences, University of Sri Jayawardenepura, Colombo, Sri Lanka, 2019
13. **ILAN Darshana**, CJ Wijesinghe, R Ruben, *Past Illicit Drug Use and Dependence among Male Prison Inmates in Prison Galle, Sri Lanka*, 132<sup>nd</sup> Anniversary International Medical Congress - Sri Lanka Medical Association, 2019
14. Prasadani T.G.M, Gemunu Hewawitharana, **I L A N Darshana** *Pediatric Demyelinating Disorders; A Single Centre Experience in a Tertiary Care Centre, Sri Lanka*, RCPCH Conference Online, June 2021
15. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Relapse Rate Following Institutionalized Rehabilitation of Male Drug Addicts: A Sri Lankan Experience*, Asia-Pacific Academic Consortium for Public Health (APACPH 2020), Colombo, Sri Lanka December 2020

- **Abstracts presented at local conferences**

1. CJ Wijesinghe, ND Liyanarachchi, J De Silva, NP Nanayakkara, **ILAN Darshana**, *Feeding patterns during common childhood illnesses: A glimpse into a neglected aspect of childhood nutrition*, Ruhuna Clinical Society Annual sessions 2014
2. Janaki Warushawithana, De Silva PV, Nanayakkara NP, **Darshana ILAN**, *Epidemiology of child abuse evaluated at Teaching Hospital Karapitiya (THK)*, Ruhuna Clinical Society Annual sessions 2014
3. Janaki Warushawithana, De Silva PV, **Darshana ILAN**, Nanayakkara NP, *Epidemiology of granny battering reported to Teaching Hospital, Karapitiya (THK)*, Ruhuna Clinical Society Annual sessions 2014
4. **Darshana ILAN**, Nanayakkara NP, Fernando NS, Rohan Mahendra, Sandya LM., *Analysis and Identification of Some Correlates of Basic Investigations Done at Booking Visit during Pregnancy*, Galle Medical Association Annual Sessions 2014
5. CJ Wijesinghe, **ILAN Darshana** ND Liyanarachchi, *Food restrictions and choices in Childhood: Are tradition and culture more influential than health education?* 14<sup>th</sup> Academic session of University of Ruhuna 2017
6. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Adverse Consequences of Illicit Drug Use among Male Illicit Drug Users Admitted to Drug Rehabilitation Centers in Sri Lanka*, 16<sup>th</sup> Academic session of University of Ruhuna 2019
7. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Illicit drug use and Suicidal behavior: An overview of male illicit drug users in selected rehabilitation centers in Sri Lanka*, Colombo medical Congress, 2020
8. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Mental Health problems among male illicit drug users in rehabilitation centers: A Sri Lankan Experience*, Ruhuna Clinical Society Annual sessions 2019
9. **ILAN Darshana**, CJ Wijesinghe, R Ruben, *Health and Social Problems due to Past Illicit Drug Use among Male Prison Inmates i Prison Galle, Sri Lanka*, 17<sup>th</sup> Academic Sessions and 16<sup>th</sup> Vice Chancellor's Awards Ceremony, University of Ruhuna, Matara 2020
10. Madusanka P.D.K, Rodrigo M, **Darshana ILAN**, *Breakfast Skipping: Associated Factors and Its Effect on Academic Performances of School Children in the Zonal Education Division-Galle*, 3<sup>rd</sup> Research Symposium of the Faculty of Allied Health Sciences at University of Ruhuna, Galle, Sri Lanka 2020

11. Pasindu Sapukotana, Bhagya Piyasiri, **I L A N Darshana**, *Effectiveness of two different protocols of daily chlorhexidine bathing in the prevention of nosocomial acquisition of multi-drug resistant pathogens and Candida species in the intensive care units at a tertiary care hospital*, Sri Lanka 30<sup>th</sup> Annual Scientific Sessions of the Sri Lanka College of Microbiologists, August 2021
12. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Predictors of Relapse Following Institutional Rehabilitation Among Male Drug Addicts in Selected Rehabilitation Centers in Sri Lanka*, 18<sup>th</sup> Academic Sessions and 17<sup>th</sup> Vice-Chancellor's Awards Ceremony 2021, University of Ruhuna
13. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Legal Consequences of Illicit Drug Use Among Institutionalized Male Drug Addicts in Selected Rehabilitation Centers in Sri Lanka*, Faculty of Medicine, Annual Academic Sessions - University of Ruhuna , Galle, Sri Lanka, February 2021
14. **ILAN Darshana**, Chamika RMA, *Notified Incident Cases of Dengue and Leptospirosis; Time series analysis for Two commonest vector-borne diseases in Sri Lanka*, 80<sup>th</sup> Annual Academic Sessions of the Galle Medical Association – 2020
15. Prasadani T.G.M, Perera R.M.S, **I L A N Darshana**, *Outcome of live births with birth defects delivered at Castle street hospital for women, Colombo, Sri Lanka*, Annual Academic Sessions - Perinatal Society of Sri Lanka, Colombo, November 2020
16. Prasadani T.G.M, Perera R.M.S, **I L A N Darshana**, *Use of Anomaly Scan to Detect Birth Defects During Antenatal Period among Pregnant Mothers Attended to Castle Street Hospital for Women, Colombo, Sri Lanka*, Annual Academic Sessions - Perinatal Society of Sri Lanka, Colombo, November 2020
17. **ILAN Darshana**, CJ Wijesinghe, P V De Silva, *Nutritional status among drug addicts in selected rehabilitation centers in Sri Lanka*, Annual Scientific Sessions of the Nutrition Society of Sri Lanka 2021At: Colombo, Sri Lanka, January 2021