

# 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
- **Contact 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.
- **Present post:** Senior 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**
- **Certificate Course in Professional Development in Higher Education (CCPDHE) in 2017 - University of Ruhuna**
- **MSc (Community Medicine) 2018-2019**  
Post Graduate Institute of Medicine, University of Colombo, Sri Lanka.

### 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) 2016 - 2020**

Faculty of Graduate Studies, University of Ruhuna, Sri Lanka

**Thesis:**

*“Patterns and determinants of drug use and its effects among drug addicts in selected drug rehabilitation centers in Sri Lanka and factors affecting relapse after rehabilitation”*

- **MSc (Biostatistics) 2021- 2022**

Post Graduate Institute of Agriculture, University of Peradeniya, Sri Lanka.

**Directed study:**

*“Ordered Logistic Approach to determine the Selected Maternal and Fetal Outcomes using Maternal anthropometry at Tertiary Care Maternity Hospital in Galle District”*

**WORK EXPERIENCE**

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

- **Senior Lecturer in Community Medicine** (01.12.2020 to date)

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

- **Lecturer in Community Medicine** (01.12.2015 to 30.11.2020)

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 and examiner** (2022)

Allied Health Sciences Degree Program (Nursing), Faculty of Allied Health Sciences, University of Peradeniya

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

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

- **Intern Medical Officer [Medicine]** (28.05.2015-27.11.2015) **and [Obstetrics and Gynecology]** (27.11.2014 -27.05.2015)

District General Hospital, Matara, Sri Lanka

- **Temporary Demonstrator** (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 College of Community Physicians, Sri Lanka
- 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
- Received the “**Vice chancellors gold medal for Best Postgraduate**” at the 28<sup>th</sup> General Convocation of the University of Ruhuna, held on 25<sup>th</sup> March 2022 at the Rabindranath Tagore Memorial Auditorium of the University of Ruhuna for MPhil degree which was done at Faculty of Graduate studies, University of Ruhuna on “Patterns and determinants of drug use and its effects among drug addicts in selected drug rehabilitation centers in Sri Lanka and factors affecting relapse after rehabilitation”.
- **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 Faculty of Medicine, Annual Academic Sessions - University of Ruhuna, Galle, Sri Lanka, February 2021(undergraduate category – supervision)
- **Best Oral Presentation** in Faculty of Medicine, Annual Academic Sessions - University of Ruhuna, Galle, Sri Lanka, December 2021(undergraduate category – supervision)
- **Best Oral Presentation** in 80<sup>th</sup> Annual Academic Sessions of the Galle Medical Association – 2021
- **Best Oral Presentation** in Faculty of Medicine, Annual Academic Sessions - University of Ruhuna, Galle, Sri Lanka, December 2021(Open category)
- **Best Oral Presentation(commended)** in 81<sup>st</sup> Annual Academic Sessions of the Galle Medical Association – 2022

## 5. PUBLICATIONS

### Full papers

1. **ILAN Darshana**, CJ Wijesinghe, R Ruben, Past Illicit drug use among incarcerated males in prison Galle; a descriptive cross sectional study on single center experience. *Ruhuna Medical Journal*. November 2020 , Vol 8; No 1.
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. Silva KD, Kankanarachchi I, **Darshana IL**, De Silva WN, Liyanarachchi N. Pain assessment in venepuncture among children: Experience from a single centre study in Sri Lanka. *Sri Lanka Journal of Child Health*. 2022 Sep 5;51(3):369-76.
4. **Darshana IL**, Wijesinghe CJ, De Silva PV. Assessment of Motivation for Rehabilitation among Males with Illicit Drug Use Disorder in Rehabilitation Centres in Sri Lanka. *Journal of Rehabilitation*. 2022 Apr 1;88(2).
5. **Darshana N**, Wijesinghe CJ, De Silva PV. Assessment of Characteristics and Exposure to Vulnerable Factors for Drug use among Male Illicit Drug Users in Sri Lanka: A Multicenter Cross-Sectional Study. *Indian J Community Med*. 2022 Apr-Jun;47(2):285-291. doi: 10.4103/ijcm.ijcm\_712\_21. Epub 2022 Jul 11. PMID: 36034265; PMCID: PMC9400351.
6. **Darshana N**, Wijesinghe C, De Silva V. Relapse rate following institutionalized rehabilitation of male heroin addicts: A Sri Lankan experience. *Heroin addiction and related clinical problems*. 2022 Apr 1;24(2):27-34.
7. **Darshana N**, Wijesinghe C, De Silva V. “Problematic Level of Drug Use and its associated factors among Illicit Drug Users in Sri Lanka: Experience from a Multicentre Study”. *Heroin addiction and related clinical problems*. 2022 October 1;24(5):17-25.
8. **Darshana N**, Rumi Ruben, Wijesinghe C. Previously used substances and predictors of illicit drug use among incarcerated male prisoners in Galle, Sri Lanka. *Heroin addiction and related clinical problems*. 2022 July Published ahead of print.

## 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 Education12-13th 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*
16. **ILAN Darshana**, CJ Wijesinghe, PARI Kulathunga, NR Abeynayake, “Diagnostic accuracy of low birth weight babies using maternal anthropometric parameters: A single center study at Tertiary care maternity hospital in Galle district, Sri Lanka” , Annual Academic sessions, College of Community Physicians, Sri Lanka– 2022
17. **ILAN Darshana**, CJ Wijesinghe, PARI Kulathunga, NR Abeynayake, “Prediction of newborn anthropometric parameters using maternal anthropometry at Tertiary care maternity hospital in Galle district, Sri Lanka” , 15th International Research Conference of KDU 2022– Sri Lanka

18. PLAN Liyanage, **ILAN Darshana**, “Leishmaniasis; Time series analysis for a common endemic vector borne disease in Sri Lanka” , 29<sup>th</sup> Annual Academic sessions, College of Dermatologists, Sri Lanka– 2022
19. Imalke Kankanaratchi, M A F Nafla, Hasini Wackwella, **I L A N Darshana**, Aruna De Silva, Pushpika Jayawardana, Nayana Liyanarachchi, “Acceptability of COVID-19 vaccine for healthy children and its associated factors; Parent’s perception from a study conducted in Galle district” , 24th Annual Scientific Congress of the Sri Lanka College of Paediatricians, 2022
20. PMNC Marage, HK Amarathunga, K Pathinathan, KK Ranasinghe, **ILAN Darshana**, “Assessment of current practice, activity level and its associations among patients with neck of femur fracture; A single centre study at teaching Hospital Kandy, Sri Lanka ” , 14th Annual Academic sessions, Sri Lanka orthopedic association– 2022

#### **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
18. Silva KD, Kankanarachchi I, **Darshana IL**, De Silva WN, Liyanarachchi N. “Pain Assessment during venipuncture among Children: Experience from a Single Centre Study” at the 80th Anniversary Annual Scientific Session, Jaffna Medical Association-2021.
19. **ILAN Darshana**, CJ Wijesinghe, PARI Kulathunga, NR Abeynayake, “Prediction of foetal outcomes at delivery based on maternalanthropometry at tertiary care maternity hospital in Galle District, Sri Lanka , 81<sup>st</sup> Annual Academic Sessions of the Galle Medical Association – 2022
20. PM Sapukotuna, DLB Piyasiri, **ILAN 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 set-up at a tertiary care hospital, Sri Lanka , 81st Annual Academic Sessions of the Galle Medical Association – 2022