

# CURRICULUM VITAE

## Dr. Warsha Dilhani De Zoysa

### Personal Information:

**Full name:** Paniyan Duwage Warsha Dilhani De Zoysa

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**Date of Birth:** 4 December 1979

### Qualifications Obtained (Primary & Postgraduate):

Qualification	Name of University / College	Country of Qualification	Year Obtained
MBBS*	Faculty of Medicine University of Colombo	Sri Lanka	2005
MD Medicine#	Post Graduate Institute of Medicine University of Colombo	Sri Lanka	2012
Specialist in General Medicine	Board of Study Post Graduate Institute of Medicine University of Colombo	Sri Lanka	2017

\* Second Class Honours – Upper Division

\* Recipient of Gold Medal for Surgery

# Best Performance in MD Medicine 2012

**Present Occupation:** Senior Lecturer in Medicine and Consultant Physician, Faculty of Medicine, University of Ruhuna

## **Details of appointments as a Consultant Physician**

1. Resident Physician, Teaching Hospital, Mahamodara 20.03.2017- 07.07.2019
2. Resident Physician, Teaching Hospital, Karapitiya 08.07.2019- 18.07.2020
3. Senior Lecturer & Consultant Physician, Faculty of Medicine, University of Ruhuna, since 19.07.2020

## **Other Documentation**

1. School Career
  - Award for the Best overall student of the year 1998, Dharmasoka College, Ambalangoda
  - Award for the Best Academic student of the year 1998, Dharmasoka College, Ambalangoda
  - School and National Badminton championship under 13 to 19 with National School colours.
2. University Career
  - Introductory Basic science Stream, Applied Science Stream, Clinical Sciences Stream - 2nd class honours- upper division
  - 2006 MBBS Final - 2nd class honours- upper division
  - Drogo Austin Gold Medal for Surgery
  - Inter faculty and Inter University Badminton Championship 2000 to 2005 with University colours
  - Student of Best performance at BLOCK celebration, Faculty of Medicine, University of Colombo, 2003
3. Post Graduate Career
  - Dr Nanda Amarasekara Award for the best performance in MD Medicine part 2, Examination 2012

#### 4. Publications

- Usefulness of Trans-Thoracic Echocardiography (TTE) in patients with acute ischaemic strokes and normal clinical cardiac examination, **Dilhani PDW**, Lekamwasam S, Galle Medical Journal, Volume 21, March 2016
- A late presentation of McArdle syndrome with recurrent rhabdomyolysis in middle age. H M A Ediriweera, G G A Gayani, **P D W Dilhani**, K D Pathirana, T P Weeraratna, Ceylon Medical Journal, September 2014.
- Hypokalaemia-induced rhabdomyolysis as the presenting feature of primary hyperaldosteronism, Karunaratna WGSG, **Dilhani PDW** Edirisinghe LU, Sumanatilleke M, Weeraratna TP, Bodinayake CK<sup>ISEP</sup> Galle Medical Journal, Vol 18: No. 2, September 2013
- Primary pulmonary alveolar proteinosis, GGA Gayani, WGSG Karunaratna, **PDW Dilhani**, S Muhunthan, HMM Herath, TP Weeraratna, Galle Medical Journal, Volume 18, March 2013
- Rapidly progressive multifocal motor neuropathy with a dramatic response to therapy, **Dilhani PDW**, Pathirana KD, Sri Lanka Journal of Neurology, 2012, 1, 50-53
- Ataxic autonomic sensory neuropathy with dorsal root ganglionitis – A rare association of primary Sjogren's syndrome, **Dilhani PDW**, Gayani GGA, Pathirana KD, Sri Lanka Journal of Neurology, 2013
- An audit on CT Colonography: Compliance with British Society of Gastrointestinal and Abdominal Radiology (BSGAR) CT colonography standards, De Zoysa RCS, Chulasiri P, **De Zoysa PDWD**, Owen M, Galle Medical Journal, Volume 25, September 2020.
- Hepatitis B immunization status of health care workers at tertiary care maternity hospital in Galle, Palagasinghe S, Subasinghe SDAR, **De Zoysa PDWD**, Dilhani SI, Kariyawasam KMMM, Galle Medical Journal, Volume 23, October 2018
- Usefulness of routine Trans-Thoracic Echocardiography (TTE) in patients presenting with acute ischaemic stroke with normal clinical cardiac evaluation, **Dilhani PDWD**, Lekamwasam S, Pathirana KD, De Silva PV, Galle medical Journal, Volume 19, September 2014
- Psychometric Properties of Sinhala Version of Burden Scale for Family Caregivers' Short Form (BSFC-s); A Validation Study in Sri Lanka N Rathnayake, T Abeygunasekara<sup>1</sup>, **W De Zoysa**, D Palangasingha and S Lekamwasam, General Sir John Kotelawala Defence University - 14th International Research Conference, September 2021

- Seroprevalence of COVID-19 among high-risk population in Galle, Sri Lanka – A story behind successful control of the first wave of the COVID-19 pandemic Palangasinghe DR, **De Zoysa PDWD**, Dahanayaka NJ, Herath HMM, De Silva PV, Galle Medical Journal. Volume 26, September 2021

## 5. Teaching experience

### Undergraduate Teaching

- Regular ward classes for final year medical students, Faculty of Medicine, University of Ruhuna (2012-2014 as a Senior Registrar in Medicine and 2017-2021 as a Consultant Physician).
- Tutorials, case-based discussions, lectures, small group discussions and problem-based learning for fourth year and final year medical students since 2020
- Introductory clinical teaching for third year medical students since 2020
- Teaching during the ward round and grand ward round (2012-2014 as a Senior Registrar in Medicine and 2017-2021 as a Consultant Physician).
- Coordinator for the final MBBS clinical examination in 2020 and 2021, Faculty of Medicine, University of Ruhuna
- Examiner for the final MBBS theory and clinical examination in 2017 to 2021, Faculty of Medicine, University of Ruhuna
- Act as a mentor and counsellor for medical students 2020 and 2021, Faculty of Medicine, University of Ruhuna

### Postgraduate Teaching

- Resource person for the Registrar Excellence Forum, conducted by Galle Medical Association 2019-2021
- Regular case-based discussions for postgraduate students in Medicine since 2017
- Teaching during the ward round and grand ward round since 2020
- Resource person for the workshop for Senior Registrar on “Orientation in NHS UK as a Registrar” organized by Galle Medical Association 2019 and 2020
- Lectures for postgraduate students on clinical reasoning, soft skills and human ethics since 2017
- Regular ward classes for postgraduate students since 2017
- Examiner for the clinical MOCK examination for postgraduate students conducted by Galle Medical Association, Ceylon College of Physician and Sri Lanka College of Internal Medicine since 2017
- Coordinator of the MD Part 2 clinical examination in 2017 and 2020.

## Other Teaching Experience

- Visiting lecturer and clinical teacher in the Department of Nursing in the Faculty of Allied Health Sciences, University of Ruhuna since 2017
- Clinical coordinator and resource person for peripheral hospital clinical development committee programme conducted by the Galle Medical Association since 2019
- Resource person for non-communicable disease awareness programme for medical officers in Primary Care Hospitals in Galle District, conducted by the District Director of Health Services, Galle since 2019
- Clinical coordinator and a resource person for the Galle Medical Association, General practitioners' collaboration since 2019

## 6. Details of service development / quality improvement initiatives in health care

- Improve the services provided to pregnant mothers with Diabetes at Teaching Hospital, Mahamodara
  - Establishment of Diabetic clinic for pregnant mothers
  - Introduction of home monitoring facilities of glycaemic status
  - Upgrade the services provided at the Medical Education Centre for pregnant mothers, with frequent educational lectures, preparation of educational booklets and leaflets.
- Establishment of a medical emergency response team with the collaboration of the Anaesthesiology team at Teaching Hospital, Mahamodara
- Organised a lecture series for the medical officers and nursing staff on management of maternal medical emergencies.
- Clinical coordinator and resource person for peripheral hospital clinical development committee programme conducted by the Galle Medical Association since 2019.
- Resource person for Noncommunicable Disease awareness programme for medical officers in Primary Care Hospitals in Galle District conducted by the District Director of Health Services, Galle since 2019.
- Clinical coordinator and a resource person for the Galle Medical Association, General practitioners' collaboration and organised several continuous medical educational activities to upgrade their medical knowledge and skills since 2019.
- A member of the National Hypertension Guideline Development Committee collaborated with Ceylon College of Physician.
- Currently being an active member of the COVID steering committee, Teaching Hospital, Karapitiya and Faculty of Medicine, University of Ruhuna.

## 7. Presentations at Professional Conferences


- Ethics and the Physician – “Recognition of the Dying Patient”, Delivered at 46th Annual Academic Session of Ceylon College of Physicians 2013 organized by Royal College of Physicians of London and Ceylon College of Physicians – 11<sup>th</sup> September 2013
- Getting ready for overseas training, “Touring NHS Trust”-, Delivered at Annual Academic Session of Sri Lanka College of Internal Medicine, 24<sup>th</sup> February 2021
- “Perioperative Management of Fragility Fractures- Orthogeriatric point of view”- Delivered at 6<sup>th</sup> Scientific Conference of the Sri Lanka Association of Geriatric Medicine, 25<sup>th</sup> March 2021
- GMA Webinar on COVID 19 - “Pathophysiology of COVID 19” was delivered on 10<sup>th</sup> June 2021

## 8. Details about my positions in national bodies

- Secretary of the Galle Medical Association 2021
- Executive committee member Galle Medical Association 2019 and 2020

### **Verification Statement:**

I verify that the information contained within this Curriculum Vita is true and correct as at 4<sup>th</sup> of June 2021.

Signed:  \_\_\_\_\_

Name: Dr. Warsha Dilhani De Zoysa