

## CURRICULUM VITAE

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| <b>Name:</b>  |                              |
| Dr Arosha Sampath Dissanayake   |                              |
| <b>Present appointment:</b>   |                              |
| <ul style="list-style-type: none"><li>• Consultant Physician, Professorial Medical Unit, Teaching Hospital Karapitiya, Galle, Sri Lanka</li><li>• Senior Lecturer in Clinical Medicine, Department of Medicine, Faculty of Medicine, University of Ruhuna, Sri Lanka</li></ul>                    |                              |
| <b>Address:</b>   |                              |
| Department of Medicine<br>Faculty of Medicine, University of Ruhuna<br>PO Box 70<br>Galle, Sri Lanka  |                              |
| <b>Telephone number:</b>  | <b>Email address:</b>        |
| 0094 773044370  | arosha.dissanayake@gmail.com |
| <b>Qualifications:</b>  |                              |
| MBBS(Col) 1997 (2 <sup>nd</sup> Class Honours with DD Ranasinghe Gold Medal for Obstetrics and Gynaecology, SS Rutnam Prize for Gynaecology and Distinction in Paediatrics)   |                              |
| MD(Col) 2004 (Wijerama Prize for the Best Presentation at the Young Physicians Forum)   |                              |
| MRCP 2006   |                              |
| FRCPE 2012  |                              |
| FCCP 2014   |                              |
| FRCP 2015   |                              |
| <b>Professional registration:</b>   |                              |
| <ul style="list-style-type: none"><li>• SLMC 13503 1999 (full)</li><li>• GMC 6145028 2006 (full)</li></ul>  |                              |
| <b>Previous and other appointments:</b>   |                              |
| <ul style="list-style-type: none"><li>• Research Fellow, School of Medicine and Health, University of Durham, UK (2007-2008)</li><li>• International Training Fellow, Kings Mill Hospital, Sherwood Forest Hospitals NHS Foundation Trust, Mansfield, Nottinghamshire, UK (2006 – 2007)</li></ul> |                              |

- Lead Clinician, Southern Province Research Centre, South Asian Clinical Toxicology Research Collaboration 2013
- Visiting Senior Lecturer, BSc Nursing Programme, University of Ruhuna
- Visiting Senior Lecturer, BSc Pharmacy Programme, University of Ruhuna

#### **Post in an Editorial Board of Journal**

- International Deputy Editor, Journal of the Royal College of Physicians, UK, 'Clinical Medicine' 2021

#### **Posts held in Professional Organisations**

- Ceylon College of Physicians – President Elect for 2022
- Royal College of Physicians UK – Regional International Advisor from 2015 to date
- Ceylon College of Physicians – Honorary Secretary 2015, Council member 2013, 2014 and 2016
- Galle Medical Association – President 2020, President elect for 2019, Vice President 2017, Hon Secretary 2010 and 2011, Postgraduate coordinator 2013 and 2014, Council member 2012 and 2016
- Sri Lanka Society of Internal Medicine – Editor 2018
- Postgraduate Institute of Medicine, University of Colombo, Member of Board of Study
  - Clinical Toxicology 2015-2017
  - Sports Medicine 2015-2018, 2021 to date
  - Medicine 2021 to date
- Sri Lanka Medical Association – Member of Ethics committee 2015 - 2020
- Consultant Physician for the Southern Naval Command of the Sri Lanka Navy from 2010 to date
- University of Ruhuna
  - ❖ Chairperson of Speech Crafting Initiative 2020
  - ❖ Board Member, Centre for International Affairs 2020 to date
  - ❖ Member of Committee for increasing employability of undergraduates 2020
  - ❖ Coordinator, Orator of the year competition 2018
  - ❖ Member of the Sub-committee which drew up the constitution of the Arts Council 2013
- Faculty of Medicine
  - ❖ Deputy Senior Student Counsellor 2021
  - ❖ Student Counsellor 2020
  - ❖ Chairperson, COVID-19 Steering Committee, Faculty of Medicine and Faculty of Allied Health Sciences 2020 March – 2021 May. Member of the steering committee from 2021 May to date
  - ❖ University medical officer for Faculty of Medicine and Faculty of Allied Health

Sciences from 2020 January to 2021 March

### **Undergraduate and postgraduate training examining experience**

- Examiner in Clinical Medicine, Pharmacology, Physiology and Biochemistry at both the Faculty of Medicine, University of Ruhuna as well as a visiting examiner in above disciplines in the other state medical faculties
- Examiner at the ERPM examination for certification of overseas qualified undergraduates for suitability for registration with the Sri Lanka Medical Council
- MD Medicine Part 1 and Part 2 examiner at the Postgraduate Institute of Medicine, University of Colombo.
- Examiner at MRCP PACES UK conducted by the Joint Royal Colleges of Physicians from 2018 to date

### **Postgraduate examination experience**

#### **Examiner appointments for the Postgraduate Institute of Medicine, Sri Lanka**

1. Chief Examiner MD Medicine Clinical Viva Examinations in 2021, January, 2019 September (2016 Prospectus), 2019 September (2005 Prospectus),
2. MD Medicine Clinical Examinations in 2020 March, 2018 March, 2017 September, 2017 March, 2016 March,
3. MD Medicine Theory Examinations 2016 August, 2014 July, April 2014
4. MD Medicine Selection Examination 2015 April, 2013 October
5. MSc Medical Toxicology Selection Examination 2016 October
6. Postgraduate Diploma in Medical Toxicology Selection Examination 2016 October
7. MD Sports Medicine Selection Examinations 2017 November, 2019 September
8. Postgraduate Diploma in Sports Medicine Selection Examination 2017 December

#### **Examiner appointments for MRCP PACES UK**

1. Colombo - National Hospital of Sri Lanka 2019 March, 2018 November. 2017 May, 2017 October, 2016 November, 2016 March
2. James Cook Hospital, Middlesbrough, UK 2019 August
3. St Georges Hospital, London, UK 2017 October

### **Research and publications:**

#### **Awards**

1. **HKT Fernando Award for the Best Paper (3<sup>rd</sup> Place) at SLMA133rd International Medical Conference July 2020** for the paper titled "Are They Ready to Handle Anaphylaxis? a Study among Pre-Intern Medical Graduates of Three Universities in Sri Lanka Wijekoon CN, Fernando ADA, Dissanayake AS, Wettasinghe I,

2. **Best poster presentation at the 15<sup>th</sup> Annual Academic Sessions of the University of Ruhuna** for the paper titled Doxycycline usage for prevention of Leptospirosis among farmers and the reasons for failure to use chemoprophylaxis: A descriptive study from southern Sri Lanka. Fonseka CL, De Silva CM Athukorala AAB, Goonawardena PR, Karunathilake AP, Rajapakse I, Dissanayake AS
3. **Best oral presentation at the Faculty of Medicine, Annual Academic sessions 2017** for the paper titled Frequency of problem drinking among alcohol consuming males in a tertiary care setting in Southern Sri Lanka. Fonseka NHDP, Rajapakse IH, Dissanayake AS
4. **WAS De Silva Award for the best paper in Tropical Medicine at Annual Academic Sessions of Ceylon College of Physicians 2016** for the paper titled . The practices of snake bite management in Sri Lanka – A rural hospital study. Fernando WKBKM, Dissanayake AS, Sarathchandra GWNI, Wijegunaratne CJ, Nuwan WLGGA, Perera UKDMS.
5. **Best Outstation Research Award at Annual Academic Sessions of Ceylon College of Physicians 2014** for presentation titled Analysis of clinical features and risk factors of pit viper bite in Deniyahya, Sri Lanka. Witharana EWRA, Gnanadasan A, Dissanayake AS, Wijesinghe GKJ, RAdahetti SCL, Ajapakse RMJK.
6. **Dr Reddy's research award of the Sri Lanka Heart Association presented for the best research in cardiology 2013** for the paper titled "Use of the patient health questionnaire (PHQ-9) to determine the prevalence of depression among patients with coronary heart disease in out patient cardiology clinics". Rajapakse IH, Dissanayake AS and Sathananthan PP

#### **Publications in peer reviewed journals**

1. **Dissanayake Arosha**, Rajapakse Senaka, Fernando Devaka. Continuing external validation of clinical exams during COVID-19: a novel approach from Sri Lanka. RCP Commentary; January 2021 Issue 1: 26-19
2. Wijekoon CN, Wettasinghe I, Fernando D, **Dissanayake AS**.

- Gunawardana M, Minuwanpitiya G. Thenuwara P. Preparedness of pre-intern medical graduates of three universities in Sri Lanka to diagnose and manage anaphylaxis. *BMC Medical Education* (2021) 21:152
3. **Dissanayake AS**, Amarasena SD, Devasiri V. Creating a COVID-19 bio-secure environment: Experience from a Medical Faculty in Sri Lanka, *South East Asian Journal of Medical Education*. (Accepted for publication, Jan 2021)
  4. Witharana EWRA, **Dissanayake AS**, Karunaratne WAIP, Wijesinghe SKJ. A Rare Case of Probable Micro-Angiopathic Hemolytic Anemia due to Envenoming by Giant Asian Honey Bee (*Apis dorsata*). *Wilderness and Environmental Medicine*. 2021;32(3);340-343
  5. Witharana EWRA, Gnanathanan A, **Dissanayake AS**, Wijesinghe SKJ, Kadahetti SCL, Rajapaksha RMJK. Hump-nosed pit viper (*Hypnale hypnale* and *Hypnale zara*) envenoming in Deniyaya, Sri Lanka: Epidemiological and clinical features from a prospective observational study. *Toxicon* 189 (2021) 19–23
  6. Witharana EWRA, Gnanadasan A, **Dissanayake AS**, Wijesinghe SKJ, Kadahetti SCL, Rajapaksha RMJK. Sri Lankan green pit viper (*Trimeresurus trigonocephalus*) bites in Deniyaya: A clinico-epidemiological study, *Toxicon* 169 (2019) 34-37
  7. Fonseka CL, Vidanapathirana BN, De Silva CM, Athukorala AAB, Goonawardena PR, Karunathilake AP, Rajapakse IH and **Dissanayake AS**. Doxycycline usage for prevention of Leptospirosis among farmers in reasons for failure to use chemoprophylaxis. A descriptive study from southern Sri Lanka. *Journal of Tropical Medicine* 2019. doi.org/10.1155/2019/2917154
  8. De Silva CM, Fonseka CL, Singhapura SDAL, Kularatne OAR, Jayasekera JMS, Rajapakse H, **Dissanayake AS**, Pathirana KD. The lady who went twenty years back in her life - a case of acute bilateral thalamic infarction due to artery of percheron involvement. *Journal of the Ceylon College of Physicians* 2017;48;85-87
  9. Fonseka CL, Singhapura SDAL, Jayasekera JMS, Wijayarathna WMCJB, Kularatne OAR, de Silva CM, Dissanayake AS. Use of bedside ultrasound by non-radiologists for the rapid diagnosis of life-threatening conditions. *Galle Medical Journal*, Vol 22: No. 2, September 2017. DOI:

10. Gayani GGA, Ediriweera HMA, Heiyanthudawa S, Perera A, **Dissanayake AS**, Weerarathna TP Membranoproliferative glomerulo nephritis associated with auto immune thyroiditis. *Journal of the Ceylon College of Physicians* 2016;47(1);44-45
11. Chandrasiri A, **Dissanayake AS**, De Silva V. Health promotion in workplaces as a strategy for modification of risk factors for NCDs. A practical example form Sri Lanka. *Work* 2016;55;281-284
12. Weerarathna TP, **Dissanayake AS**. Value of assessing post prandial blood blucose as a surrogate for fasting blood glucose in an outpatient medical clinic; a descriptive study. *Galle Medical Journal* 2009;11(1);6-9
13. **Dissanayake AS**, Jones V, Fernando DJS. Adult hyperinsulinaemic hypoglycaemia caused by coexisting nesidioglastosis and insulinoma. *European Journal of Internal Medicine* 2008;19(4):303
14. Thomson GA, Medagama A, **Dissanayake A** et al. Pandemic diabetes: can developed-world health professional do more to support care in developing countries? *European Diabetes Nursing* 2008;5(1):23-27
15. Richardson LAU, **Dissanayake A**, Dunning J. What cardioversion protocol for ventricular fibrillation should be followed for patients who arrest shortly post cardiac surgery? *Interactive Cardiovasc Thorac Surg* 2007;6(6):799-805
16. **Dissanayake A**, Idampitiya CA, Amarasinghe A, Thomson GA, Fernando DJS. Capacity building through research and educational collaboration: a report if a UK-Sri Lanka collaboration. *Practical Diabetes International* 2006; 23(8): 350-352
17. **Dissanayake A**. Ethics in Clinical Medicine. *Journal of the Ceylon College of Physicians* 2005; **38**: 56-58
18. Weerarathna TP, **Dissanayake AS**. Subclinical thyroid disease – controversies revisited. *Journal of Ceylon College of Physicians* 2004;3;44-47

19. Weerasuriya N, Siribaddana S, **Dissanayake A**, Subasinghe Z, Wariyapola D, Fernando DJS. Long-term complications in newly diagnosed Sri Lankan patients with type 2 diabetes mellitus. *Quarterly Journal of Medicine* 1998; **91**: 439-443.
20. Weerasuriya N, Siribaddana S, Wijeweera I, **Dissanayake A**, Wijesekera J, Fernando DJS. The Prevalence of peripheral neuropathy in newly diagnosed patients with non-insulin-dependent diabetes mellitus. *Ceylon Medical Journal* 1998; **43**: 19-21.
21. **Dissanayake A**, Hewage UCL, Siribaddana S, Fernando DJS. An audit of the (ab)use of thyroid function tests. *Ceylon Medical Journal* 1998; **43**: 52-53.

#### **Publications in journals and newsletters of professional organisations**

1. **Dissanayake Arosha**. Anaphylaxis: The nemesis of all clinicians. Newsletter of the College of Dental Practitioners of Sri Lanka; Jan 2021: 8-10
2. **Dissanayake Arosha**. The value of a surgical face mask for COVID prevention. Galle Medical Association newsletter; Dec 2020: 6-8
3. **Dissanayake Arosha**. Medical training initiative from a Sri Lankan Perspective. RCP Global Newsletter Nov 2020
4. **Dissanayake Arosha**. Ethical dilemmas at the bedside. Festschrift, Faculty of Medicine, University of Ruhuna 2012

#### **Published abstracts**

1. **Dissanayake AS**, Fernando DJS. Whats in a word; Number needed to offence. Sri Lanka Medical Association Annual academic sessions 2021
2. Sandaruk MAC, **Dissanayake AS**. Nurses' perception on do no attempt cardio pulmonary resuscitation (DNACPR) decision making.

3<sup>rd</sup> Research symposium, faculty of allied health sciences,  
University of Ruhuna 2020

3. Palihederu PADS, Mendis BILM, Satharasinghe DA, Premarathne JMKJK, **Dissanayake AS**, Rajapakse IH, Karunanayaka P, Senarath U, Dias WKRR. Music preference among different age groups in selected urban and suburban areas of Sri Lanka. 7<sup>th</sup> International conference on arts and humanities ICOAH 2020
4. Mendis BILM, Palihederu PADS, Satharasinghe DA, Premarathne JMKJK, **Dissanayake AS**, Rajapakse IH, Karunanayaka P, Senarath U, Wijesuriya W, Dias WKRR. Music Preferences across Different Socio-Economic Classes in Selected Urban and Sub Urban Areas of Sri Lanka. 3<sup>rd</sup> International conference on research in humanities and social sciences September 2020, Brussels, Belgium.
5. Wijekoon CN, Fernando ADA, **Dissanayake AS**, Wettasinghe I, Gunawardana M, Minuwanpitiya G, Jayawardane P, Thenuwara PM. Are they ready to handle anaphylaxis? A study among pre-intern medical graduates of three universities in Sri Lanka. SLMA 133<sup>rd</sup> International conference, July 2020
6. Thenuwara PM, Gunawardana M, Minuwanpitiya G, Wettasinghe I, **Dissanayake AS**, Fernando ADA, Jayawardane P, Wijekoon CN. Allergy and anaphylaxis among pre-intern medical graduates of three universities in Sri Lanka. SLMA 133<sup>rd</sup> International conference, July 2020
7. Mendis BILM, Palihederu PADS, Satharasinghe DA, Premarathne JMKJK, **Dissanayake AS**, Rajapaksha IH, Karunanayake P, Senarath U, Wijesuriya W, Swee YK, Ho WY, Dias WKRR. Stress across Different Social Demographic Groups in Suburban Areas of Sri Lanka. SLMA 133<sup>rd</sup> International conference, July 2020
8. Fonseka NHDP, Rajapakse IH, **Dissanayake AS**. Problem drinking cessation interventions: Role of Sri Lankan nurses. 5<sup>th</sup> Commonwealth nurses and midwives federation conference March



2020

9. Rangani C, **Dissanayake Arosha**. Misconceptions about metformin use among patients attending diabetes clinic in Teaching Hospital Karapitiha. 24<sup>th</sup> annual academic sessions of the College of Community Physicians of Sri Lanka 2019
10. Fonseka NHDP, Rajapakse IH, **Dissanayake AS**. Patient perceptions on failure of medical interventions for alcohol cessation in a tertiary care setting in Southern Sri Lanka. Sri Lanka College of Psychiatrists academic sessions 2019
11. **Dissanayake AS**, Fonseka NHDP, Rajapakse IH. Problem drinking, depression and outcome of interventions; a quantitative and qualitative evaluation in a tertiary care hospital in Sri Lanka. Clinical Medicine 2019 Vol 19, No 2: s74
12. Fonseka NHDP, Rajapakse IH, **Dissanayake AS**. Frequency of depression among patients with problem drinking admitted to a tertiary care setting in Southern Sri Lanka. Annual academic sessions, Sri Lanka College of Psychiatrists June 2018
13. Fonseka NHDP, Rajapakse IH, **Dissanayake AS**. Outcome of brief interventions for problem drinking in a tertiary care setting in Southern Sri Lanka. Galle Medical Association annual academic sessions Oct 2018
14. Fonseka NHDP, Kotalawala V, Rajapakse IH, **Dissanayake AS**, Perera B. Use of Mini International Neuropsychiatric Interview to screen for alcohol abuse and alcohol dependence; a validation study. Galle Medical Association annual academic sessions Oct 2018
15. Fonseka NHDP, Rajapakse IH, **Dissanayake AS**. Frequency of depression among alcohol consuming males in a tertiary care setting in southern Sri Lanka. Sri Lanka Medical Association 131<sup>st</sup> anniversary international medical congress 2018
16. Fonseka CL, De Silva CM, Athukorala AAB, Goonawardene PR, Karunathilake AP, Rajapakse IH, **Dissanayake AS**. Doxycycline

usage for prevention of Leptospirosis among farmers and reasons for failure to use chemoprophylaxis: A descriptive study from southern Sri Lanka. Annual academic sessions of the University of Ruhuna, March 2018

17. Fonseka NHDP, Rajapakse IH, **Dissanayake AS**. Interventions done by healthcare professionals for patients with problem drinking admitted to teaching hospital Karapitiya. 15<sup>th</sup> Annual academic sessions of the University of Ruhuna, March 2018
18. Fonseka NHDP, Rajapakse IH, **Dissanayake AS**. Frequency of problem drinking among the alcohol consuming males in a tertiary care setting in Southern Sri Lanka. Annual academic sessions of the Faculty of Medicine, University of Ruhuna Dec 2017.
19. Fernando WKBKM, **Dissanayake AS**, Sarathchandra GWNI, Wijegunaratne CJ, Nuwan WLGGGA, Perera UKDMS. The practices of snake bite management in Sri Lanka – A rural hospital study. Annual Academic Sessions of Ceylon College of Physicians 2016.
20. Witharana EWRA, Gnanadasan A, **Dissanayake AS**. Hump-nosed viper bites in Deniyaya, Sri Lanka: A clinic-epidemiological study. Sri Lanka Medical Association Annual Academic Sessions 2015
21. Witharana EWRA, Gnanadasan A, **Dissanayake AS**. “Green-pit-viper-bites” in Deniyaya, Sri Lanka. Clinical and epidemiological features from a prospective observational study. Sri Lanka Medical Association Annual Academic Sessions 2015
22. Ranawaka UK, Iddamalgoda LPSD, Ranaweera R, Thilakarathna CL, Pathirage LPMMK, Pathirana GK, **Dissanayake AS**, Sirisena YVND, Gunasekera HH. Stroke registry network in Sri Lanka – Preliminary data. Annual Academic Sessions of the Sri Lanka Association of Neurologists 2015
23. Senarathna L, **Dissanayake A**, Palangasinghe C, Dawson A. The role of alcohol in injuries: Findings from a prevalence study in Southern Sri Lanka. Alcohol and Drug Information Centre Research Symposium March

24. Withrarana EWRA, Wijesinghe SKJ, Kadahetti SCL, Rajapaksha RMJK, Gnanadasan A, **Dissanayake AS**. Clinico-epidemiological features of pit-viper bite; a prospective observational study from Deniyaya, Sri Lanka. Galle Medical Association Annual Academic Sessions 2015
25. Kumarasinghe WAA, Rajapakse IH, Samarasinghe LNP, **Dissanayake AS**. Knowledge and attitudes related to dementia among in-ward patients aged more than 50 years. Annual academic sessions of the University of Ruhuna 2014.
26. Witharana EWRA, Gnanadasan A, **Dissanayake AS**, Wijesinghe SKJ, Kadahetti SCL, Rajapaksha RMJK. Analysis of clinical features and risk factors for viper bite in Deniyaya, Sri Lanka. Annual academic sessions of Ceylon College of Physicians 2014.
27. Dharmasena D, **Dissanayake AS**, Palangasinghe C, Prasadini C, Gamage H, Kumarasena S. Deliberate self harm with Harpic ingestion: an emerging poisoning challenge in the southern province of Sri Lanka. Annual Academic sessions of Ceylon College of Physicians 2014
28. Rajapakse IH, **Dissanayake AS**, Sathananthan PP, Chandanie GH, Lekamwasam S. Use of the patient health questionnaire (PHQ-9) to determine the prevalence of depression among patients with coronary heart disease in out patient cardiology clinics. Ceylon College of Physicians Annual academic sessions 2013
29. Rajapakse IH, **Dissanayake AS**, Jayasinghe PA, Fonseka CL. Validation of PHQ-9 questionnaire for use in cardiology clinics in Sri Lanka. Sri Lanka Medical Association Annual academic sessions 2013.
30. Chandrasiri A, **Dissanayake AS**. Health promotion in workplaces as a strategy for modification of risk factors for NCDs. Academic sessions of the South East Asian regional meeting of the International Epidemiology Association 2013.
31. Ranasinghe NJ, Egodage CG, Palangasinghe C, **Dissanayake AS** ,

Jayasinghe SS The frequency and effects of home therapeutic measures in acute poisoning: A prospective observational study. Annual Academic sessions of the Galle Medical Association 2013

32. Fonseka CL, **Dissanayake AS**, Rajapakse IH, Amarasekera J, Palihawadana P. Perceptions of farmers with Letpspirosis on failure to take chemoprophylaxis. Galle Medical Association Annual academic sessions 2012
33. Rajapakse IH, **Dissanayake AS**, Dhammika JAP, Hungin APS. Frequency of medically unexplained symptoms in three specialist outpatient clinics in a tertiary care hospital in Southern Sri Lanka. Galle Medical Association Annual academic sessions 2012
34. Rajapakse IH, Bandara D, **Dissanayake AS**, Wanigasekera TN, Pushpakumara W, Hettigoda N, Senadheera C. Analysis of patient problems in a newly setup liaison psychiatry service in a tertiary care hospital in Southern Sri Lanka. Galle Medical Association, Annual academic sessions 2012
35. Weerarathna TP, **Dissanayake AS**, Liyanage PGC. Utility of clinical / laboratory markers of vascular disease in predicting risk of cardiovascular events in Type 2 Diabetes mellitus. Annual academic sessions of the Ceylon College of Physicians 2012
36. **Dissanayake AS**, Fonseka CL, Amarasekera J, Palihawadana P. Prophylactic doxycycline use for prevention of leptospirosis in farmers hospitalized with leptospirosis. Annual academic sessions of the Sri Lanka Medical Association 2012
37. Rajapakse I H, **Dissanayake A S**, Hungin A P S Prevalence of functional problems in a specialist general medical clinic in a tertiary care hospital in Sri Lanka: Sri Lanka College of Psychiatrists Annual academic sessions 2011
38. Rajapakse I H, **Dissanayake A S**, Jayasekara A, Pathirana A, Obeysekera L. Ethical Dilemmas in overcoming stigma: A review of case reports. Sri Lanka College of Psychiatrists, Annual academic sessions 2011

39. Iqbal N, **Dissanayake A**, Thomson G. The challenge of managing thionamide induced agranulocytosis in a patient with Graves' disease. **European Congress of Endocrinology 2007**. Endocrine Abstracts 14P492
40. Lekaamwasam S, Dissanayaka AS, Premawardana NP et al. Incidence of hip fractures in southern Sri Lanka. 7th International Symposium on Osteoporosis April 2007. *Osteoporosis International* 2007;18:S87-S88
41. Gunathilake W, De Alwis NMW, Janaka KVC, Idampitiy CA, **Dissanayake AS**, Fernando DJS. Increasing prevalence of obesity in Sri Lanka: Narrowing the urban rural gap. *Diabetes UK 2007*. *Diabetic Medicine* 24 (Suppl 1) 30-121
42. Weerathna TP, **Dissanayake AS**. Progression of clinical and biochemical abnormalities among diabetic subjects with and without metabolic syndrome. *Diabetes UK 2006*, *Diabetic Medicine* 23(suppl.4), 608-753
43. Rajakumaraswamy N, **Dissanayake A**, Rajapakse IH, Indrakumar J, Bulugahapitiya U, Siyambalapitiya S, Fernando DJS. Assessment of cognitive function in patients with type 2 diabetes mellitus in Sri Lanka. *Diabetes UK 2006*. *Diabetic Medicine*, 23 (Suppl.2) 31-138.
44. Rajakumaraswamy N, **Dissanayake A**, Siyambalapitiya S, Bulugahapitiya U, Fernando DJS. Type 2 diabetes and cognitive dysfunction. *American Diabetes Association Scientific sessions 2005*
45. Weerathna TP, **Dissanayake AS** Estimation of burden of diabetes in a tertiary care hospital in Sri Lanka. *PGIM 25<sup>th</sup> anniversary academic sessions 2005 July*.
46. Weerathna TP, **Dissanayake AS**. Prevalence of insulin resistance syndrome among young patients with newly diagnosed type 2 diabetes. 4<sup>th</sup>

world congress on prevention of diabetes and its complication 2005 February.

47. Weerathna TP, **Dissanayake AS**. Risk stratification of young type 2 diabetic patients for macro vascular disease. 4<sup>th</sup> world congress on prevention of diabetes and its complication 2005 February.
48. **Dissanayake AS**, Weerathna TP. Value of measuring total cholesterol in detecting diabetic dyslipidaemias: An observational descriptive study. Ceylon College of Physicians Annual Academic Sessions 2005
49. **Dissanayake AS**, Indrakumar J, Dedigama M, Jayaratne SD. Pre-hospital and early in hospital delays in management of STEMI: An observational descriptive study. Ceylon College of Physicians Annual Academic Sessions 2005
50. Weerathna TP, **Dissanayake AS**. Prevalence of insulin resistance syndrome among young patients with newly diagnosed type 2 diabetes. University of Ruhuna Annual Academic sessions 2005
51. **Dissanayake AS**, Weerathna TP. Risk stratification of young Type 2 diabetic patients for future cardiovascular disease. Physiological Association of Sri Lanka, 2004
52. Rajapakse Harshini, **Dissanayake Arosha**, Beligaswatta Asanka, Roll over Beethoven. A musical entre into ethical theory. College of General Practitioners Annual Academic Sessions 2003
53. **Dissanayake Arosha**, Lekamwasam S, Ranamukharachchi SS. Age and sex disributin of holip fractres: Preliminary data. Ceylon College of Physicians Annual Academic Sessions 2002.
54. **Dissanayake AS**, Siribaddana SH, Fernando DJS. The natural history of non insulin dependent diabetes. Sri Lanka Medical Association Annual Academic Sessions 1998

**55. Dissanayake AS**, Fernando MS, Hewage UCL, Siribaddana SH, Kumarashinghe MP, De Silva MVC, Fernando DJS. The frequency of chronic autoimmune thyroiditis among hypothyroid patients. Sri Lanka Medical Association Annual Academic Sessions 1998

**56. Dissanayake AS**, Hewage UCL, Siribaddana SH, Fernando DJS. Frequency of ischaemic heart disease in hypothyroid patients. Sri Lanka Medical Association Annual Academic Sessions 1998

**57.** Weerasooriya N, Siribaddana SH, Wijeweera I, **Dissanayake AS**, Wijesekera J, Fernando DJS. Prevalence of peripheral neuropathy in newly diagnosed patients with non insulin dependent diabetes. Sri Lanka Medical Association Annual Academic Sessions 1998

**58. Dissanayake AS**, Fernando MS, Hewage UCL, Siribaddana SH, Kumarasinghe MP, De Silva MVC, Fernando DJS. Progression from sub-clinical to clinical hypothyroidism. Sri Lanka Medical Association Annual Academic Sessions 1998

#### **Invited Lectures / Presentations at national and regional academic meetings**

1. Ceylon College of Physicians 54<sup>th</sup> Annual Academic Sessions 2021 – Sound of Silence, inspiration from music for life and work
2. Ceylon College of Physicians 54<sup>th</sup> Annual Academic Sessions 2021 – How to pass the MD Viva
3. Literary Society UK 2021 – A song which inspired my work as a doctor
4. Postgraduate Institute of Medicine, University of Colombo 2021 – Case based discussion in Neurology
5. Postgraduate Institute of Medicine, University of Colombo 2021 – Facilitating a good death; Role of the Physician

6. Sri Lanka College of Internal Medicine 2021 - Peer Learning Forum: MD Viva in Medical Emergencies
7. Sri Lanka College of Internal Medicine 4<sup>th</sup> Annual Academic Sessions 2021 – Presentation on ‘How to pass the MD’
8. Galle Medical Association Registrar Excellence Forum 2020 – Presentation on ‘Assessment and feedback for MD trainees’
9. Ceylon College of Physicians Annual Academic Sessions held in Collaboration with Royal College of Physicians, UK 2020. Presentation on ‘Medical Humanities: Music’
10. College of Chemical Pathologists of Sri Lanka 5<sup>th</sup> Annual Academic Sessions 2020. Presentation on ‘Hypomagnesaemia: Evaluation and management’
11. Colombo Medical Congress 2020 150-Year Celebrations 2020. Presentation on ‘Medical Humanities: Music’
12. Sri Lanka College of Internal Medicine 3<sup>rd</sup> Annual Academic Sessions 2019. Presentation on ‘How to pass the MD’
13. Sri Lanka Association of Geriatric Medicine 4<sup>th</sup> Scientific sessions 2018. Presentation on ‘End of life decisions’
14. International Conference on Medical Humanities Faculty of Medicine, University of Colombo 2018. Presentation on ‘Humaneness at the bedside’
15. Sri Lanka Medical Association 131<sup>st</sup> Annual Academic Sessions 2018. Participated as a resource person in debate on ‘Doctor centred approach is more beneficial than patient centred approach in the Sri Lankan context’
16. Sri Lankan Society of Internal Medicine Peer Learning Forum 2018. Presentation on ‘Newer drugs in diabetes’
17. Ceylon College of Physicians Specialty Day on Toxicology 2018. Presentation on ‘Household poisoning’



18. Sri Lanka Association of Geriatric Medicine Specialty Day 2018. 'End of life decisions'
19. Sri Lanka Society of Internal Medicine Update on Viral Pneumonia 2018. Panel discussion moderator.
20. Galle Medical Association Helping hand for day to day general practice 2018. 'OHA failure and starting insulin simplified'
21. Galle Medical Association Young Specialists Forum 2018. Presentation on 'Getting ready for overseas training and passing the MRCP PACES'
22. Ceylon College of Physicians meeting in collaboration with Ruhunu Clinical Society 2018. Modular teaching on 'Management of Poisoning'
23. Ceylon College of Physicians 51<sup>st</sup> Annual Academic Sessions 2018. Presentation on 'Getting ready for your overseas training and passing'
24. Ceylon College of Physicians 51<sup>st</sup> Annual Academic Sessions 2018. Presentation on 'Communicating complex diagnoses and uncertainty'
25. Ceylon College of Physicians 51<sup>st</sup> Annual Academic Sessions 2018. Presentation on 'Passing the MRCP PACES'
26. Sri Lanka Society of Internal Medicine, 2<sup>nd</sup> Annual Academic Sessions 2018. Presentation on 'Clinical Governance'
27. Sri Lanka Society of Internal Medicine, 2<sup>nd</sup> Annual Academic Sessions 2018. Presentation on 'How to pass the MD Medicine examination'
28. Sri Lanka Society of Internal Medicine, 2<sup>nd</sup> Annual Academic Sessions 2018. Presentation on 'Psychiatric presentations for the internist'
29. Sanofi-Aventis Continuing Professional Development Programme 2018. Presentation on 'When OHAs fail – individualising patient care'

30. Sri Lanka Medical Association 130<sup>th</sup> Annual Academic Sessions 2017. Presentation on 'Clinical pearls of practice – 'Good patient communication'
31. Sri Lanka Medical Association Monthly Clinical Meeting 2017. Presentation on 'Death dying and dignity: the role of the doctor'
32. Ceylon College of Physicians 50<sup>th</sup> Annual Academic Session in collaboration with the Royal College of Physicians UK 2017. Master of Ceremonies at the Banquet
33. Ceylon College of Physicians 50<sup>th</sup> Annual Academic Session in collaboration with the Royal College of Physicians UK 2017.
34. Ceylon College of Physicians regional clinical meeting in with Hambantota Clinical Society 2017. Presentation on 'Dying and dignity; role of the doctor'
35. Colombo Medical School Alumni Association 6<sup>th</sup> Academic Sessions 2017. Participated as a resource person in debate on 'Living together before marriage makes a fruitful marriage'
36. Sri Lanka Society of Physiotherapy Annual Academic Sessions 2017. Presentation on 'Basics of lung auscultation'
37. Sri Lanka Society of Internal Medicine Inaugural Academic Sessions 2017. Presentation on 'How to pass the MD'
38. Quarterly Lecture on Medical Humanities by Department of Medical Humanities, Faculty of Medicine, University of Colombo 2017. Presentation on 'Civility in clinical practice'
39. Ceylon College of Physicians MRCP PACES Programme 2017. Presentation on 'How to pass the MRCP PACES'
40. Ceylon College of Physicians 49<sup>th</sup> Annual Academic Sessions 2016. Presentation on 'End of life care and physician assisted dying'

41. Sri Lanka Medical Association Career Guidance Seminar for junior doctors 2016. Presentation on 'Medicine and finer specialties'
42. Sri Lanka Medical Association 129<sup>th</sup> Annual Academic Sessions 2016. Participated as a resource person in the debate on 'Social media do more harm than good'.
43. Sri Lanka Medical Association Foundation Sessions 2016. Presentation on 'Management of paracetamol poisoning'
44. Hemas Southern Hospital Continuing Medical Education lecture for medical professionals 2016. Presentation on 'Management of lipid disorders'
45. Ceylon College of Physicians regional meeting in collaboration with Jaffna Clinical Society 2015. Presentation on 'Clinical Ethics'
46. Ceylon College of Physicians 5<sup>th</sup> Foundation Sessions 2015. Presentation on 'Ethics and professionalism'
47. Ceylon College of Physicians regional meeting in collaboration with the Kandy Society of Medicine 2015. Presentation on 'Ethics and professionalism'
48. Ceylon College of Physicians regional meeting in collaboration with the Chilaw Clinical Society 2015. Presentation on 'Professionalism and ethics'
49. College of General Practitioners of Sri Lanka Annual Academic Sessions 2015, Presentation on 'Humanities and higher values in medicine'
50. Ceylon College of Physicians in Collaboration with the Royal College of Physicians Trainee-Trainer meeting 2015. Presentation on 'Workplace based assessments'
51. Ceylon College of Physicians regional meeting in collaboration with the Trincomalee Clinical Society 2015. Presentation on 'Management of dyslipidaemia'
52. Ceylon College of Physicians 48<sup>th</sup> Annual Academic Sessions 2015.

53. Sri Lanka Society of Critical Care and Emergency Medicine International symposium on emergency medicine 2014. Presentation on 'Acute management of poisoning'
54. Ceylon College of Physicians College Lecture 2014. Presentation on 'Professionalism and Ethics'
55. Physiological Society of Sri Lanka regional meeting with Faculty of Medicine, University of Ruhuna 2014. Presentation on 'Ethics in universities'
56. Ceylon College of Physicians in collaboration with the Royal College of Physicians UK, Trainee-Trainer meeting 2014. Participated as resource person.
57. Ceylon College of Physicians 47<sup>th</sup> Annual Academic Sessions 2014. Presentation on 'Management of poisoning'
58. Panadura Clinical Society continuing professional development lecture 2014. Presentation on 'Poisoning, are we doing it right'
59. Ceylon College of Physicians regional meeting in collaboration with Batticaloa Clinical Society 2013. Presentation on 'Acute poisoning'
60. Ceylon College of Physicians regional meeting in collaboration with Batticaloa Clinical Society 2013. Presentation on 'Enhancing insulin therapeutic skills'
61. Ceylon College of Physicians regional meeting in collaboration with Kurunegala Clinical Society 2013. Presentation on 'Acute poisoning'
62. Ceylon College of Physicians regional meeting in collaboration with Kalutara Clinical Society 2013. Presentation on 'Acute poisoning'
63. Ceylon College of Physicians regional meeting in collaboration with Ratnapura Clinical Society 2013. Presentation on 'Fresh insights into diabetes management'
64. Ceylon College of Physicians regional meeting in collaboration with Uva Clinical Society 2013. Presentation on 'Fresh insights into diabetes management'

65. Ceylon College of Physicians regional meeting in collaboration with Jaffna Medical Association 2013. Presentation on 'Fresh insights into diabetes management'
66. Ceylon College of Physicians regional meeting in collaboration with Jaffna Medical Association 2013. Presentation on 'Management of poisoning'
67. Ceylon College of Physicians regional meeting in collaboration with Hambantota Clinical Society 2013. Presentation on 'Acute poisoning'
68. Ceylon College of Physicians regional meeting in collaboration with Hill country Clinical Society 2013. Presentation on 'Fresh insights into diabetes management'
69. Ceylon College of Physicians 3<sup>rd</sup> Foundation Sessions held in collaboration with the Anuradhapura Clinical Society 2013. Presentation on 'Management of poisoning'
70. Ceylon College of Physicians Specialty Update Programme; Update on toxicology 2013. Presentation on 'Paracetamol poisoning'
71. Institute of Palliative Care Medicine, Kerala India, certificate course in palliative care 2013. Presentation on 'Chronic anaemia in advanced disease'
72. Galle Medical Association Registrar Training programme 2013. Presentation on 'Passing the MD examination'
73. College of General Practitioners of Sri Lanka 38<sup>th</sup> Annual Academic Sessions 2012. Presentation on 'Sound of healing music'
74. Hemas Southern Hospital Continuing Professional Development Programme 2012. Presentation on 'Metabolic syndrome and pre-diabetes; diagnosis and management'
75. Department of Medicine Diabetes Update 2011. Presentation on 'Management of hypertension in diabetes'
76. Sri Lanka College of Haematologists Workshop on Research Proposal Writing 2010. Presentation on 'Searching for medical evidence'

77. Ceylon College of Physicians College Lecture 2008. Presentation on 'Evidence based medicine at the bedside'

78. Galle Medical Association Annual Academic Sessions 2005. Presentation on 'Assessment of diabetic foot disease'

79. Ceylon College of Physicians Young Physicians Forum 2005. Presentation on 'Ethics at the bedside'. Was awarded the E.M. Wijerama award for the best presentation for the year.

#### **Resource person in CPD Programmes**

1. Career Guidance Unit, University of Ruhuna - Undergraduate life in the midst of the pandemic
2. Training Programme in Palliative Care – End of life and Bereavement care, National Cancer Control Programme 2019
3. Preparatory workshop-1 for trainers on the new prospectus MD Part 2 (Medicine) – Viva, structure and preparation, Postgraduate Institute of Medicine, October 2018
4. Preparatory workshop-2 for trainers on the new prospectus MD Part 2 (Medicine) – Viva, structure and preparation, Postgraduate Institute of Medicine, December 2018
5. Training Programme in Palliative Care – End of life, Terminal and Bereavement care, National Cancer Control Programme 2018
6. Medical Emergencies Day for Pre-intern doctors – Management of snake-bites and agro-chemical poisoning, Ministry of Health and CCP 2018
7. Medical Emergencies Day for Pre-intern doctors – Management of snake-bites and agro-chemical poisoning, Ministry of Health and CCP 2017
8. Workshop for sports medical officers in Galle district on Pre-event medical examinations – ECG abnormalities. RDHS Galle, Ministry of Health 2016
9. Workshop for sports medical officers in Hambantota district on Pre-event medical

examinations – ECG abnormalities. RDHS Hambantota, Ministry of Health 2016

10. Medical Emergencies Day for Pre-intern doctors – Diabetic emergencies, Ministry of Health and CCP 2016

11. CME Lecture on Diabetes, Office of the RDHS, Ministry of Health 2016

12. CME Lecture on Hypertension, Office of the RDHS, Ministry of Health 2016

13. CME Lecture on Lipid disorders, Office of the RDHS, Ministry of Health 2016

14. CME Lecture on Metabolic syndrome, Office of the RDHS, Ministry of Health 2016

15. CME Lecture on Leptospirosis, Office of the RDHS, Ministry of Health 2016

16. CME Lecture on Management of poisoning, Office of the RDHS, Ministry of Health 2016

17. Workshop on cardiac rehabilitation and secondary prevention following CABG surgery, Extra-corporeal life-support organisation, Cardio-thoracic unit, Teaching Hospital Karapitiya – Annual check up after CABG, 2016

18. Medical Emergencies Day for Pre-intern doctors – Management of snake-bites and agro-chemical poisoning, Ministry of Health and CCP 2015

19. Clinical audits and developing guidelines – Postgraduate diploma in critical care medicine, Postgraduate Institute of Medicine 2015

20. MD Part-1 MCQ course, Ceylon College of Physicians 2014

21. MD Part-2 Clinical Course, Ceylon College of Physicians 2014
22. In-service training for dental health staff – Common ECG abnormalities, Ministry of Health 2014
23. In-service training for medical officers in the Southern Province on management of acute poisoning, Provincial Director of Health Services, Ministry of Health 2014
24. Clinical audits and developing guidelines – Postgraduate diploma in critical care medicine, Postgraduate Institute of Medicine 2014
25. MD Part-1 MCQ course, Ceylon College of Physicians 2013
26. MD Part-2 Clinical Course, Ceylon College of Physicians 2013
27. Continuing medical education and Clinical audits – Postgraduate diploma in critical care medicine, Postgraduate Institute of Medicine 2013
28. National Maternal Mortality Review, Matara District – Liver disease in pregnancy, District Director of Health Services, Ministry of Health 2012
29. MD Part-1 MCQ course, Ceylon College of Physicians 2012
30. MD Part-2 Clinical Course, Ceylon College of Physicians 2012
31. Continuing medical education; reading journals and using the internet – Postgraduate diploma in critical care medicine, Postgraduate Institute of Medicine 2012
32. Continuing medical education; reading journals and using the internet – Postgraduate diploma in critical care medicine, Postgraduate Institute of Medicine 2011
33. Training of Trainers workshop on NCD prevention, District Director of Health



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| <p>Services, Ministry of Health 2010</p> <p>34. Training programme for MOs and RMOs working in peripheries on Current Management of NCDs. District Director of Health Services, Ministry of Health 2009</p>  |
| <p><b>Research training:</b></p> <ul style="list-style-type: none"> <li>• Training in qualitative and quantitative research methodology at University of Ruhuna and University of Durham during a number of training courses from 2005 to 2011</li> <li>• Training in ethics in human subject research conducted by Centre for Bioethics in Sri Lanka in collaboration with Institute of Psychiatry, Kings College, London in 2003</li> <li>• Member of Research and Higher degrees committee of the Faculty of Medicine, Galle which evaluates research proposals for higher degrees from the University of Ruhuna from 2008 to date</li> </ul>   |
| <p><b>Research Supervision</b></p> <p>Master of Philosophy – “Outcomes of alcohol cessation interventions and impact of coexisting depression; A hospital based quantitative and qualitative study 2021- - NHDP Fonseka</p>  |
| <p><b>Curriculum Development Activities</b></p> <ol style="list-style-type: none"> <li>1. Member of Sub-committee for preparation of syllabus for selection examination in MD Medicine. Appointed by the Postgraduate Institute of Medicine in 2013. The present 2016 prospectus was based on the syllabus prepared by this sub-committee</li> <li>2. Member of the Sub-Committee to design the newly commenced BSc in Pharmacy degree programme for the Allied Health Degree programme of the Faculty of Medicine, University of Ruhuna.</li> <li>3. Member of the sub-committee appointed by the Faculty of Medicine for the revision of the curriculum in Biochemistry for the degree of MBBS of the Faculty</li> </ol> |
| <p><b>‘Other</b></p> <ul style="list-style-type: none"> <li>• Associate member of the Royal School of Music, London</li> <li>• Passed finalist of the Chartered Institute of Management Accountants (CIMA) UK</li> <li>• Journalist attached to the Defence and Investigations Desk of Sunday Times newspaper of Sri Lanka.</li> <li>• Co-Founder, Southern Symphonia – a music group consisting of doctors, families and</li> </ul>   |

medical students from the Southern Province promoting medical humanities activities.  
Performed at the Sri Lanka Medical Association Doctors Concerts from 2014 to date.  
Does monthly Music for Healing programmes for terminally ill patients, their carers  
and medical staff at the Palliative Care Centre at the Teaching Hospital Karapitiya

**Signature:**

**Date:**



12<sup>th</sup> October 2021

Dr Arosha S Dissanayake