

Prof. Manjula Hettiarachchi

Residence:

No 716/5, Mountainhall Estate,
Ambalanwatta,
Galle, SRI LANKA
Tel: +94-91-2235530
Mobile: +94 71 8660974
Email: mdhetti@gmail.com

Office:

Nuclear Medicine Unit,
Faculty of Medicine, University of Ruhuna
P.O. Box 70, Galle, SRI LANKA
Tel: +94-91-2234801 ext: 143
Fax: +94-91-2222314
Email: manjulah@med.ruh.ac.lk

Professional Summary

Medical professional with 20+ years of experience as an Academic and a Researcher, with skills in Nuclear Medicine, Clinical Nutrition, Endocrinology, Immunology, Genetics and Epidemiology.

Key Skills:

- Extensive knowledge of clinical nutrition and immunoassay procedures in research involving human subjects.
- Experience in administration, healthcare laws and policies in allied health sciences (Nursing & Medical Laboratory Sciences).
- Strong leadership, management, and organizational skills with a keen eye for identifying talent and passion for building high performing teams.
- Demonstrated ability to multi-task, and work effectively in high stress environments.

Academic Qualifications

Degree	Institute	year	Area of specialization
PhD	University of Ruhuna	2003-2007	Human Nutrition
MBBS	University of Ruhuna	1993-1998	Medicine & Surgery

Licensure

Medical Practitioner - Sri Lanka Medical Council

Professional Experience

08/2019 to present	Head, Nuclear Medicine Unit, Faculty of Medicine
08/2019 to present	Deputy Proctor - Faculty of Medicine
02/2015 to present	Professor in Nuclear Medicine, Faculty of Medicine
06/2017 to 04/2019	Postdoctoral Researcher, Department of Physical Education and Sports Sciences, Faculty of Education & Health Sciences, University of Limerick, Ireland

02/2007 to 01/2015	Senior Lecturer in Nuclear Medicine, Faculty of Medicine
05/2007 to 04/2010	Coordinator B.Sc. Nursing Degree program of the Faculty of Medicine
03/2001 to 01/2007	Lecturer in Nuclear Medicine, Faculty of Medicine
05/2000 to 02/2001	Medical Officer, National Hospital of Sri Lanka, Colombo
05/1999 to 04/2000	Intern Medical Officer, National Hospital of Sri Lanka, Colombo
11/1998 to 04/1999	Teaching Assistant of the Department of Physiology, Faculty of Medicine, University of Ruhuna

Teaching Experience

Undergraduate teaching

Medicine	Nuclear Medicine & Endocrinology
Medical Laboratory Sciences	Immunoassays & Laboratory practice
Nursing	Basic Sciences, Health Promotion & Health Education, Human Nutrition, Basic & Applied statistics, Research methods & Research Project coordinator
Science	Medical application in Radiobiology

Graduate teaching

M.Sc. Food Science & Technology	Human Nutrition & Community Nutrition
MD - Endocrinology	Nuclear Medicine, Immunoassays & Laboratory practice

Scientific Experience & Specialization

- 2009: Training Fellow in Nuclear Medicine (SPECT, PET-CT & RAI) - Department of Nuclear Medicine, All India Institute of Medical Sciences, India
- 2004: Training Fellow in Stable isotope analysis (TIMS, ICP-MS) - Children's Nutrition Research Center, Baylor College of Medicine, USA
- 2002: Training Fellow in Nuclear Medicine (Theory & observation) - National Institute of Radiological Sciences, Japan
- 2002: Training Fellow in Radiation Protection (Theory & observation) - Philippine Nuclear Research Institute, Philippines

Honors & Awards

- 2020 Most outstanding Senior Scholar of the University of Ruhuna
- 2016 National Research Council (NRC) Sri Lanka Merit award for Research publications
- 2015 President's award for scientific publications in SCI (Science Citation Index) journals
- 2014 National Research Council (NRC) Sri Lanka Merit award for Research publications
- 2012 National Research Council (NRC) Sri Lanka Merit award for Research publications
- 2012 Highest Recipient of Grants of the University of Ruhuna

- 2010 Young Investigator in Bone Health in Asia & Pacific
- 2010 Most Outstanding young Investigator in Medical Sciences in Sri Lanka
- 2010 Most outstanding young Scholar of the University of Ruhuna
- 2010 President's award for scientific publications in SCI (Science Citation Index) journals
- 2008 Young Scientist in Sri Lanka, Third World Academy of Science (TWAS), Italy
- 2008 Postgraduate Research (merit award) in Medical Sciences
- 2008 President's award for scientific publications in SCI (Science Citation Index) journals
- 2007 Outstanding Postgraduate Research - Hiran Thilakeratne Research Fund
- 2004 President's award for scientific publications in SCI (Science Citation Index) journals

Research Grants

- 2014 IAEA/ RAS/6073 Using stable isotopes techniques to monitor situations and interventions for promoting infant from International Atomic Energy Agency, Vienna.
- 2013 Newborn Screening for Congenital hypothyroidism in Sri Lanka from Perkin Elmer.
- 2012 *JFN/O-Med/NI* Study on hypothyroidism and associated factors among pregnant mothers and their newborns in Jaffna District, Ministry of Higher education.
- 2011 *IAEA SRL - 16826* Doctoral CRP on stable isotope techniques to assess intake of human milk and body composition of infants and young children up to 2 years of age from International Atomic Energy Agency, Vienna.
- 2011 *NRC 11-160* Establishment of national neonatal screening center for congenital hypothyroidism and to assess the predictors of newborn screening behavior of Sri Lankan mothers from National Research Council, Sri Lanka.
- 2009 *NRC 08-08* Use of isotopic methods in newborn screening & management of Thyrotoxicosis in South of Sri Lanka from National Research Council, Sri Lanka.
- 2008 *SE SRL JJI 001 RB ER 16.1.13* Designing and developing the curriculum of B.Sc. Nursing from WHO, Regional Office, Sri Lanka.
- 2007 Study to assess the efficacy and interactions of micronutrients in the Thriposha supplement from Nutrition Coordination Division, Ministry of Health.
- 2003 *IAEA-SRL-11958* Doctoral CRP on Interaction between micronutrients, their impact on bioavailability and significance in nutrition intervention from International Atomic Energy Agency, Vienna.

Supervision of Postgraduate Students

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| PhD | <i>Dr. GED de Soyza</i> | Iodine status of pregnant women and neonates as an impact indicator of Universal Salt Iodization (USI) program in Sri Lanka. <i>Completed in 2015</i> |
| | <i>Mr. T Yoganathan</i> | Study on hypothyroidism and associated factors among pregnant mothers and their newborns in Jaffna District. <i>Completed in 2015</i> |
| | <i>Mrs. T.D. Bandara</i> | Breast milk consumption, body composition and complementary feeding practices and its impacts on nutritional status among Sri Lankan infants. <i>Completed in 2015</i> |

- MPhil *Mrs. BI Wickramarachchi* Predictors of newborn screening behavior of postnatal mothers for congenital hypothyroidism in neonates. *Completed in 2015*
- Mrs. EI Weerathunga* Psychosocial factors associated with quality of life of cancer patients. *Completed in 2017*

Authored Books

- 2016 Newborn Screening Manual: A guide for laboratory and neonatal care providers (ISBN 978-955-1507-42-8) by Nuclear Medicine Unit, University of Ruhuna
- 2012 Rice flour fortification – A study in Sri Lankan settings (ISBN 978-3-659-18378-2) by LAMBERT Academic Publishing, UK.
- 2011 Patient Information on Radioactive iodine therapy (ISBN 978-955-1507-16-9) by National Research Council of Sri Lanka.
- 2006 Radionuclides in Biomedical Sciences - An Introduction (ISBN 81-7596-246-1) by Cambridge University Press, India.

Publications: *International Peer Reviewed*

- Perera B, Wickramarachchi B, Samanmalie C, **Hettiarachchi M** (2021) Psychological experiences of healthcare professionals in Sri Lanka during COVID-19. *BMC Psychology* 9:49 <https://doi.org/10.1186/s40359-021-00526-5>
- Karunaratna N, **Hettiarachchi M**, PhD Cost-Effective Analysis of the Congenital Hypothyroidism Screening Program in Sri Lanka. *Value in Health Regional Issues* 2021; 24(C):181–186
- **Hettiarachchi M**, Cooke R, Norton C, Jakeman P. (2019) Temporal change in biomarkers of bone turnover following late evening ingestion of a calcium-fortified, milk-based protein matrix in postmenopausal women with osteopenia. *Nutrients*, 11, 1413; doi:10.3390/nu11061413
- GED Zoysa, **M Hettiarachchi**, C Liyanage. (2016) Urinary iodine and thyroid determinants in pregnancy: a follow up study in Sri Lanka. *BMC Pregnancy and Childbirth*. 16:303 DOI 10.1186/s12884-016-1093-7
- Bandara T, **M Hettiarachchi**, Liyanage C, Amarasena S. (2015) Current infant feeding practices and impact on growth in babies during the second half of infancy. *J Hum Nutr Diet*. 28: 366–374
- T Bandara, M Hettiarachchi, C Liyanage, S Amarasena, WWL Wong (2015) Body composition among Sri Lankan infants by 18 O dilution method and the validity of anthropometric equations to predict body fat against 18 O dilution. *BMC pediatrics* 15 (1), 52
- T Bandara, **M Hettiarachchi**, C Liyanage, S Amarasena, WW Wong. (2015) The Deuterium Oxide-to-the-Mother Method Documents Adequate Breast-Milk Intake among Sri Lankan Infants. *Journal of Nutrition* 145 (6), 1325-1329
- T Yoganathan, **M Hettiarachchi**, V Arasaratnam, C Liyanage. (2015) Maternal iodine status and the thyroid function of pregnant mothers and their neonates in Jaffna District of Sri Lanka. *Indian Journal of Endocrinology and Metabolism* 19 (6), 817

- B Wickramarachchi, **M Hettiarachchi**, C Liyanage, B Perera (2015) Evaluation of an educational intervention based on Health Belief Model in promoting newborn screening behavior of mothers for early detection of children with congenital hypothyroidism. *Jacobs Journal of Community Medicine* 1 (2), 15
- **Manjula Hettiarachchi**, Sujeewa Amarasena (2014) Indicators of Newborn Screening for Congenital Hypothyroidism in Sri Lanka: Program Challenges and Way Forward. *BMC Health Services Research*. 14. 385
- Bandara T, **Manjula Hettiarachchi**, Liyanage C, Amarasena S. (2014) Current infant feeding practices and impact on growth in babies during the second half of infancy. *J hum Nutr Diet*. doi: 10.1111/jhn.12253. [Epub ahead of print]
- **Manjula Hettiarachchi**, Chathuranga Fonseka, Priyanka Gunasekara, Prasanjanie Jayasinghe, Dasun Maduranga (2014) How does the quality of life and the underlying biochemical indicators correlate with the performance in academic examinations in a group of medical students of Sri Lanka? *Med. Educ Online* 19: 22722
- Mahinda Rodrigo, **Manjula Hettiarachchi**, Sarath Lekamwasam, Chandrani Liyanage. (2013) Low serum vitamin D among community-dwelling healthy women in Southern Sri Lanka. *Health*. 5, 1997-2003. doi: 10.4236/health.2013.512270
- **Manjula Hettiarachchi**, Chandrani Liyanage (2012) Co-existing Micronutrient Deficiencies among Sri Lankan Preschool children: A community based study. *Maternal and Child Nutrition*. 8(2): 259-266
- **Manjula Hettiarachchi**, Sarath Lekamwasam, Chandrani Liyanage (2011) Bone mineral density and nutritional status of healthy Sri Lankan pre-school children. *International Journal of Endocrinology & Metabolism*. 9(2): 335-340
- Gunaseka Priyanka, **Hettiarachchi Manjula**, Liyanage chandrani, Lekamwasam Sarath (2011) Blood Sugar lowering effect of zinc and multi vitamin/ mineral supplementation is dependent on initial fasting blood glucose. *Journal of Diabetology*. 1:2 (online journal) OA-2-JOD-10-041.pdf
- Gunaseka Priyanka, **Hettiarachchi Manjula**, Liyanage chandrani, Lekamwasam Sarath (2011) Effects of zinc and multi mineral vitamin supplementation on glycaemic and lipid control in adult diabetes. *Diabetes Metab Syndr Obes*. 2011; 4: 53–60.
- **Manjula Hettiarachchi**, Sarath Lekamwasam, Chandrani Liyanage (2010) Long term cereal-based nutritional supplementation improved the total spine bone mineral density among Sri Lankan preschool children: a randomized controlled study. *Journal of Pediatric Endocrinology and Metabolism*. 23(6): 555-63
- **Manjula Hettiarachchi**, Chandrani Liyanage, David Hillmers, Ian Griffin and Steven Abrams (2010): Changing the zinc:iron ratio in a cereal-based nutritional supplement has no effect on percent absorption of iron and zinc in Sri Lankan children. *British Journal of Nutrition*. 103 (7):1015-1022
- Chandrani Liyanage, **Manjula Hettiarachchi**, Prabhath Mangalajeeva and P. Malavi Pathirana (2008) Adequacy of vitamin A and fat in the breast milk of lactating women in south Sri Lanka. *Journal of Public Health Nutrition* 11(7): 747-750
- **Manjula Hettiarachchi**, Chandrani Liyanage, Rajitha Wickremasinghe, David Hillmers and Steve Abrams (2008) The efficacy of micronutrient supplementation in reducing the prevalence of anemia and deficiencies of zinc and iron among adolescents in Sri Lanka. *European Journal of Clinical Nutrition*. 62: 856-865
- **Manjula Hettiarachchi**, Chandrani Liyanage, Rajitha Wickremasinghe, David Hillmers and Steve Abrams (2006) Prevalence and severity of micronutrient deficiency: a cross-sectional study among adolescents in Sri Lanka. *Asia Pacific Journal of Clinical Nutrition*. 15(1): 56-63

- **Manjula Hettiarachchi**, David Hillmers, Chandrani Liyanage and Steve Abrams (2004) Na₂ EDTA enhances the absorption of iron and zinc from fortified rice flour in Sri Lankan children, *Journal of Nutrition*, 134, (11) 3031-36

Publications: Local Peer Reviewed

- Weeratunga E.B, Senadheera C, **Hettiarachchi M** and Perera B. The prevalence and correlates of depressive symptoms in patients with cancer treated in a Tertiary health care facility in Southern Sri Lanka. *International Journal of Multidisciplinary Studies* 2021 8(2) 13 - 29
- Wickramarachchi B, Samanmalie M.B.L, **Hettiarachchi M**, Perera B Nurses' experiences of the availability of personal protective equipment and depressive symptoms during COVID-19: Points to ponder. In Senaratne, R., Amaratunga, D., Mendis, S. & Athukorala, P (eds) (2021), COVID 19: Impact, Mitigation, Opportunities and Building Resilience "From Adversity to Serendipity", Perspectives of global relevance based on research, experience and successes in combating COVID-19 in Sri Lanka, Vol. 1, National science Foundation, Sri Lanka: ISBN 978-624-5896-00-4 pp257-262
- **Hettiarachchi M**, Amarasena S, (2019) Screening for Glucose-6-Phosphate Dehydrogenase deficiency using quantitative analysis of G6PD activity: A pilot study to expand the newborn screening panel in Sri Lanka. *Galle Medical Journal*, 24(2), pp.11–16.
- Gunasekara P, Asha Lakmali GA, Amarasena S, **Hettiarachchi M** (2018) Exclusive breastfeeding up to six months: Are we getting the right figures? *Sri Lanka Journal of Child Health*, 2018; 47(4): 311-315
- Amarasena S, **Hettiarachchi M** (2018) Establishment of National programme on newborn screening for congenital hypothyroidism. *Sri Lanka Journal of Diabetes, Endocrinology and Metabolism*. 8(2) 13-18
- E De Zoysa, **M Hettiarachchi**, C Liyanage. (2016) Iodine content in the marketed products of iodised salt: A descriptive study in Southern Sri Lanka. *Sri Lanka Journal of Diabetes, Endocrinology and Metabolism*, 6 (2): 7-11
- GED Zoysa, **M Hettiarachchi**, K Jayathilaka, C Liyanage. (2015) Knowledge and practices of iodized salt consumption among pregnant women in Galle district. *Galle Medical Journal* 20 (1) 10-6
- Chandana NGASS, **Manjula Hettiarachchi** (2013) Educational environment of nursing undergraduates in University of Ruhuna: effect of gender. *J University of Ruhuna*.1(1) 11-16
- **Manjula Hettiarachchi** (2013) Improving micronutrient status of the Sri Lankan population: effect of iron and zinc fortified rice flour. *Ruhuna Journal of Medicine*. 1(1): 23-33
- **Manjula Hettiarachchi**, Chandana Sumudu (2012) Evaluation of educational environment of nursing undergraduates. *Galle Medical Journal*. 17(2) 19-25
- **Manjula Hettiarachchi**, Chandrani Liyanage (2010) Dietary macro- and micro- nutrient intake among a cohort of pre-school children from southern Sri Lanka. *Ceylon Medical Journal*. 55(2): 47-52.
- Liyanage Chandrani, **Hettiarachchi Manjula** (2011) Food Fortification; pros and cons. *Ceylon Medical Journal*, 56: 124-26
- De Silva KPVR, **Hettiarachchi Manjula**, Tilakeratne S (2011) Defining the position of deep inguinal ring in patients with inguinal hernias. *Galle Medical Journal*. 16(2) 17-19

- **Manjula Hettiarachchi**, Chandrani Liyanage (2011) Thriposha supplementation in healthy Sri Lankan preschool children: Effect on growth. *Galle Medical Journal*. 16 (2)1-7
- **Manjula Hettiarachchi** and Chandrani Liyanage (2010) Combined iron and zinc supplementation among school children in Galle District: a follow-up study. *Galle Medical Journal*. 15(1): 1-7
- **Manjula Hettiarachchi**, Chandrani Liyanage (2010) Efficacy of Thriposha supplementation in improving the micronutrient status of Sri Lankan preschool children. *Ceylon Medical Journal*. 55(3): 85-89
- **Manjula Hettiarachchi** (2009) Setting up a regional network to screen newborns for congenital hypothyroidism in Southern province in Sri Lanka. *Galle Medical Journal*, 14 (1) 59-61.
- **Manjula Hettiarachchi**, Chandrani Liyanage, Nayana Liyanarachchi (2009) Screening newborns for congenital hypothyroidism. *Ceylon Medical Journal*. 54(1): 29-30
- **Manjula Hettiarachchi**, Chandrani Liyanage, PHN Suranga, LAS Dharmapriya, D Hilmers, I Griffin, S Abrams (2008) Improving iron absorption by decreasing molar ratio of iron:zinc from 6:1 to 3:1 in the 'Thriposha' dietary supplement. Fifth Academic Sessions, University of Ruhuna. ISSN 1391-8613
- **Manjula Hettiarachchi** (2008) Radiation protection in Nuclear Medicine: a review on present situation in Sri Lanka. *Galle Medical Journal*, 13 (1) 33-35. ISSN 1391-7072
- **Manjula Hettiarachchi**, Chandrani Liyanage, Suranga PHN, Dharmapriya LAS (2006) Long term zinc supplementation in improving growth of adolescents: zinc alone or with iron? presented at the Fourth Annual Academic Sessions, University of Ruhuna(Eds.), pp 111-118, University of Ruhuna ISSN 1391-8613
- **Manjula Hettiarachchi**, Chandrani Liyanage, Rajitha Wickremasinghe, David Hilmers, Steven Abrams (2006) Nutrient Intake and Growth of Adolescents in Southern Sri Lanka. *Ceylon Medical Journal*. 51(3): 89-92
- **Manjula Hettiarachchi**, Chandrani Liyanage (2005) Sensory evaluation of fortified rice flour based foods at different levels of fortification. In Proceedings of the Third Academic Sessions, University of Ruhuna (Eds. M. de S. Liyanage), pp 78-82, University of Ruhuna ISSN 1391-8613
- **Manjula Hettiarachchi**, David Hillmers, Chandrani Liyanage, Steven Abrams (2004) Efficacy of rice flour fortification in Sri Lanka: A pilot study. In Proceedings of the Second Academic Sessions, University of Ruhuna (Eds. M. de S. Liyanage), pp 67-73, University of Ruhuna ISSN 1391-8613
- Chandrani Liyanage, **Manjula Hettiarachchi** (2001) Survey on quality control of T4/TSH assays at RIA laboratory, Nuclear Medicine Unit, Galle, *Galle Medical Journal*. 3 (1) 38-44

Presentations at Conferences & Published Abstracts/ Invited Lectures

- EB Weeratunga, C Senadheera, **M Hettiarachchi**, U Ekanayaka, PB Perera. (2020) Reliability and Validity of the Brief COPE Scale into the Sri Lankan Context. Submitted to the 17th academic sessions of University of Ruhuna to be held on 4th March 2020
- EB Weeratunga, C Senadheera, **M Hettiarachchi**, U Ekanayaka, PB Perera. (2019) Satisfaction with cancer care among patients treated in a tertiary care hospital in Southern Sri Lanka. 51st Asia- Pacific Academic Consortium for Public Health (APACPH) Bangkok, Thailand. 20- 22 November 2019

- **M Hettiarachchi**, S Amarasena (2019) Newborn Screening for G6PD Deficiency: Pilot Study to Expand the Screening Panel in Sri Lanka. *Int. J. Neonatal Screen.* 5, 26, pp 41-2
- **M Hettiarachchi**, S Amarasena (2019) Key Performance Indicators of the Screening for Congenital Hypothyroidism Sri Lanka in Terms of Coverage, Effectiveness of Detection and Managing Cases. *Int. J. Neonatal Screen.* 5, 26 pp26
- **M Hettiarachchi**, R Cooke, C Norton, P Jakeman (2019) Late evening ingestion of a calcium fortified, milk-based protein matrix in post-menopausal women with osteopenia : change in biomarkers of bone turnover. Proceedings of the European congress in Osteoporosis and bone diseases. 27-28, June 2019
- Bandara T, Amarasena S, Wong WW, **Hettiarachchi M** (2019) Breastmilk intake of Sri Lankan infants during first year of life. *Journal of the College of Community Physicians of Sri Lanka*, 25(3), pp.19
- Winichagoon P, Alford A, Yameen A, Slater C, Purevsuren E, Winarno E, Munirul I, **Hettiarachchi M**, Tran Thuy N, Karim N, Ahmad T, Fadjarwati T, Pongcharoen T. (2018) Exclusive breastfeeding rate by maternal recall is overestimated compared with the dose-to-mother isotope dilution method: Evidence from Asian countries. Proceedings of International symposium on understanding the double burden of malnutrition for effective interventions. 10-13, December 2018, Vienna, Austria
- R Cooke, R Daniel, **M Hettiarachchi**, J Higgins, C Norton, G Plasqui, W Frazer, P Jakeman (2018) Interdisciplinary research supporting new discovery and innovation in bone health. Proceedings of HRI Research Symposium, University of Limerick, 5th December 2018
- EB Weeratunga, C Senadheera, **M Hettiarachchi**, U Ekanayaka, B Perera (2018) Validity and reliability of the multidimensional scale of perceived social support (MSPSS) in cancer patients. 11th International Research Conference of General Sir John Kotelawala Defense University, Sri Lanka (KDUiRC) 13-14, September, 2018
- EB Weeratunga, **M Hettiarachchi**, C Senadheera, U Ekanayaka, B Perera (2018) Correlates of Social Support of Breast Cancer Patients in a Tertiary Care Hospital in Southern Sri Lanka. International Nursing Congress. Faculty of Allied Health Sciences, University of Peradeniya 6-7, April 2018
- EB Weeratunga, **M Hettiarachchi**, U Ekanayaka. (2018) Quality of Life of Breast Cancer Patients Treated at Teaching Hospital Karapitiya, Sri Lanka. 15th Academic Sessions, University of Ruhuna, Matara, Sri Lanka 7th March 2018
- Houghton L, Liu Z, Preston T, Slater C, Diana A, Gibson R, Duffull S, **Hettiarachchi M** (2017) Development and evaluation of a reduced protocol for the deuterium oxide dose-to-mother technique to assess exclusive breastfeeding practices. *Ann. Nutr Met.* 71, 1113
- T Pongcharoen, P Winichagoon, NA Karim, **M Hettiarachchi**, A Yameen. (2017) Agreement of exclusive breastfeeding during the first 6 mo by mother's recall versus the dose-to-mother isotope dilution method. *Annals of Nutrition and Metabolism* 71, 623-624
- Bandara T, **Hettiarachchi M**, Liyanage C, Amarasena S, Bannikappa PS, Tomas T (2016) Study on the fatty acid composition in breast milk during the period of exclusive breastfeeding. *J Nutr. Food Sci.* 6:8(Suppl) pp30
- **Hettiarachchi M** (2016) Getting Research into Practice: Establishment of National Congenital Hypothyroidism Screening Program in Sri Lanka. Proceedings of ISNS 9th International Symposium, Netherlands. *Int. J. Neonatal Screen.* 2016, 2, 5 p37

- Gunathilake AAGBM, Gamage MWK, **Hettiarachchi M.** (2016) Knowledge, attitudes and barriers for higher education among nursing officers in Teaching Hospital Karapitiya. Proceedings of 3rd International conference on Multidisciplinary approaches by the Faculty of Graduate Studies, University of Sri Jayawardenepura and Ministry of Science, Technology and Research. P32-33
- De Zoysa E, **Hettiarachchi M,** Jayathilaka APW, Liyanage C. (2016) Iodine nutritional status among newborns: a preliminary study in Galle district. Proceedings of 75th annual academic sessions of Galle Medical Association. Galle Medical Journal. 21(S1) 2
- Bandara T, **Hettiarachchi M,** Liyanage C, Amarasena S, Wong WW. (2015) Validity of anthropometric equations to predict body fat in exclusively breast-fed Sri Lankan infants aged 4-6 months, against ¹⁸O dilution technique. Proceedings of the annual scientific sessions of the Sri Lanka Association for the Advancement of Science (SLAAS), p99
- Bandara T, **Hettiarachchi M,** Liyanage C, Amarasena S, Wong WW. (2015) Body composition of exclusively breast-fed infants by ¹⁸O isotope dilution. Proceedings of the annual scientific sessions of the Sri Lanka Association for the Advancement of Science (SLAAS), p01
- Yoganathan T, Arasaratnam V, **Hettiarachchi M,** Liyanage C (2015) Association between Iron Status and Thyroid Function of Pregnant Mothers in Jaffna District, Sri Lanka. 4th International Scientific Conference on Applied Sciences and Engineering Langkawi Lagoon Resort, Malaysia. pp. 5-6.
- Yoganathan T, Arasaratnam V, **Hettiarachchi M,** Liyanage C (2015) The study on thyroid status among newborns in Jaffna District in Sri Lanka. In proceedings of an International Conference in Sabaragamuwa University Sri Lanka (ICSUSL).
- T Bandara, **M Hettiarachchi,** C Liyanage, S Amarasena, WW Wong (2015) Adequacy of breast milk intake among exclusively breast-fed Sri Lankan infants. 12th Asian Congress of Nutrition, Yokohoma, Japan. 14th -18th May 2015, pp428.
- Yoganathan T, Arasaratnam V, **Hettiarachchi M,** Liyanage C (2015) Association between thyroid status and lipid levels among pregnant women in Jaffna District. In proceedings of 8th International Research Conference, Kotelawala Defence University, Ratmalana Sri Lanka.
- T Bandara, **M Hettiarachchi,** C Liyanage, S Amarasena, WW Wong (2015) Complementary feeding practices and the impact on growth indicators in babies of second half of infancy. In proceedings of Sri Lanka Nutrition Society. page 15
- Priyangika KGG, **Hettiarachchi M** (2014) Knowledge, attitudes and practices on first aid measures among senior school prefects in Galle educational division. Galle Medical Journal. 19(2): 77
- Faies BF, **Hettiarachchi M** (2014) Indicators of Newborn Screening for Congenital Hypothyroidism in Southern Province. Galle Medical Journal. 19(2): 78
- De Silva MDD, **Hettiarachchi M** (2014) Screening for Congenital Hypothyroidism: The significance of assay technology in false-positive results in the context of early discharge. Galle Medical Journal. 19(2): 57
- Wijayanayake WLA, **Hettiarachchi M** (2014) An assessment of biochemical markers of follow up patients on thyroxine replacement therapy: TSH or fT4. Galle Medical Journal. 19(2): 69
- De Zoysa GED, **Hettiarachchi M,** Jayathilaka KAPW, Liyanage C (2014) Galle Medical Journal. 19(2): 36
- Yoganathan T, Arasaratnam V, **Hettiarachchi M,** Liyanage C (2014) Study of blood pressure, serum lipid profile and their relationship with the body mass index of pregnant

mothers in Jaffna District. Accepted and oral presentation done at the HETC Symposium 2014, Galadhari Hotel Colombo, July 2014

- Yoganathan T, Arasaratnam V, **Hettiarachchi M**, Liyanage C (2014) Knowledge and attitude regarding iodized salt and iodine deficiency disorders among pregnant mothers from Jaffna District in Sri Lanka. Accepted and oral presentation done at the 30th Society for Environmental Geochemistry and Health (SEGH) International Conference, United Kingdom, July 2014
- Yoganathan T, Arasaratnam V, **Hettiarachchi M**, Liyanage C (2014) Effect of gestational age and educational levels of pregnant mothers on anthropometry of newborn from selected Medical Officers of Health divisions of Jaffna District. Accepted and oral presentation done at the Jaffna Science Association (JSA) Annual Scientific Sessions-2014, Jaffna, April 2014
- Yoganathan T, Arasaratnam V, **Hettiarachchi M**, Liyanage C. (2014) Effect of serum albumin and protein of pregnant mothers on weight of mother- newborn pair accepted for E -poster presentation at the Royal College of Obstetricians and Gynaecologists (RCOG) World Congress 2014 in Hyderabad, India 27-30th March
- Wickramarachchi B, **Hettiarachchi M**, Perera B (2014) Effectiveness of a health education programmed Designed for public health midwives (PHMs) on screening for congenital hypothyroidism (CH), Southern Sri Lanka. In *11th Academic Sessions of University of Ruhuna*, edited by M.K. Wanniarachchige. p. 33 University of Ruhuna, Matara
- Yoganathan T, Arasaratnam V, **Hettiarachchi M**, Liyanage C. (2014) Effect of selected maternal parameters on anthropometry of newborn from selected Medical Officers of Health divisions of Jaffna District in Sri Lanka. International conference on Food, biological and Medical Sciences (FBMS 2014), Jan 28-29, Bangkok, Thailand
- Bandara T, **Hettiarachchi M**, Liyanage C, Amarasena S (2014) Complementary feeding practices and the impact on growth indicators in babies of second half of infancy. In Abstracts, annual Scientific Sessions of the Nutrition Society of Sri Lanka. Page 15
- Yoganathan T, Arasaratnam V, **Hettiarachchi M**, Liyanage C. (2014) Association between the anthropometry of mother and newborn from selected Medical Officers of Health divisions of Jaffna District 1st Ruhuna International Science and Technology Conference – 2014 (RISTCON) 22-23 Jan
- **Hettiarachchi M** (2013) Expanding beyond the Central and Southern Provinces of Sri Lanka: Challenges and Opportunities. 6th International conference on birth defects and disabilities in the developing world. Cebu, Philippines. pp 90-91
- **Hettiarachchi M** (2013) Impact of interactions and bioavailability of micronutrients in supplementation and food fortification: An interventional study in Galle District. Annual Sessions of the Faculty of Medicine, Galle
- **Hettiarachchi M** (2013) Use of stable isotopes in human nutrition research. In Abstracts, annual Scientific Sessions of the Nutrition Society of Sri Lanka. Page 13
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Orations

- Dr. S.C. Paul Oration of the Sri Lanka Medical Association delivered on 2nd June 2010 at the Annual Sessions, Sri Lanka Medical Association titled: **Use of Stable Isotopic Methods in Human Nutrition Research: Sri Lankan Experiences.**
- Oration of the sixth Academic Sessions of the University of Ruhuna, delivered on 25th March 2009 at the Vice Chancellor's Award Ceremony titled: **Micronutrient deficiencies in at-risk populations: what should be our focus?**

Programs Initiated

- **Newborn Screening for Congenital Hypothyroidism**

A pilot study was designed in 2007 to assess the feasibility of implementation of newborn screening in Sri Lanka. The proposal submitted to the National Research Council of Sri Lanka has approved Rupees 5.2 million funding for the newborn screening for congenital hypothyroidism program in the Southern region and to establish radioiodine therapy unit in year 2008. At the end of 2013, 154, 248 babies were screened. 94 babies with congenital hypothyroidism were diagnosed during this period. The annual incidence of CH for this region was reported as 1:1600 live births which were much higher when compared with developed world (i.e., 1:3000 births). Further, I was able to secure a donation of DELFIA Neonatal Screening system worth USD 55,000 from the company Perkin Elmer, Finland. A website for Newborn Screening Information system (<http://nsisd.ruh.ac.lk>) was launched in 2013.

- **BSc Nursing – A New Degree Program of the Faculty of Medicine**

I was an active member of the Academic Committee for B.Sc. Nursing Degree Program (2001-Present). I served as a member of the program development committee and participated in making the draft curriculum for B.Sc. Nursing Degree Program in 2006-07.

- **Galle Research Network (GaRNet)**

I am an active member of the Steering Committee of the Galle Research Network. It was established in February 2007 to promote and facilitate research among the members of the network and to create an environment which appreciates research.

- **National Food Fortification Initiative**

I was appointed as a co-opted member to the National Food Fortification sub-committee of the National Nutrition Steering Committee of the Ministry of Healthcare and Nutrition, Sri Lanka on 20th November 2009. The committee was requested to prepare a technical report on national food fortification program in Sri Lanka.

- **Radio Active Iodine Therapy Unit**

Radioiodine therapy unit at the Faculty of Medicine, University of Ruhuna was established in 2011 as a new service function of the Nuclear Medicine Unit.

- **Isotope Studies in Human Nutrition**

I was nominated as a Nutrition specialist (based on the WHO and IAEA records of specialists from Member States involved in nutrition and public health activities) to represent Sri Lanka as the focal point to the isotope techniques to monitor situation and interventions for promoting infant and young child nutrition.

Memberships and Professional Affiliations

- Member of the Sri Lanka Association for Advancement of Sciences (SLAAS)
- Member of the Sri Lanka Medical Association
- Member of the Galle Medical Association
- Member of the Sri Lanka Nutrition Society
- Member of the Endocrine Society of Sri Lanka
- Founder member of the Steering Committee of the Galle Research Network (GaRNeT).
- Member of Osteoporosis Sri Lanka & International Osteoporosis Foundation
- Member of Asia Pacific Society of Human Genetics
- Member of the working group of the Asia Pacific Society of Human Genetics on consolidating Newborn Screening efforts in Asia Pacific region

- Consultative member to the Working Group to Develop a Concept Paper to Establish Newborn Screening for Congenital Hypothyroidism in Sri Lanka, organized by the Family Health Bureau, Ministry of Health.
- Member to the National Food Fortification sub-committee of the National Nutrition Steering Committee of the Ministry of Healthcare and Nutrition, Sri Lanka to prepare a technical report on national food fortification program in Sri Lanka.

Personal

Citizen of Sri Lanka
Married, father of 2 kids

Additional skills

Languages - Fluent in English and Sinhalese
Computer - Microsoft Office, SPSS statistical software, Photoshop