

Curriculum Vitae

Name : Aruma Thantirige Isuru Madushika Amarasinghe
Date of Birth : 14th November 1982
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Civil Status : Married

Academic Qualifications

- MD - Anaesthesiology part 1A (2012 - nov) - Pass
- Bachelor of Medicine Bachelor of Surgery (MBBS) at Faculty of Medicine, University of Ruhuna, Sri Lanka

Other Qualifications

- Computer Literacy - Fluent with Microsoft Office Packages (Word, Excel, PowerPoint and Access) / SPSS
- Completed the certificate course in professional development in higher education at the University of Ruhuna, Sri Lanka

Working Experiences

- Lecturer in Pharmacology, Department of Pharmacology, University of Ruhuna (since 2nd December 2013- up to now)\

- Visiting lecturer, B.Pharm degree program, Allied Health science, Faculty of Medicine, University of Ruhuna (since December 2013- up to now)
- Visiting lecturer, B.nursing degree program, Allied Health Science, Faculty of Medicine, University of Ruhuna (since December 2013- up to now)
- Medical officer in Anaesthesia - ICU at GH Matara(06.11.2011-01.12.2013)
- Releasing house officer in Padiatrics at LRH (06.05.2011-05.11.2011)
- House officer in Padiatrics at LRH (06.11.2010-06.05.2011)
- House officer in Gynecology & Obstetrics at De Zoysa Maternity Hospital (05.05.2010 - 6.11.2010)
- Demonstrator in Pharmacology, Department of Pharmacology, Faculty of Medicine , University of Ruhuna (02.05.2009 - 02.05.2010)

Awards:

- Special price in cardiology for the best paper in cardiology for the oral presentation titled **"Which cardiovascular disease risk estimation tool would suit best to detect underlying atherosclerosis for Sri Lankan adults?"** Sri Lanka Medical Association in 2018
- The best poster presentation for the paper titled **"Gender difference in subclinical atherosclerosis and macro vascular complications of diabetes mellitus; A single center, cross sectional study in Galle"** Endocrine Congress of Sri Lanka 2018
- The best poster presentation for the paper titled **"Effects of a pre-designed exercise program of six months on weight , blood pressure , glycemic state and lipid profile among individuals with pre-diabetes"** 3rd annual academic sessions of Sri Lanka College of Internal Medicine 2019

Research activities:

Current clinical research:

- Effects of metformin and lifestyle modifications on the progression of atherosclerosis among individuals with impaired glucose tolerance

Full articles:

- Amarasinghe ATIM , Lekamwasam S, Weeraratna TP , Sumanathillake M
“Community screening for undiagnosed dysglycemia in a semi-urban locality in Sri Lanka” . The Galle Medical Journal 2019 September
- Thilak Weeraratna, Gayani Liyanage, Meththananda Herath, Miyuru Weeraratna, and **Isuru Amarasinghe** ; Value of Estimated Glomerular Filtration Rate and Albuminuria in Predicting Cardiovascular Risk in Patients with Type 2 Diabetes without Cardiovascular Disease. BioMed Research International Volume 2018, Article ID 8178043, 5 pages
- Hettihewa L Menik, **Amrasinghe Isuru**, and Subasinghe Sewwandi; Precepts and practices in drug use indicators at Government Healthcare Facilities: A Hospital - based prospective analysis. J pharm Bioall Sci 2011;1:165-9J Pharm Bioallied Sci. 2011 Jan-Mar; 3(1): 165-169.
- Lukshmy Menik Hettihewa, **Amarasinghe Isuru**, and Jayaratna Kalana; Prospective encounter study of the degree of adherence to patient care indicators related to drug dispensing in Health Care facilities : A Sri Lankan perspective.J pharm Bioallied Sci 2011 Apr - Jun; 3(2):298-301
- Hettihewa Lukshmy Menik, **Amrasinghe Isuru**, and Subasinghe Sewwandi; Percept and practices in drug use indicators at Government Health care facilities: Hospital based prospective analysis. Indian J Pharmacol.2011;43:88-89

Poster presentations:

- Prospective encounter study on patient care indicators in health care facilities
Hettihewa L.M, **Amarasinghe A.T.I.M**, Subasinghe H.W.A.S, ISPOR 4th Asia pacific Conference on 5-7 September 2010 Thailand
- Age and Gender difference in pre-diabetes and diabetes: A cross sectional community study in Galle district
Amarasinghe ATIM , Lekamwasam S, Weeraratna TP, Sumanathillake M ,
Endocrine Congress of Sri Lanka 2017
- Gender difference in subclinical atherosclerosis and macro vascular complications of diabetes mellitus; A single center, cross sectional study in Galle
ATIM Amarasinghe, S.K.Y.I. Kodikara, MK Weeraratna, VR Senadeera, TCK Wimalaratna, GAU Shrimal , Endocrine Congress of Sri Lanka 2018
- Demographic and biochemical characteristics of individuals who have progressed to pre-diabetes from normal glucose tolerance during six months follow up
Amarasinghe ATIM , Lekamwasam S, Weeraratna TP, Sumanathillake M , 131st Anniversary International Medical Congress of Sri Lanka Medical Association 2018.

- "Association between atherosclerosis and conventional cardiovascular risk factors among non-diabetic adults"
Amarasinghe ATIM , Lekamwasam S, Weeraratna TP, Sumanathillake M
Endocrine Congress of Sri Lanka 2019
- "Effects of a pre-designed exercise program of six months on weight , blood pressure , glycemic state and lipid profile among individuals with pre-diabetes"
Amarasinghe ATIM , Lekamwasam S, Weeraratna TP, Sumanathillake M , 3rd annual academic sessions of Sri Lanka College of Internal Medicine 2019
- “Effects of a per-designed exercise program and metformin on sub-clinical atherosclerosis among individuals with impaired glucose tolerance”
A.T.I.M. Amarasinghe , S. Lekamwasam and T.P. Weeraratna , 18th Academic Sessions of University of Ruhuna, 2020

Oral presentations:

- Which cardiovascular disease risk estimation tool would suit best to detect underlying atherosclerosis for Sri Lankan adults?
Amarasinghe ATIM , Lekamwasam S, Weeraratna TP, Sumanathillake M , 131st Anniversary International Medical Congress of Sri Lanka Medical Association 2018.
- Subclinical Atherosclerosis Among Individuals with Pre-diabetes
A.T.I.M. Amarasinghe , S. Lekamwasam and T.P. Weeraratna , 15th Academic Sessions of University of Ruhuna, 2018
- Association of different metrics of glycosylated hemoglobin with sub-clinical atherosclerosis in patients with long-standing type 2 diabetes, **Amarasinghe ATIM** , Kodikara SKYI , Weeraratne TP, Weeraratne MK, Senadeera VR ,
Endocrine Congress of Sri Lanka 2019