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PP-1: Pattern, prevalence and causative factors of injuries among Sri Lankan rowers

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Background:

Rowing is a popular sport enjoyed at competitive levels and at recreational levels either on the water or with ergometer machines. As with any sport, extensive training results in injury.

Aim:

The aim of this study was to investigate the injury pattern and its causative factors among professional rowers in Sri Lanka in view to develop strategies to prevent further occurrence.

Methods:

A descriptive cross sectional study was conducted in the competitive period with 46 professional rowers in the Sri Lanka army in the age range of 20-33 years. An interviewer administered questionnaire was used to obtain information of demographic data, injury patterns and rowing techniques.

Results:

The prevalence of injury in male and female rowers was 68.8% and 57.1% respectively. The type of injury sites observed for female and male rowers were lower back (21.4%, 37.5%), knee (14.2%, 12.5%), hand and wrist (7.1%, 3.1%), hip (14.2%, 0.0%), shoulder(0.0%, 12.5%), ankle (0.0%, 3.1%) and chest (7.1%, 12.5%) respectively. The mean value for training volume of indoor and water training were 48 hours and 60 hours per month respectively. Both Sculling and sweep rowing techniques correlated significantly with certain injury sites for both male and female rowers (P<0.05).

Conclusion:

The prevalence of injury was significant in the Sri Lankan rowers. The anatomical sites most commonly affected were the lumbar spine and the knees. Injury is also directly related to the rowing techniques.

PP-2: Attitudes and practices on management of hypertension among hypertensive patients at Teaching Hospital, Batticaloa

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Background:

Hypertension is on the rise worldwide and being a leading cause of mortality and hospitalization in Sri Lanka. Although hypertension is a treatable condition along with its preventable risk factors, it could result life threatening and serious complications in the absence of proper treatment. Changing patients' attitudes and practices towards management of hypertension play an important role in prevention of its complications.

Objective:

The objective of the study was to determine the attitudes and practices on management of hypertension among diagnosed hypertensive patients attending medical clinics at Teaching Hospital, Batticaloa.

Method:

A cross sectional descriptive study was carried out at Teaching Hospital, Batticaloa among 424 diagnosed hypertensive patients attending medical clinics who were selected by systematic sampling technique and pre-tested interviewer administered questionnaire was used. The descriptive and inferential statistics were used for analysis by using SPSS version 15.

Results:

The study consisted of 174 (41%) males and 250 (59%) females. The mean age was 60.4 (SD± 9.6) years. Forty six percent of the participants had hypertension for the duration of 1 to 5 years. About 24% of participants did not agree to include green leafy vegetable in their daily diet that would help to improve their blood pressure control while approximately 95.0% of them disagreed upon their ability to manage hypertension. Eighty eight percent agreed with the statement of "avoidance of extra salt in your diet is good". About 24% of them disagreed with the statement of "it is good to have fruits than sweets as deserts". Thirty three percent disagreed that regular physical exercise is essential to control blood pressure. A Few (1.2%) mentioned that in addition to western medicine they used other treatment modalities like Ayurveda or herbal treatment. Majority of the participants (92%) have reported that they have never checked blood pressure at home and among those who check blood pressure, 52.8% checked once a month. Most of the participants (71%) had consumed vegetables and fruits frequently while nearly half of them (46.0%) consumed pickle occasionally.

Conclusions:

Understanding the patients' attitudes and practices on management of hypertension is essential to develop effective strategies and interventions for their health improvement. Practices such as low salt intake, cessation of tobacco, body weight reduction, fruits and vegetables intake remain unsatisfactory among hypertensive patients in the present study. The health workers need to play an important role on educating the patients to avoid the risk factors for poorly controlled hypertension such as fatty food, alcohol and smoking. Patients need to be educated and encouraged on the importance of physical exercise.

PP-3: Development of neonatal ponderal index centile charts. – a preliminary study

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Introduction:

Neonatal Ponderal index is an anthropometric measurement of a neonate that determines the severity of growth restriction in utero. It is calculated by birth weight (kg) divided by the cube of the birth length (m). Traditionally birth weight has been used to the purpose of determining the severity of growth restriction. Small for gestational age (SGA) is defined when birth weight lies under the 10th centile of the population. Many clinicians consider SGA as foetal growth restriction (FGR). However foetal growth restriction is a separate entity which is defined as the failure to achieve genetic growth potential by a foetus. Not all growth restricted foetuses are small for gestational age. Not all SGA foetuses are growth restricted. More than 40% of SGA foetuses are constitutionally small and are healthy. Ponderal index below 5th centile can be used to identify growth restricted neonates. Growth restricted neonates are vulnerable not only for short term morbidities but also to long term adverse effects and adulthood metabolic disorders. Accurate identification of FGR is therefore essential for proper management of short term and long term complications. Although