

post amputation duration increased, LBP disability decreased. There is no significant association of amputation level, amputation side and age with LBP disability.

PP033

First thirty minutes of driving: is it the most crucial time period to prevent accidents? a descriptive study of Road Traffic Accident (RTA) victims

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Introduction and objectives

RTAs are among the leading cause of morbidity and mortality worldwide. When considering RTAs, driver is the most important involved party. Driving is a complex activity influenced by various physiological, psychological, social and environmental factors.

The study aimed to identify factors affecting RTA victims which involves the risk of RTA, especially the relationship between the risk of RTA and the period of driving prior to accident.

Method

This is a descriptive study of drivers admitted to General Surgical Unit II, General Hospital (Teaching) Kandy, Sri Lanka following RTAs from 1st December 2014 to 31st May 2015. Study Instrument was an interviewer administered questionnaire.

Results

There were a total of 303 RTA victims and 130 (42.9%) of them were drivers. The majority belonged to 21-40 year age group (63%) whilst 123 (94.6%) were males. Male drivers were 123 (94.6%) and 63% were between 21 to 40 years. Motor bike riders were 83 (63.8%) and three-wheeler drivers were 34 (26.2%). Educational level above O/L were 104 (80%), 89.76% drivers were right-handers and 91% had valid driving license. 71.5% of drivers met with accidents during the first 30 minutes of

driving. Only 1.5% of drivers were using mobile phones at the time of accidents and 46% of victimized drivers were alcohol users.

Conclusions

Most accidents occurred during the first 30 minutes of driving. Educating the drivers regarding the risk of early phase of driving may be helpful in prevention of RTAs. However further studies at regional and institutional level are recommended to strengthen the national database. Introducing road safety to school curriculum and public awareness programs are valuable.

PP034

Knowledge on management practices among hypertensive patients - a cross sectional descriptive study

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Introduction and objectives

Hypertension is an important public health challenge in Sri Lanka and in developing countries. Lack of knowledge among hypertensive patients on management practices is a major reason for poor control of hypertension. The study aimed to assess the knowledge on management practices of hypertension among hypertensive patients.

Method

A cross sectional descriptive study was conducted among 424 diagnosed patients with 'Essential hypertension' at medical clinics, Teaching Hospital, Batticaloa. Systematic sampling technique and pre-tested interviewer administered questionnaires were

used for data collection. The descriptive and inferential statistics were used for analysis.

Results

The mean age of study participants was 60.4 (SD± 9.6) years. The sample consisted of 174 males and 250 females. Sixty four percent believed that both tablets and lifestyle modifications were the useful strategies for controlling hypertension and around 2.4% of participants were not sure of any practicing method. Approximately 76.0% mentioned that reducing body weight is effective in managing hypertension while 81.1% stated salt reduction is another method. Around 47.0% informed that cessation of smoking, restriction of alcohol and regular physical activities were the other management practices. Only 45.0% of participants agreed that increased consumption of fruits and vegetables would improve control of hypertension.

Conclusion

Knowledge among patients on overall management practices of hypertension was inadequate. Knowledge was optimal on some practices such as reduction of weight and salt intake while poor on fruits and vegetables intake, restriction of alcohol consumption and cessation of smoking. Health care providers have to deliver appropriate knowledge for cost-effective management of hypertension.

PP035

Implementation of a multi-gene cancer panel test for the detection of inherited breast cancer syndromes

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Introduction and objectives

Approximately 5–10% of all breast cancers are hereditary, and the high-susceptibility genes *BRCA1* and *BRCA2* account for about 25–28% of these cases. The remainder are attributed to several genes of moderate and low penetrance. When *BRCA* gene mutations are

unidentified, extending testing to other susceptibility genes is difficult due to non-availability of tests and cost considerations. This limitation has been overcome through the availability of a multi-gene cancer panel test using next generation sequencing (NGS) technology.

The objective of the study was to describe our experience in implementation of a cancer panel test at Human Genetic Unit University of Colombo for the detection of inherited breast cancers.

Method

The TruSight Cancer[®] sequencing kit, which tests 94 cancer predisposing genes on the Illumina MiSeq NGS platform, was implemented. Sequencing was followed by bioinformatics analysis. Other affected and non-affected family members were tested for further confirmation when required.

Results

Seven families with triple negative, invasive duct breast cancers were tested with full informed consent. Six had confirmed missense mutations. Two mutations were identified in *BRCA1* [c.823G>A;p.Gly275Ser] and *BRCA2* [c.9117G>A;p.Tyr189Cys] genes. The remaining 4 mutations were identified in moderate and low penetrance genes [*CDKN2A* c.377A>C; p.Gln126Pro, *CHEK2* c.1630G>A; p.Glu544Lys; *PALB2* c.2768T>G;p.Val923Gly; *FANCI* c.3179T>C;p.Ile1060Thr]. The *PALB2* and *CDKN2A* variants were novel mutations not previously reported in scientific literature.

Conclusions

Implementing the multi-gene cancer panel test has enabled us to diagnose and successfully manage families with inherited breast cancer, who hitherto lacked a precise genetic diagnosis. The discovery of novel pathogenic mutations not described before broadens the mutation spectrum of inherited breast cancer syndromes in Sri Lanka.