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Objectives: The objective of this study was to determine the preferred weight gain patterns and the body size of infants by mothers.

Methods: A descriptive cross sectional study was conducted at selected child welfare clinics in the Piliyandala Medical Officer of Health (MOH) area. Mother-baby pairs of infants over 6 months comprised the study population. These mothers were shown a series of weight gain patterns on the CHDR and a series of photographs of 1 year old infants graded from thin to fat according to their weight for age chart in CHDR and were asked to select their preferred pattern/s and photograph/s.

Results: A total of 189 mother baby pairs were interviewed. Out of the 6 growth patterns shown, a pattern showing a low birth weight (LBW) baby showing rapid weight gain pattern in the weight for age chart in the CHDR was preferred by 69.8% of mothers to a growth pattern showing slow but steady weight gain of the same LBW baby (21%). A large proportion (44.4%) of mothers preferred infants who appeared fat, while only 34.4% preferred a normal sized infant.

Conclusions: Mothers seem to appreciate weight gain patterns which show accelerated weight gain and prefer a fat baby to a normal sized or thin baby. There is a need to address this issue considering the long term consequences of rapid weight gain in infancy.

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Determination of the antimicrobial and antioxidant activities of garcinol capped silver nanoparticles

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Background: Garcinol is a polyisoprenylated benzophenone derivative isolate from some plants of Clusiaceae family. It shows extensive range of biological activities and is been used to treat for various human diseases. In addition, garcinol can be used as a reducing and capping agent to produce silver nanoparticles.

Objectives: The objectives of this study were to determine the antimicrobial and antioxidant activities of garcinol capped silver nanoparticles (G-AgNPs).

Methods: Garcinol was isolated from the dried fruit rinds of *Garcinia quæsit* Pierre and characterized through UV-visible spectroscopy, Nuclear Magnetic Resonance (NMR) and Fourier transform-infrared (FTIR) spectroscopy. G-AgNPs were synthesized with silver nitrate by using garcinol as the reducing agent. G-AgNPs were characterized by UV-visible spectroscopy, FTIR spectroscopy and Transmission Electron Microscopy (TEM). Antimicrobial activity was tested against seven microbial species including *Staphylococcus aureus* (ATCC 25623), *Pseudomonas aeruginosa* (ATCC 27853), *Escherichia coli* (ATCC 25922), *Candida albicans* (ATCC 10231) and clinical isolates of Methicillin Resistant *Staphylococcus aureus* (MRSA), *Acinetobacter baumannii*, *Klebsiella pneumoniae* using well diffusion assay. Antioxidative activity was determined through 1,1-diphenyl-2-picrylhydrazyl (DPPH) assay.

Results: G-AgNPs were confirmed by UV-vis as having a maximum absorbance at 418 nm wavelength. TEM imaging revealed 20 nm spherical shaped nanoparticles. G-AgNPs had mean zones of inhibition against *Staphylococcus aureus* (15.5 mm), MRSA (14 mm), *Pseudomonas aeruginosa* (11 mm) and *Candida albicans* (15.3 mm). G-AgNPs gave an EC₅₀ value of 0.048 Lg/ml by the DPPH assay.

Conclusions: Garcinol show higher antimicrobial activity to the tested gram positive bacteria and the *Candida* species. Further, G-AgNPs displayed antioxidant activity.

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Knowledge, attitude and practices of dietary management among ischaemic heart disease patients treated at Teaching Hospital Karapitiya, Sri Lanka

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Background: Ischemic heart disease (IHD) has become a major cause of deaths in the world. Unhealthy dietary pattern is an indirect risk factor for IHD. Assessing about the knowledge, attitude and practices about dietary management is important to evaluate and plan programs to prevent these unnecessary deaths due to IHD.

Objectives: To evaluate the knowledge, attitude and practices in dietary management among IHD patients.

Methods: A cross sectional study was carried out using 150 patients with IHD. Data collection was done by using an interviewer administered questionnaire. Scoring system was used to assess the knowledge, attitudes and practices. Data were analyzed using the SPSS version 20.

Results: Out of 150 patients 40% had good knowledge about the disease and 45.3% had good knowledge about dietary management. Fifty-one percent of the sample was willing to change their dietary pattern however only 27% agreed to reduce their salt intake. Both knowledge and attitude about dietary management have significant relationship between the level of education ($p < 0.001$) and monthly income ($p < 0.001$). There was a significant relationship between fruits and vegetables usage and level of education ($p < 0.001$), monthly income ($p < 0.001$) and nationality ($p = 0.002$). Even after diagnosis of the disease a significant proportion (62%, 43% and 87% - salt, fat and fruits and vegetable intake respectively) did not change the dietary habits.

Conclusions: The patients had an average knowledge regarding the disease condition and its dietary management. However, their attitudes and the practices were poor. Special programs to emphasize the importance of dietary management are needed.

PP 65

Identification and control of black colour speck fungal formation in virgin coconut oil

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Background: Virgin coconut oil (VCO) is one of the major exported edible oil in Sri Lanka. Nowadays this industry faces numerous problems including fungal contaminations which leads to black colour speck formation.

Objectives: This study was carried out to distinguish the type of fungal growth and for determination of a remedial action to overcome afore said issue.

Methods: VCO was extracted by cold press method and subjected to eight treatments. Efficacy of treatments were evaluated in terms of changes in microbial properties [yeast and mould count (YEC) and aerobic plate count (APC)], physicochemical properties [moisture and volatile matter % at 105 °C (MV), specific gravity at 30 °C (SG), saponification value (SV), iodine value (IV), peroxide value (PV),