

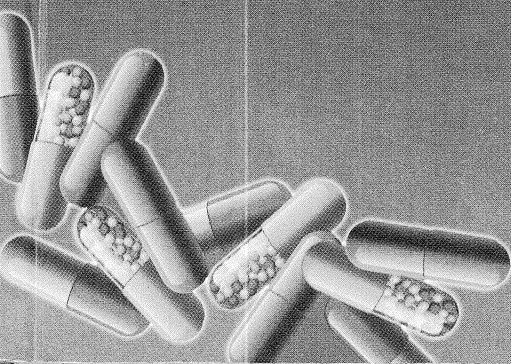
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PP78

Mobile phone usage pattern and incidence of self-perceived health problems among 2nd and 3rd year undergraduates

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Objective: To determine the pattern of mobile phone usage among 2nd and 3rd year university students and to determine the proportion of selected population with self-perceived health problems related to usage of mobile phones.

Methods: The study was a descriptive cross sectional study which was carried out with 384 randomly selected population of 2nd and 3rd year undergraduates in University of Sri Jayewardenepura using pre tested self-administered questionnaires to ascertain data related to mobile phone usage pattern and self-reported health problems.

Results: Majority of the students were using their mobile phones for 1 to 5 year duration [44.6% (n=54) males; 69.3% (n= 174) females) and 1 to 5 hour duration per day [57% (n=69) males; 56.2% (n=141) females]. A total of 6.6% (n=8) male and 6.8 % (n=17) female students were using their mobile phones for more than 10 hours per day. 83.1% (n=309) students were moderately addicted to their mobile phones while 5.1% (n=19) were severely addicted. Most of the study subjects [71.9% (n=87) males and 55% (n=138) females] used vibration method on their mobile phones both day and night. 89.3% (n=108) males and 86.1% (n=216) females used to keep their mobile phone next to the ear when calling, while sleeping in a close proximity to the head on the bed [44.6% (n=54) males and 49.8% (n=125) females]. Higher mobile phone addiction level was significantly associated with the incidence of headache, body ache, ear ache, irritability/restlessness, sleep disturbances, hearing defects while or after using mobile phone among the study subjects ($P<0.05$).

Conclusions: There is an urgent need to educate the public to depend less on the device and to take precautions during prolonged use.

PP79

The association between Z score in Advanced Level examination and position in common merit list in a selected group of medical students

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Objectives: The aim was to identify the relationship between Z score in the Advance Level examination and the position in the common merit list during 3 years (2007/2008, 2008/2009, 2009/2010 intakes) in a selected group of medical students and also to analyze the data to check the position of the selected students within the first 200 of the common merit list.

Methods: A descriptive observational study was conducted, where the admission data and common merit data of the students who entered the medical faculty from the original University Grants Commission (UGC) lists were analyzed. The students who entered through the other special criteria were excluded.

Results: In all 3 batches 30% were admitted on the merit basis. Interestingly, the percentage of female students in each batch was between 60-65%. Out of merit students, > 80% were admitted from the Colombo District. In all three batches, number of positions achieved within the first 200 were between 25 to 30. It was noted that there was no significant relationship between the UGC admission criteria and final common merit among the students. Out of 1st 200 of the common merit list nearly 30% were admitted according to district basis.

Conclusions: Both merit and district base entrees have achieved higher positions in the final common merit lists. The reason may be due to the minor Z score differences between two groups of students entering the respective medical faculty.

PP80

English language proficiency and academic performance of medical undergraduates

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Objectives: This study was an exploration of the medical students' English language proficiency and academic performance as depicted by their performance in Physiology at the 1st MBBS examination. The objectives were a) to identify the trajectory of English language development from orientation programme to the completion of Phase 1 among medical undergraduates b) to determine the association between English proficiency and academic performance

Methods: The marks obtained by 302 students of 22nd and 23rd Batches at the English pre-test and post-test during orientation programme and competency test at the end of Phase 1 were taken as indicators of their proficiency in English. The above marks, together with their marks for Physiology at 1st MBBS examination, were statistically analyzed using SPSS 17.0.

Results: Comparison of mean scores for English pre, post and competency tests indicates gradual progress. When compared to reading, writing and speaking, the improvement in listening skills was the most remarkable. Although 27 students scored below 40 for pretest, their average score increased from 32.6 (pre-test) to 63.3 at the competency test. The overall results for pre-test and post-test as well as for post-test and competency test were positively correlated ($r=.557$ and $r=.663$ respectively). There was no strong correlation between English and Physiology marks.

Conclusions: English proficiency of undergraduates improved throughout Phase 1 academic programme, particularly in those with lower baseline proficiency. English proficiency and academic performance did not correlate, probably due to the students' scoring high on MCQs and/or language not being strictly considered in the Phase 1 physiology assessment.

PP81

Assessment of relationship between sleep quality and academic performance among undergraduates of the Faculty of Allied Health Sciences, University of Peradeniya

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Objectives: The main objective of this study was to assess relationship between sleep quality and academic performance among undergraduates of the Faculty of Allied Health Sciences, University of Peradeniya for the betterment of higher education.

Method: A cross sectional study was conducted among 197 of 2nd year, 3rd year and 4th year students giving the response rate of 97.5%. Self-administered questionnaire was used to collect the data regarding sleep habits such as sleep quality, sleep durations and daytime sleepiness etc. Proportional allocation method of stratified random sampling technique was used.

Results: From the study sample, 85 (43%) students had poor sleep quality and 112 (57%) had good sleep quality. Significant relationships between sleep quality and academic performance ($p=1$) as well as daytime