An experience of 18 months

- *What did I do?*

Dr. Nadeeka Chandraratne

M.B.B.S (Colombo), MSc (Comm Med),
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Sri Lanka - Achieving pro-poor universal health coverage without health financing reforms (English)

ABSTRACT
Sri Lanka’s health system has a long track record of strong performance. This case study describes the main features and achievements of Sri Lanka’s high-performing health system, to distill lessons for the rest of the world. UNICO case studies focus ...

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My objectives

To acquire and update knowledge on strengthening primary health care systems in the National Health Service (NHS) in the United Kingdom with a special focus on quality and cost of care and compare the system with the primary health care system in Sri Lanka.

To gain knowledge and experience on monitoring and evaluation of primary care systems of the National Health Service (NHS) in the United Kingdom.
Healthy Lives, Healthy People: Our strategy for public health in England
A comparison of policies and guidelines related to multimorbidity in the UK, Australia and Sri Lanka

Nadeeka K Chandraratne, KGRV Pathirathna, Christopher Harrison, A Niroshan Senwardena

Background and objectives
Increased rates of multimorbidity, evident in developed and developing countries, should be addressed by health

LIFE EXPECTANCY has improved dramatically over recent decades, not only in high-income countries such as Australia and the UK, but also in lower-income and middle-income countries such as Sri Lanka; Australian and British citizens have an average life expectancy of 82.8 and 81.4 years respectively,

People with multimorbidity frequently receive care from primary care physicians and multiple specialists. These healthcare professionals may not communicate effectively with each other, leading to disorganised and fragmented care, and adding to patient-experienced illness burden.
My objectives

To learn **modern teaching, learning and training methods** and applications to address the training needs of the primary care workers and primary care development.

To enhance knowledge, skills and experience on **planning and implementing public health research** with special reference to quality improvement and cost of primary care.

To establish **links and collaborate with organizations, researchers and public health professionals** working in collaboration with the Community and Health Research Unit, University of Lincoln to share and upgrade knowledge in the field of public health and primary health care.
Meetings: Study review meetings, team meetings, research seminars, SAPC, Diabetes in Care Homes

Workshops: Systematic review, Faculty of Public Health

One-to-one learning: Qualitative research, Factor analysis, STATA, Structural Equation Modelling

Gatherings: Christmas, Thorsby Park, Sri Lankan Lunch
Economic costs of alcohol use in Sri Lanka

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Research paper

Economic cost of tobacco-related cancers in Sri Lanka

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5 Department of Pharmacy, Faculty of Pharmacy, Mahidol University, Bangkok, Thailand

ABSTRACT

Introduction: Cancer has a high mortality rate and is a major health problem in Sri Lanka. The purpose of this study was to estimate the economic costs of smoking and tobacco-related chronic diseases (STCD) in Sri Lanka in 2015.

Methods: Prevalence-based cost of illness is calculated using the guidelines of the WHO (2011). The direct costs are costs of curative care (costs of inpatient and outpatient care) and the indirect costs are costs of lost earnings due to mortality. The indirect costs are lost earnings due to mortality and medical expenses. The economic costs of smoking and tobacco-related chronic diseases (STCD) in Sri Lanka in 2015 are estimated using the guidelines of the WHO (2011).

Results: The estimated cost of STCD is Rs. 1,251,950,000,000 (US $11,474,300,000) in 2015.

Discussion: The economic burden of STCD in Sri Lanka is high and needs to be addressed to reduce the burden of disease and the economic impact of STCD.

Conclusion: The findings of this study can be used to inform policy and to develop strategies to address the economic burden of STCD in Sri Lanka.

Physical, sexual and emotional abuse during childhood: Experiences of a sample of Sri Lankan Young adults

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2 Department of Community Medicine, Faculty of Medicine, University of Colombo, Sri Lanka

ABSTRACT

Purpose: The purpose of this study was to explore the experiences of physical, sexual, and emotional abuse during childhood in a sample of Sri Lankan young adults.

Methods: A qualitative study design was used. Semi-structured interviews were conducted with 20 participants aged 18-25 years. Data were analyzed using thematic analysis.

Results: The participant experiences were grouped into four themes: 1) childhood physical abuse, 2) childhood sexual abuse, 3) childhood emotional abuse, and 4) perceived effects of childhood abuse.

Discussion: The findings of this study provide insight into the experiences of physical, sexual, and emotional abuse during childhood in Sri Lanka. The study highlights the need for further research and for interventions to address abuse in childhood.

Conclusion: The findings of this study can be used to inform policy and to develop strategies to address the experiences of physical, sexual, and emotional abuse during childhood in Sri Lanka.
Tomorrow…..

• The effect of youths as change agents on cardiovascular disease risk factors among adult neighbours: a cluster randomised controlled trial in Sri Lanka
  Nadeeka Chandraratne; Miwa Yamaguchi; Susantha Indrawansa; Nalika Gunawardena; Keisuke Kuwahara; Islam Zobida; Tetsuya Mizoue; Diyanath Samarasinghe
  Submitted to International Journal of Behavioral Nutrition and Physical Activity

• The social health insurance scheme for public-sector employees in Sri Lanka: Analysis of its’ effect on reducing the out of pocket expenditure after 20 years following implementation
  Sumudu Karunaratna, Thushara Ranasinghe, Nadeeka Chandraratne, Amala de Silva,
  Submitted to Asia Pacific Journal of Public Health

• Economic costs of tobacco related communicable and non-communicable diseases in Sri Lanka
  Sajeeva Ranaweera, Nadeeka Chandraratne, Sumudu Karunaratna, Thushara Ranasinghe, Amala de Silva
  Submitted to The Lancet Public Health
• Mechanisms predicting mental health problems in young adults exposed to abusive experiences during childhood: a structural equation model
Nadeeka Chandraratne, Sajeeva Ranaweera, Asvini Fernando, Nalika Gunawardena, Graham Law
Submitted to Heliyon

• Factors associated with help-seeking for colorectal cancer among adults: A mixed method systematic review
Nadeeka Chandraratne, Prasad Abeyratne, Ravindra Pathirathne, Pradeep Ratnasekare, Professor Niroshan Siriwardena

• A Systematic review: Effectiveness of m-health interventions for improving clinical management outcome of cardiac emergencies of adult patients in prehospital settings
Ravindra Pathirathne, Nadeeka Chandraratne, Pradeep Ratnasekare, Professor Niroshan Siriwardena

• Investigating causes of differential performance in the MRCGP AKT
Graham Law, Nadeeka Chandraratne, ………. Niroshan Siriwardena
In 18 months……

5 publications

2 new research methods
• Qualitative research
• Systematic Review

3 new statistical methods
• Nvivo
• RevMan
• STATA

2 post nominals
• DFPH(UK)
• FRSPH(UK)
And....
Thank you & Good bye!!