

Profile

Name	Dr. S.M.T.D Sundarapperuma
Biography	I obtained the BSc Nursing degree with a second class upper from University of Sri Jayewardenepura. I am a lecturer in Nursing attached to the Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna since 2013. I was graduated with BSc Nursing honours degree in 2010 from University of Sri Jayawardenapura. I obtained PhD in Medical Education and Health Sciences from University of Sri Jayewardenepura in 2019.
Qualification (Completed degrees)	BSc Nursing (Honours) (USJP) PhD (USJ)
Designation	Senior Lecturer
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Email	chamudi2006@yahoo.com thamudids@ahs.ruh.ac.lk
Course modules teaching	Psychiatry in nursing Psychology in nursing Biochemistry Surgical Nursing Community in nursing Fundamentals of research
Research and publications	
Present research interests	Women's health, Diabetes mellitus, Geriatrics, Lifestyle interventions
Special awards and prizes	A merit award for an oral presentation at 4 th Research Symposium, Faculty of Allied Health Sciences, University of Ruhuna (2021) for the abstract titled "Caregivers' perception on barriers and facilitators for provision of care for residents in aged care homes in Galle DistrictA qualitative study" Semifinalist -3MT (Three minutes thesis competition)- Sri

	Lankan Academy of Young Scientists (SLAYS)
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Research publications (full paper)	<ul style="list-style-type: none"> • Sundarapperuma, T.D., Wijesinghe, C.J., Hettiarachchi, P. and, Wasalathanthri, S., Perceptions of GDM mothers and their healthcare workers on postpartum physical activity to attenuate progression of GDM to T2DM: A Qualitative Study. Selected to be published • Sundarapperuma, T.D., Wasalathanthri, S., Wijesinghe, C.J. and Hettiarachchi, P., 2022. Assessment of energy expenditure in postpartum women with prior gestational diabetes mellitus: Subjective versus objective methods. <i>Asian Journal of Medical Sciences</i>, 13(5), pp.29-35. • Sundarapperuma, T.D., Gamage, M.W, Madushanthi, H.J. and Kariyawasam, P.N., 2022. research for healthcare workers infinite desiderata. <i>RuAHs newsletter</i>, 1(1), pp.22-23 • Sundarapperuma, T.D., Wijesinghe, C., Hettiarachchi, P. and Wasalathanthri, S., 2021. Physical activity patterns six weeks after delivery in postpartum women with prior gestational diabetes mellitus. <i>Indian Journal of Medical Sciences</i>, 73(2), pp.184-191. • Sundarapperuma, T.D., Wijesinghe, C.J., Hettiarachchi, P. and Wasalathanthri, S., Perceptions on Diet and Dietary Modifications during Postpartum Period Aiming at Attenuating Progression of GDM to DM: A Qualitative Study of Mothers and Health Care Workers. <i>Journal of diabetes research</i>, 2018. https://doi.org/10.1155/2018/6459364 • Napagoda, M.T., Sundarapperuma, T., Fonseka, D., Amarasiri, S. and Gunaratna, P., 2019. Traditional Uses of Medicinal Plants in Polonnaruwa District in North Central Province of Sri Lanka. <i>Scientifica</i>, 2019.
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| | <ul style="list-style-type: none">• Napagoda, M.T., Sundarapperuma, T., Fonseka, D., Amarasiri, S. and Gunaratna, P., 2018. An Ethnobotanical Study of the Medicinal Plants Used as Anti-Inflammatory Remedies in Gampaha District, Western Province, Sri Lanka. <i>Scientifica</i>, 2018.• Fernando, W.I.B., De Silva, P.V. and Sundarapperuma, S.M.T.D., 2016. Prevalence of work related musculoskeletal disorders in brick industry workers in Chilaw Sri Lanka. <i>Journal of the Ruhunu Clinical Society</i>, 21(1). |
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<p>Published abstracts of oral presentations</p>	<ul style="list-style-type: none"> • Sundarapperuma, T.D., Gamage, M.W, Rathnayaka N., Weerathunga, E. and Madushanthi, H.J. Psychological Disturbances And Associated Factors Among Professionals And General Public During COVID-19 Pandemic In Sri Lanka. 19th Academic Sessions and 18th Vice Chancellor's Awards, University of Ruhuna-2022-Sri Lanka • Sundarapperuma, T.D., Wasalathanthri, S., Hettiarachchi, P and Wijesinghe, C.J Effectiveness of anthropometric parameters as predictors of insulin resistance in postpartum women with prior GDM. 33RD Annual scientific sessions, Physiological Society Of Sri Lanka-2021-Sri Lanka • Gamage, M.W, Sundarapperuma, T.D., Madushanthi, H.J, De Silva., K and Nirmani, P. Caregivers' perception on barriers and facilitators for provision of care for residents in aged care homes in Galle District- A qualitative study. 4 th Research symposium of Faculty of Allied Health Sciences, University of Ruhuna, 2021 • Madushanthi H.J.H., De Silva K.K.P.M.K, Gamage M.W.K., Sundarapperuma S.M.T.D. and Kariyawasam K.G.P.. Perceived quality of health care among residents in aged care homes in Galle District- A qualitative study. 4 th Research symposium of Faculty of Allied Health Sciences, University of Ruhuna, 2021. • Sundarapperuma T , Wasalathanthri S, Hettiarachchi P, Wijesinghe C, Katulanda P , Effectiveness of a culturally sensitive lifestyle intervention in reducing anthropometric parameters of mothers with a history of Gestational diabetes Mellitus-A community based comparative study.Asia pacific consortium for public health(APACPH),Thailand. 20-22nd November 2019 • Sundarapperuma, T.D., Wasalathanthri, S., Hettiarachchi, P., Wijesinghe, C.J. and Katulanda, P., Impact of a culturally acceptable lifestyle intervention on glycemic control of Gestational diabetes mellitus mothers at 12 months postpartum-A comparative study. Sri
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Lanka Medical Association. Colombo, 24-

- **Sundarapperuma, T.D.**, Wasalathanthri, S., Wijesinghe, C.J. and Hettiarachchi, P. Viewpoint of GDM mothers regarding a postpartum lifestyle intervention programme to attenuate the development of t2dm: a community based qualitative study . iOURS ,November 2018
- **Sundarapperumaa, T.D.**, Hettiarachchic, P., Wasalathanthri, S., Katulanda, P. and Wijesinghe, C.J., Impact of life style adjustments on surrogate markers of type 2 diabetes mellitus (T2DM) in postpartum women with diagnosed gestational diabetes mellitus (GDM). Sri Lankan Academy of Young Scientists (SLAYS) proceeding, 4-5 October,2018
- **Sundarapperuma, T.D.**, Wijesinghe, C.J., Wasalathanthri, S. and Hettiarachchic,P., Perspectives of primary health care workers regarding the implementation of a dietary and exercise intervention for postpartum mothers with a history of GDM: A community based study South Asia Initiative for Diabetes In Pregnancy(SAIDIP) ,India, May 2018

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	<ul style="list-style-type: none"> • Sundarapperuma, T., Wasalathanthri S., Hettiarachchi, P., Wijesinghe, C. and Katulanda, P. Postpartum glycemic profile 6 weeks after delivery in mothers with Gestational Diabetes Mellitus (GDM) – a community based cross sectional study. Sri Lanka Medical Association. Colombo. 13-16th July 2017. • Sundarapperuma T , Wasalathanthri S, Wijesinghe C, Hettiarachchi P.Physical activity patterns at six weeks postpartum among Sri Lankan mothers with a history of Gestational Diabetes Mellitus (GDM).5th Biennial conference of South Asian Association of Physiologists. Kathmandu. 10th -13th November 2016 • Sundarapperuma T , Hettiarachchi P, Wasalathanthri S, Sivayogan, Qualitative study on perception of mothers regarding dietary practices during the postpartum period - International conference of multi-disciplinary approaches- 11-12 September 2015
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Published abstracts of poster presentations

- **Sundarapperuma T** , Wasalathanthri S, Hettiarachchi P, Wijesinghe C, Katulanda P , The value of HbA1c in screening of postpartum glycemic statues in women with prior gestational diabetes mellitus. Asia pacific consortium for public health(APACPH),Thailand. 20-22nd November 2019
- **Sundarapperuma T** , Wijesinghe C , Wasalathanthri S, Hettiarachchi P, Katulanda P, Comparison between 24 hour dietary recall and three day diet diary in assessing energy and macro nutrient intakes among postpartum mothers. International conference on health Sciences, University of Sri Jayewardenepura . 17th October 2019
- **Sundarapperuma T** , Wasalathanthri S, Wijesinghe C, Hettiarachchi P, " Energy and nutrient intake of Sri Lankan mothers with a history of Gestational Diabetes Mellitus at six weeks postpartum - A community based study"International Diabetes Federation,Abu Dhabi. 4-8th December 2017
- **Sundarapperuma T.**, Gamage W, Madushanthi, H., Kariyawasa, P., Fonseka, D, Lenora J. Factors affecting compliance to lifestyle modification among patients with diabetes mellitus: results from a diabetes clinic at teaching hospital Karapitiya, Galle- International research sessions,University of Peradeniya November 2017
- Napagoda M, **Sundarapperuma T**, Fonseka D, Amarasiri s, Gunaratne P.Usage of medicinal plants as anti-inflammatory therapeutics among the inhabitants ofPolonnaruwa district Sri Lanka; an ethno botanical study” - 14 th Academic sessions, University of Ruhuna- 2017-

- Napagoda M, **Sundarapperuma T**, Fonseka D, Amarasiri s, Gunaratne P. Ethnobotanical study on medicinal plants used as anti-inflammatory therapeutics among the inhabitants of Gampaha district- Sri Lanka” Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol.20, 2016
- **Sundarapperuma, T.**, Wasalathanthri, S., Hettiarachchi, P., and Sivayogan, S. Perception of antenatal mothers with GDM regarding physical activities during the postpartum period - a community-based qualitative study - 5th Biennial conference of South Asian Association of Physiologists. Kathmandu. 10th -13th November 2016
- **Sundarapperuma, T.**, Wasalathanthri, S., Hettiarachchi, P., Wijesinghe, C, and Katulanda, P. Perception of antenatal mothers with GDM regarding physical activities during the postpartum period - a community-based qualitative study"-abstract presented in Sri Lanka Medical Association Sri Lanka Medical Association. Colombo. 25-26th July 2016.
- **Sundarapperuma T** , Hettiarachchi P, Wasalathanthri S and Sivayogan, Y "Qualitative study on perception of health care workers regarding postpartum dietary practices of mothers with a history of GDM"- Maternal and Child nutrition conference 15-17 November 2015
- **Sundarapperuma, T.**, and Hettiarachchi, P., Determine factors influencing lifestyle modification in diabetic patients of diabetic clinic in Colombo South Teaching Hospital-3rd Biennial conference of South Asian Association of Physiologists. Colombo. 10th -13th November 2012

Google scholar link	https://scholar.google.com/citations?user=Y1ab9i0AAAAJ&hl=en
Research gate link	https://www.researchgate.net/profile/Thamudi_Sundarapperuma
Membership of professional associations	Sri Lanka Nursing Council Ceylon Medical College Council