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Personal Information

Full Name: Hapugahapitiye Mohottalalage Renu Kalhari Geethani Nandasena
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Education

2017-2021 Master of Philosophy
Faculty of Medicine, University of Peradeniya, Sri Lanka

Thesis topic: Prevalence of Cardiovascular Disease Risk Factors among adults in Sabaragamuwa Province in Sri Lanka: A Community Based Cross Sectional Study

Details: This is a three-year part-time programme. The thesis, approximately 30,000 words in length, was completed during the programme, and a copy of the thesis is included with the application..

Supervisors: Prof. S.U.B.Tennakoon, Professor in Community Medicine,
Faculty of Medicine, University of Peradeniya

Prof. D.M.P.U.K.Ralapanawa, Professor in Medicine, Faculty of Medicine,
University of Peradeniya

2011-2016 Bachelor of Science in Nursing Honours
Faculty of Allied Health Sciences, University of Peradeniya
Cumulative Grade Point Average (CGPA): 3.7 out of 4

Professional Experience

18.10.2022- Current	Senior Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya
Responsibilities:	Teaching undergraduate and postgraduate nursing students Supervising undergraduate and postgraduate research projects Conducting independent and collaborative research Mentoring undergraduate and postgraduate students
18.10.2017-17.10.2022	Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya
Responsibilities:	Teaching undergraduate nursing students Supervising undergraduate research projects Conducting independent and collaborative research Mentoring undergraduate students

Research Experience

2019- Current	Member of the multidisciplinary research team, Hypertension Research Centre, University of Peradeniya
Responsibilities:	Conducting collaborative research Proposal writing and grant acquisition Scientific writing and publication in peer-reviewed journals
June 2018- December 2024	Assistant Secretary and Secretary, Ethics Review Committee, Faculty of Allied Health Sciences, University of Peradeniya
Responsibilities:	Coordinating the ethical review process for research proposals submitted by staff and students Reviewing research protocols for completeness and compliance with ethical standards Supporting the development and updating of ERC guidelines and SOPs
May 2018- Current	Member of the May Measurement, International Society of Hypertension
Responsibilities:	Coordinate and organize annual May Measurement Month (MMM) blood pressure screening campaigns across multiple sites in Sri Lanka

Research Publications

Peer reviewed journal publications

1. Nandasena, H. M. R. K. G., & Prasanga, P. T. S. (2024). Self-management practices among diabetic patients during the COVID 19 pandemic: Systematic review. International Health Trends and Perspectives, 4(1), 152-167. <https://orcid.org/0000-0003-3240-3472>

Type of publication: Journal article (Systematic Review)

Refereed publication: Yes – peer-reviewed

ISSN: 2563-9269

URL: <https://journals.library.torontomu.ca/index.php/ihp/article/view/1957>

DOI: <https://orcid.org/0000-0003-3240-3472>

Authorship Statement: I conducted this systematic review with the help of other co-authors. My contributions included performing the literature search, screening titles and abstracts, conducting full-text reviews following PRISMA guidelines, extracting and synthesizing data, and drafting the manuscript.

2. Nandasena, H. M. R. K. G., Prasanga, P. T. S., & Atapattu, A. M. M. P. (2023). Are nursing students flourish or languish in their mental health?. Heliyon, 9(8). <https://doi.org/10.1016/j.heliyon.2023.e18838> (Q1 journal, Number of citations: 01)

Type of publication: Journal article (Original Research)

Refereed publication: Yes – peer-reviewed

ISSN: 2405-8440

URL: <https://www.sciencedirect.com/science/article/pii/S2405844023117255>

DOI: <https://doi.org/10.1016/j.heliyon.2023.e18838>

Authorship Statement: As the first author, I conceptualised the study, designed the methodology, and led the data collection among nursing students. I carried out the statistical analysis, interpreted the results, and drafted the initial manuscript. My co-authors contributed to refining the methodology, critically reviewing the analysis, and revising the manuscript for intellectual content.

3. Pathirathna, M. L., Nandasena, H. M.R.K.G., Samarasekara, B. P., Dasanayake, T. S., Weerasekara, I., & Haruna, M. (2023). Is Maternal Carbohydrate Intake Having an Impact on Newborn Birth Weight? A Systematic Review. *Nutrients*, 15(7), 1649. <https://doi.org/10.3390/nu15071649> (Q1 journal, Number of citations: 03)

Type of publication: Journal article (Systematic Review)

Refereed publication: Yes – peer-reviewed

ISSN: 2072-6643

URL: <https://www.mdpi.com/2072-6643/15/7/1649>

DOI: <https://doi.org/10.3390/nu15071649>

Authorship Statement: As a co-author, I contributed to the design of the review protocol, literature search, and screening process. I participated in data extraction, quality appraisal of included studies, and synthesis of findings. I also contributed to drafting and critically reviewing the manuscript.

4. Nandasena, H. M. R. K. G., Tennakoon, T. M. S. U. B., & Ralapanawa, D. M. P. U. K. (2023). Prevalence and determinants of dyslipidemia among adults in the community: A cross-sectional study in a selected province, Sri Lanka. *Clinical Epidemiology and Global Health*, 101442. <https://doi.org/10.1016/j.cegh.2023.101442> (Q2 journal, Number of citations: 03)

Type of publication: Journal article (Original Research)

Refereed publication: Yes – peer-reviewed

ISSN: 2213-3984

URL: <https://www.sciencedirect.com/science/article/pii/S2213398423001229>

DOI: <https://doi.org/10.1016/j.cegh.2023.101442>

Authorship Statement: As the first author, I conceptualised and designed the study, developed the methodology, and conducted the field data collection. I performed statistical analysis, interpreted the results, and drafted the initial manuscript. My co-authors supervised me.

5. Nandasena, H.M.R.K.G., Pathirathna, M.L., Atapattu, A.M.M.P. and Prasanga, P.T.S., (2022). Quality of life of COVID 19 patients after discharge: Systematic review. PloS one, 17(2), p.e0263941. <https://doi.org/10.1371/journal.pone.0263941> (Q1 journal, Number of citations: 162)

Type of publication: Journal article (Systematic Review)
Refereed publication: Yes – peer-reviewed
ISSN: 1932-6203
URL: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0263941>
DOI: <https://doi.org/10.1371/journal.pone.0263941>
Authorship Statement: As the first author, I conceptualised the study, designed the review protocol, and conducted the literature search and screening process. I performed data extraction, quality assessment of included studies, and synthesis of findings. I drafted the manuscript, while my co-authors contributed to data interpretation, critical revisions, and final approval.

6. Pathirathna, M.L., Nandasena, H.M.R.K.G., Atapattu, A.M.M.P. (2022). Impact of the COVID-19 pandemic on suicidal attempts and death rates: a systematic review. BMC Psychiatry, 22, 506 <https://doi.org/10.1186/s12888-022-04158-w> (Q1 journal, Number of citations: 157)

Type of publication: Journal article (Systematic Review)
Refereed publication: Yes – peer-reviewed
ISSN: 1471-244X
URL: <https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-022-04158-w>
DOI: <https://doi.org/10.1186/s12888-022-04158-w>
Authorship Statement: As the second author, I contributed to the design of the review, literature search strategy, data screening, and extraction. I was actively involved in the analysis and interpretation of findings. I also critically revised the manuscript for important intellectual content and approved the final version for submission.

7. Nandasena, H. M. R. K. G., Tennakoon, T. M. S. U. B., & Ralapanawa, D. M. P. U. K. (2022). Prevalence and Determinants of Selected Cardiovascular Disease Risk Factors: A cross-sectional study among Adults in Sabaragamuwa Province, Sri Lanka. *Journal of Health Sciences and Innovative Research*, 3(02). <https://doi.org/10.31357/jhsir.v3i02.6183>

Type of publication: Journal article (Original Research)

Refereed publication: Yes – peer-reviewed

ISSN: 2714-2608 (Online)

URL: <https://journals.sjp.ac.lk/index.php/jhsir/article/view/6183>

DOI: <https://doi.org/10.31357/jhsir.v3i02.6183>

Authorship Statement: As the first author, I was responsible for the conception and design of the study, data collection and analysis, and drafting of the manuscript. Co-authors supervised me.

8. Nandasena, H. M. R. K. G., Tennakoon, S. U. B., & Ralapanawa, D. M. P. U. K. (2022). Ten-years cardiovascular disease risk among adults of a Sri Lankan community: Comparison of Framingham risk score and World Health Organization/International Society of Hypertension risk prediction charts. *Anuradhapura Medical Journal*, 16(3). <https://doi.org/10.4038/amj.v16i3.7723>

Type of publication: Journal article (Original Research)

Refereed publication: Yes – peer-reviewed

ISSN: 2279-2042 (Print) | 2386-1348 (Online)

URL: <https://amj.sljol.info/articles/10.4038/amj.v16i3.7723>

DOI: <https://doi.org/10.4038/amj.v16i3.7723>

Authorship Statement: As the first author, I was responsible for the conception and design of the study, data collection and analysis, and drafting of the manuscript. Co-authors supervised me.

9. Nandasena, H. M. R. K. G., Tennakoon, S. U. B., & Ralapanawa, D. M. P. U. K. (2022). Behavioral Risk Factors for Cardiovascular Diseases among Adults: Results from a Community-Based Study in Sabaragamuwa province, Sri Lanka. Sri Lanka Journal of Medicine, 31(1). <https://doi.org/10.4038/sljm.v31i1.313>

Type of publication: Journal article (Original Research)
Refereed publication: Yes – peer-reviewed
ISSN: 1391-1775 (Print) | 2790-2586 (Online)
URL: <https://sljm.sljol.info/articles/10.4038/sljm.v31i1.313>
DOI: <https://doi.org/10.4038/sljm.v31i1.313>
Authorship Statement: As the first author, I was responsible for the conception and design of the study, data collection and analysis, and drafting of the manuscript. Co-authors supervised me.

10. Ahamad, M. M. F., & Nandasena, H. M. R. K. G. (2022). Application of the Health Belief Model to understand behaviour related to preventing COVID-19 among adults in the Weligama MOH area, Matara district, Sri Lanka. Sri Lankan Journal of Infectious Diseases, 12(2). <http://dx.doi.org/10.4038/sljid.v12i2.8430>

Type of publication: Journal article (Original Research)
Refereed publication: Yes – peer-reviewed
ISSN: 2279-0419 (Print) | 2386-0982 (Online)
URL: <http://dx.doi.org/10.4038/sljid.v12i2.8430>
DOI: <http://dx.doi.org/10.4038/sljid.v12i2.8430>
Authorship Statement: As the second author, I contributed to the study design, development of the survey tool based on the Health Belief Model, data analysis, and interpretation of results. I also participated in drafting and critically reviewing the manuscript and approved the final version along with the co-author.

11. Nandasena, H.M.R.K.G., Prasanga, P.T.S. and Witharana, K.S., (2020). Socio-demographics, clinical characteristics, and the status of blood pressure control among hypertensive patients attending to a medical clinic of a primary care level hospital in Sri Lanka. Sri Lanka Journal of Medicine, 29(2), pp.58–64. DOI: <http://doi.org/10.4038/sljm.v29i2.225>

Type of publication: Journal article (Original Research)
Refereed publication: Yes – peer-reviewed
ISSN: 1391-1775 (Print) | 2790-2586 (Online)
URL: <http://doi.org/10.4038/sljm.v29i2.225>
DOI: <http://doi.org/10.4038/sljm.v29i2.225>
Authorship Statement: As the first author, I conceptualised and designed the study, coordinated patient data collection at the primary care clinic, performed statistical analysis, and drafted the manuscript. Co-authors contributed to clinical input, critical revisions, and final approval.

12. Nandasena, H.M.R.K.G., Sakai,S., Koyama,T.(2017).Analysis of characteristics related to the attitudes of Nursing Students toward terminal care: A comparative study between Sri Lanka and Japan. Journal of Health Sciences:84 (Q4 journal, Number of citations: 06)

Type of publication: Journal article (Original Research)
Refereed publication: Yes – peer-reviewed
ISSN: 21884617
URL: <https://cir.nii.ac.jp/crid/1050564289212503808>
DOI: No DOI
Authorship Statement: As the first author, I conceptualized the study, developed the survey tool, and coordinated data collection among nursing students in Japan and Sri Lanka. I contributed to data analysis, comparative interpretation with Japanese students' data, and drafted the manuscript. Co-authors contributed to study design, data collection in Japan, and critical revisions.

13. Nandasena, H.M.R.K.G., Ekanayaka., E.M.J.S.k.(2016). Factors associated with the uptake of Cervical cancer screening among married women in Udangoda Grama Niladhari Division, Rathnapura District, Sri Lanka. International Journal of Scientific and Research Publications.6: 82-84

Type of publication: Journal article (Original Research)

Refereed publication: Yes – peer-reviewed

ISSN: 21884617

URL: <https://www.ijsrp.org/research-paper-1016.php?rp=P585874>

DOI: No DOI

Authorship Statement: As the first author, I conceptualized and designed the study, developed the questionnaire, coordinated data collection in the field, performed analysis, and drafted the manuscript. The co-author supervised the study.

Refereed conference papers

1. Maki Takahashi., Kayoko Sekijima., Abewickrama, H.M., Pathirathne, M.L., Nandasena, H.M.R.K.G. (2025). The survey of Human Papillomavirus prevention behaviour and knowledge about Human Papillomavirus, menstruation and contraception among Sri Lankan men and women in their 20s.15th International Nursing Conference & 28th East Asian Forum of Nursing Scholars. 13th and 14th February 2025. pp:1537
2. Nandasena, H.M.R.K.G., Tennakoon, S.U.B., Ralapanawa, D.M.P.U.K. (2023). Prevalence of Metabolic Syndrome and its Components among University Students at the University of Peradeniya, Sri Lanka. Peradeniya University International Research Sessions 2021, Kandy, Sri Lanka 2023, Kandy, 20th and 21st September 2023.pp:53
3. Ralapanawa DMPUK., De Silva LANU., Nandasena HMRKG., Tennakoon SUB., De Silva BR., Gamage K. (2023). Prevalence of Dyslipidaemia and its Implications Among University Students at the University of Peradeniya, Sri Lanka. Journal of the Ceylon College of Physicians. Annual Academic sessions 2023, 26th – 30th September 2023.pp:25
4. Sundaralingam,S., Nandasena, H.M.R.K.G. (2023). Relationship Between Mobile Phone Screen Time and the Quality of Life among Students in University of Peradeniya.

Peradeniya University International Research Sessions 2021, Kandy, Sri Lanka 2023, Kandy, 20th and 21st September 2023.pp:63

5. Nandasena, H.M.R.K.G., Tennakoon, S.U.B., Ralapanawa, D.M.P.U.K. (2021). Prevalence of selected cardiovascular disease risk factors among adults in Sabaragamuwa province, Sri Lanka. Peradeniya University International Research Sessions 2021, Kandy, Sri Lanka, 11th, and 12th November 2021. pp:281 2.
6. Nandasena, H.M.R.K.G., Tennakoon, S.U.B., Ralapanawa, D.M.P.U.K. (2021). Cardiovascular disease risk prediction: Comparison of Framingham Risk Score and WHO/ISH risk prediction charts in Sabaragamuwa province, Sri Lanka. 134th Anniversary International Medical Congress 2021, Colombo, Sri Lanka, 21st to 24th October 2021. pp:154-155
7. Samarasekara, S.D.B.P.P., Nandasena, H.M.R.K.G., Basnayake, B.M.D.B., Erandika, H.G.N., Nayanamali, M.A.A., Kumari, U.G.D.A, Nanayakkara N. (2021).Malnutrition Inflammation Score in Assessing Nutritional Status of Hemodialysis Patients at National Hospital Kandy, Sri Lanka. Peradeniya University International Research Sessions 2021, Kandy, Sri Lanka, 11th, and 12th November 2021. pp:273
8. Samarasekara, S.D.B.P.P., Nandasena, H.M.R.K.G., Basnayake, B.M.D.B., Erandika, H.G.N., Nayanamali, M.A.A., Kumari, U.G.D.A, Nanayakkara N. (2021).Comparison of absolute and functional iron deficiency anemia in terminal chronic kidney disease. 134th Anniversary International Medical Congress 2021, Colombo, Sri Lanka, 21st to 24th October 2021. pp:105
9. Nandasena, H.M.R.K.G., Tennakoon, S.U.B., Ralapanawa, D.M.P.U.K. (2020). Behavioural Risk Factors for Cardiovascular Diseases among adults: Results from a Community Based Study in Sabaragamuwa province, Sri Lanka. The Asia-Pacific Academic Consortium for Public Health Conference 2020, Colombo, Sri Lanka, 5th to 9th December 2020. pp:135
10. Nandasena, H.M.R.K.G., Prasanga, P.T.S., Atapattu, A.M.M.P. (2020). Positive Mental Health among Nursing Students in a selected public University in Sri Lanka, International

E-Conference on Nursing and Health Care, United Research Forum, London, UK. 18th to 20th November 2020. Pp:47.

DOI:10.51219/nursinghealthforum.2020.47.

11. Samarasekara, S.D.B.P.P., Nandasena, H.M.R.K.G., Pathirathne, M.L., Basnayake, B.M.D.B., Erandika, H.G.N., Nayanamali, M.A.A., Kumari, U.G.D.A, Nanayakkara N. (2020). Prevalence of Anaemia and its associated factors among patients on Maintenance Haemodialysis Treatment. The Asia-Pacific Academic Consortium for Public Health Conference 2020, Colombo, Sri Lanka, 5th to 9th December 2020. pp:111
12. Chandana, N.G.G.S., Nandasena, H.M.R.K.G., Amarasinghe, T.S. (2020). Health Promoting Lifestyle and Its Associated Factors Among Undergraduate Students in Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka. 13th International Research Conference, General Sir John Kotelawala Defence University, Sri Lanka, pp:29-133
13. Fayas, M., Nandasena, H.M.R.K.G. (2019). Factors affecting to the choice of out-patient health care facility among schoolteachers- A study conducted at the Katugasthota divisional area, Kandy, Sri Lanka. 132nd Anniversary International Medical Congress of the Sri Lanka Medical Association 2019, Sri Lanka, 26th July 2019
14. Madhuranga, M.D.T.D., Marasinghe, J.C., Nandasena, H.M.R.K.G. (2019). Study on obesity and influence of dietary factors on weight status among students of Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka. 132nd Anniversary International Medical Congress of the Sri Lanka Medical Association 2019, Sri Lanka, 26th July 2019
15. Sumudumali, K.D., Nandasena, H.M.R.K.G., Perera, P.A.D. (2019). Knowledge and self-reported practices regarding Leptospirosis among farmers in Wijayakatupotha Gramaniladhari area, Chilaw, Puttalam district in Sri Lanka. 132nd Anniversary International Medical Congress of the Sri Lanka Medical Association 2019, Sri Lanka, 26th July 2019
16. Nandasena, H.M.R.K.G., Ekanayaka, E.M.J.S.K. (2016). Awareness, attitudes and practices on cervical cancer and screening among married women in Udangoda

GramaNiladhari Division, Rathnapura District, Sri Lanka. Sri Lanka college of Obstetrics and Gynecology.38: 45

17. Nandasena, H.M.R.K.G., Ekanayaka,E.M.J.S.K.(2016). Factors associated with the upake of Cervical cancer screening among married women in Udangoda Grama Niladhari Division, Rathnapura District, Sri Lanka. International Peradeniya University Research Sessions.20:115
18. Roshni, R.F.,Nandasena H.M.R.K.G.(2016). Assessment of the availability of Health care services for Elderly in Vavunia District in Sri Lanka. Bio Inquirer Journal.2:34
19. Nandasena,H.M.R.K.G. (2016). Self-management practices among patient with hypertension in Rathnapura District, Sri Lanka. International Peradeniya University Research Sessions.21:171
20. Dushyantha, D.G.T., Rathnayaka, R.M.N.A., Nanadsena, H.M.R.K.G., Sumali, G.A.K., Silva, S.N. (2016). Effectiveness of chest compressions and rescuer's fatigue during cardiopulmonary resuscitation among practicing Nurses in Sri Lanka. Bio Inquirer Journal.2:30
21. Nandasena, H.M.R.K.G., Sakai, S., Koyama,T. (2015). Analysis of factors related to the attitudes of nursing students toward terminal care: A comparative study between Sri Lanka and Japan. Third conference on Sri Lanka-Japan Collaborative Research:35

Research experience in relation to scientific conferences

Year	Research Conference	Role
2025	International Council of Nurses (ICN) congress	Abstract Reviewer
2025	Anneal Faculty Research Symposium and Awards 2024	Abstract Reviewer
2024	Ruhuna University Faculty of Allied Health Sciences International Research Symposium	Evaluation of the Poster Session
2024	Anneal Faculty Research Symposium and Awards 2024	Abstract Reviewer
2023	Peradeniya University International Research Sessions	Abstract Reviewer
2022	Peradeniya University International Nursing Research Sessions	Member of the Editorial Board

2021	Peradeniya University International Research Sessions	Academic Coordinator of the Technical Sessions
2018	Peradeniya University International Nursing Congress	Chairperson of the Audiovisual Committee
2017	Peradeniya University International Research Sessions	Member of the Registration Committee

Research Grants

Research Grants Received:

Year	Research Grant	Research Project
2018	University Research Grant	Prevalence of Cardiovascular Disease Risk Factors among adults in Sabaragamuwa Province in Sri Lanka
2023	University Research Grant	Roles and Responsibilities of Public Health Nursing Officer in Prevention and Control of Non-communicable Diseases in Sri Lanka
2023	Multidisciplinary Research Grant	Prevalence of Metabolic Syndrome among University Students at University of Peradeniya
2024	Multidisciplinary Research Grant	Cardiorespiratory Fitness and its Associated Factors among University Students in University of Peradeniya

Scholarships, Awards and Prizes

Year	Name of the Scholarship, Award or Prize	Name of Institute (by which the award was granted)
2024	Faculty Research Award – 2024	Faculty of Allied Health Sciences, University of Peradeniya
2022	Faculty Research Award – 2022	Faculty of Allied Health Sciences, University of Peradeniya
2021	Best Paper in Cardiology – Special Prize in Cardiology	Sri Lanka Medical Association
2020	Faculty Research Award – 2020	Faculty of Allied Health Sciences, University of Peradeniya
2020	Best Poster Presentation – 3rd Place	Ministry of Health, Sri Lanka
2018	Fellow of the 50 th Ten-Day International Teaching Seminar on Cardiovascular Disease Epidemiology and Prevention	International Society of Hypertension
2014	Global Student Exchange Programme	Japan Student Services Organization (JASSO)

Professional and Academic Memberships

Year From Date	Year To Date	Membership Details
2025	To date	Member of the PLOS ONE Editorial Board as an Academic Editor
2018	To date	Member of the Internal Quality Assurance Cell of the Faculty of Allied Health Sciences in University of Peradeniya
2019	To date	Member of the International Society of Hypertension
2019	To date	Member of the Preventive Cardiovascular Nurses Association
2017	To date	Sri Lanka Nurses Association (SLNA) SLNC Number- 11596

English Language Proficiency

IELTS Academic test results (Test Date: 02.02.2025)

Writing	7.5
Listing	6.5
Speaking	6.5
Reading	6.0

Software and Computer Skills

Software	Competency
MS Office	Confident
End Note	Confident
Covidence	Confident
SPSS	Confident
Rayann	Confident

Other qualifications

- Advance Certificate Course on Qualitative Research in the Field of Humanities and Social Sciences conducted by National Centre for Advanced Studies in Sri Lanka
- Certificate in English course with a Merit pass at the Sabaragamuwa University of Sri Lanka.
- Certificate in Office, Computer course conducted by the Educational Division in Balangoda, Sri Lanka

Referees

1. Dr. M.L.Pathirathna
Research Fellow
National Center for Child Health and Development
Tokyo, Japan
E-mail: malshanilakshika@gmail.com, malshani-p@ncchd.go.jp,
malshanilakshika@g.ecc.u-tokyo.ac.jp
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2. Professor Sampath Tennakoon
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Faculty of Medicine
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3. Professor Udaya Ralapanawa
Professor in Medicine
Department of Medicine
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