

CURRICULUM VITAE

Prof. Udaya Ralapanawa

MBBS MD MRCP(UK) FRCP(Lond) FRCP(Edin)

Professor in Medicine

Department of Medicine

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University of Peradeniya

Peradeniya

CURRICULUM VITAE

PERSONAL INFORMATION

- Name in full: Dissanayake Mudiyansele Priyantha Udaya Kumara Ralapanawa
- Name with initials: Ralapanawa DMPUK.
- Date of birth: 03rd December 1968
- Personnel address: 311/51, "River Place Gardens", Waratenna, Halloluwa, Kandy, Sri Lanka
- Official address: Department of Medicine, Faculty of Medicine, University of Peradeniya, Peradeniya, Sri Lanka
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PROFILE

Professor in Medicine in Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka

Consultant Physician, Department of Medicine, University of Peradeniya, Sri Lanka

School attended

Maliyadeva College, Kurunegala, Sri Lanka

Professional Qualifications

- **MBBS (Sri Lanka)** – August 1996 University of Peradeniya, Sri Lanka
- **MD (Colombo)** – September 2003, P.G.I.M. Colombo, Sri Lanka
- **MRCP (UK)**- November 2009
- **FRCP (LONDON)**- 2014
- **FRCP (Edin)**-2017

Overseas Training: Cardiology and General Medicine United Lincolnshire Trust, UK.

UNDERGRADUATE MEDICAL EDUCATION

University of Graduation: Faculty of Medicine, University of Peradeniya, Sri Lanka.

Year of Graduation: 1996

Results:

1992 - Second MBBS - Pass

1994 - Third MBBS Part I- Second Class (Honours)

1995 - Third MBBS- Second Class (Honours) with Gold Medal in Pathology and Prize for Pathology

1996 - Final MBBS- Second Class (Honours) with Distinction in Medicine, Gold Medal in Medicine, Prize for Surgery, University Scholarship

SPECIAL ACHIEVEMENTS

- Dhundishaw Dadabhoy Gold Medal for Medicine, 1996
- Distinction in medicine, 1996
- Ranked number one in the batch for the best performance, 1996 (Final M.B.B.S.)
- University Scholarship for the best performance, 1996
- Dr S H Keerthisinghe Endowment, Dr A C Fernando Memorial Prize in Surgery, 1996
- Loos Gold Medal for Pathology, 1995
- Irene Maralanda Panabokka Memorial Prize for Pathology

POSTGRADUATE MEDICAL EDUCATION & QUALIFICATIONS

- **Doctor in Medicine (MD):** Post Graduate Institute of Medicine, University of Colombo Sri Lanka, in September 2003.
- Board certified as a specialist in General Medicine in 2005.
- **MRCP (UK) November 2009**
- **Fellow of Royal College of Physicians: FRCP (London) 2014, RCP code:150107**
- **Fellow of Royal College of Physicians: FRCP (Edin) 2017**
- **Member-Ceylon College of Physicians**

LICENSURE

- Board certified by the Postgraduate Institute of Medicine, University of Colombo, Sri Lanka as Specialist in General Medicine since August 2005.
- Full registration Sri Lanka Medical Council Registration: 13217

PRESENT POSITIONS OR ACADEMIC RANK:

- Senior Lecturer, Department of Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka, from 2013 to date
- Consultant Physician in General Medicine at the Professorial Medical unit, Teaching Hospital Peradeniya, Sri Lanka from 2013. to date
- Co-ordinator, ERPM, Sri Lanka Medical Association, Colombo.
- Member Board of Study in Venereology, PGIM, Colombo. 2015 March to date
- Secretary and Member, Kandy Society of Medicine, 2016 to date.
- Secretary. PGSM, University of Peradeniya.
- Co-ordinator-Medicine teaching programme for the Dental students, 2013 to date
- Co-ordinator, Clinical laboratory, Department of Medicine, Faculty of Medicine, University of Peradeniya, 2013 to date.
- Visiting Lecturer, Faculty of Dental Sciences, University of Peradeniya, 2013 to date
- Visiting Lecturer, Faculty of Allied Health Science, University of Peradeniya, 2013 to date.
- Student Counsellor, University of Peradeniya.
- Member, student affairs committee, Faculty of Medicine, University of Peradeniya
- Academic counsellor/ Mentor, Faculty of Medicine, University of Peradeniya
- Committee member, CRTM, Faculty of Medicine, University of Peradeniya.
- Member. Environmental management committee, Faculty of Medicine, University of Peradeniya, 2016
- Examiner for the MD (Medicine), MD (Dermatology), & MD (OMF Surgery), Postgraduate Institute of Medicine, University of Colombo.
- Examiner- Final MBBS, BDS, BSc Radiology and ERPM
- President, Hanthana Clinical Society, Teaching Hospital, Peradeniya.
- Module coordinator 1st year, Faculty of Medicine, University of Peradeniya.
- Coordinator, Medical and Radiological programme, Teaching Hospital, Peradeniya.
- Member, Medical Board, University of Peradeniya.
- Member, Canteen Committee, 2017.
- Committee Member, PeMSAA 2017.
- Member, Clinical Curriculum Development Committee 2016 onwards
- Member, Core Curriculum Meeting in Medicine 2017

POSTS HELD PREVIOUSLY:

- Vice Chair person, PeMEX 2015, Faculty of Medicine, University of Peradeniya.
- President, Peradeniya Medical Faculty Teachers Association, 2015 to 2017.
- Member - Extended subcommittee on Non Communicable disease guidelines of Ministry of Health Sri Lanka
- Trainer - Guideline for management of NCDs in primary health care
- Member - Guideline development committee NCD unit, Ministry of Sri Lanka
- Member of Revising guidelines for management of NCDs in primary health care, NCD unit, Ministry of Health, Sri Lanka 2016
- Coordinator - MD(Medicine) part I Course 2016
- Member - Organizing committee-KSM Foundation session August 2016
- Member - Infrastructure subcommittee, Faculty of Medicine, university of Peradeniya.
- Coordinator - MD-Medicine examination (PGIM-Colombo) 2014
- Member - Technical Evaluation Committee-TH Peradeniya
- Examiner MD(Medicine)Examination 2015
- Examiner for the selection examination in MD Medicine May 2016
- Representative of Nirogi Matha project, Sri Lanka 2013
- Member-Revisiting Subject Benchmark Statement on Medicine committee, UGC, Colombo.
- Chairperson-First Aid subcommittee PEMEX 2015
- Member, subcommittee of the “South Asian Symposium on sustainable environmental management 2016

PREVIOUS EXPERIENCE

- 2013 – 2017 : Senior Lecturer in Medicine, Faculty of Medicine, University of Peradeniya
- 2005-2013: Consultant Physician, Ministry of Health, Sri Lanka
- 2008-2009: International Clinical Fellow/Specialist Registrar in General Medicine/Cardiology, Lincolnshire Trust, NHS, UK.
- 2009-2010: Specialist Registrar(Locum)/Staff Grade Physician(Locum) and Trust Grade SHO, United Lincolnshire Trust
- 2007-2008: Acting Physician, District General Hospital, Nuwara Eliya, Sri Lanka.
- 2005-2007: Senior Registrar and Acting Physician, Teaching Hospital, Kandy, Sri Lanka.
- 2003-2005: Senior Registrar, Teaching Hospital Kandy, Sri Lanka.
- 2000-2003: Registrar in General Medicine: Teaching Hospital Kandy, Sri Lanka.
- 1998-2000: Medical Officer: Base Hospital, Nawalapitiya, Sri Lanka
- 1997-1998: Intern Medical Officer: Teaching Hospital Kandy, Sri Lanka.
- 1996-1997: Temporary Assistant Lecturer, Department of Anatomy, University of Peradeniya, Sri Lanka.

RESEARCH INTEREST

- Hypertension
- Dengue fever and Tropical diseases
- Antioxidants and Biological markers
- Non communicable Diseases in South East Asia
- Heart Failure

LIST OF PUBLICATIONS:

Peer-reviewed Journal Publications

1. **Ralapanawa U**, Nanayakkara N, Jayawickreme KP, Wickramasurendra N, Tennakoon S. Analysis and identification of symptoms and risk factors in a cohort of chronic hypertensive patients in a tertiary care hospital in Sri Lanka. *Clinical and Experimental Hypertension*. 2018 Aug 10:1-5.
2. **Ralapanawa U**, Jayawickreme KP, Ekanayake M, Basnayake D, Jayalath T, Abeysekera T, Munas R. Analysis of clinical and demographic characteristics of patients presenting with features of urolithiasis to a district base hospital in Sri Lanka. *Sri Lanka Journal of Medicine*. 2018 Jun 30;27(1).
3. Jayalath T, **Ralapanawa U**, Karunaratne S, Dassanayake UK, Pathirage M, Singheprathapa R, Mudiyansele W, Wanninayake AT, Rajasinghe MM, Thilaksha KD. Knowledge and Attitude Regarding Dengue Fever among the Outdoor Patients of the Teaching Hospital Peradeniya, Sri Lanka. *Health Sciences*. 2018 Jan 1;7(1):77-84.
4. **Ralapanawa, U.**, Jayawickreme, K.P., Ekanayake, M., Basnayake, D., Jayalath, T., Abeysekera, T. and Munas, R., 2018. Analysis of clinical and demographic characteristics of patients presenting with features of urolithiasis to a district base hospital in Sri Lanka. *Sri Lanka Journal of Medicine*, 27(1).
5. **Ralapanawa U**, Tennakoon S, Jayalath T, Bandara M, Wickramasurendra N, Bandara R. The Socio-Demography, Clinical Characteristics and The Prevalence of Cardiovascular Risk Factors among A Group Of Elderly Hypertensive Patients Followed up at A Tertiary Care Hospital in Sri Lanka. *population*.;4:5.
6. Handagala R, **Ralapanawa U**, Jayalath T. Unilateral pulmonary edema: a case report and review of the literature. *Journal of medical case reports*. 2018 Dec;12(1):219.
7. **Ralapanawa U**, Alawattegama AT, Gunrathne M, Tennakoon S, Kularatne SA, Jayalath T. Value of peripheral blood count for dengue severity prediction. *BMC research notes*. 2018 Dec;11(1):400.
8. **Ralapanawa DM**, Kumarihamy KW, Sundararajah M, Jayalath WA. A young female presenting with heart failure secondary to eosinophilic myocarditis: a case report and review of the literature. *BMC research notes*. 2018 Dec;11(1):168.
9. **Ralapanawa U**, Jayalath T, Senadhira D. A case of acute necrotizing pancreatitis complicated with non ST elevation myocardial infarction. *BMC research notes*. 2018 Dec;11(1):167.
10. Jayalath T, **Ralapanawa U**, Karunaratne S, Dassanayake UKA, Pathirage M, Singheprathapa R, Wanninayake WMATK, Rajasinghe MMC, Thilaksha KD. Knowledge and Attitude Regarding Dengue Fever among the Outdoor Patients of the Teaching Hospital Peradeniya, Sri Lanka. *International Journal of Medical Research & Health Sciences*, 2018, 7(1): 77-84

11. Bandara HGWAPL, Hewarathne UI, Karunarathne RMSP, Kogulan T, Kodithuwakku NW, Jegavanthan A, Jayawickreme KP, Ambagaspitiya AWDT, Jayawickreme SR, Hathlahawatte C, Weerakoon G, Dolapihilla SNB, Kularatne A, Sirisena T, **Ralapanawa U** (2017). Circadian blood pressure profile and comparison with clinic blood pressure in patients with essential hypertension on treatment; experience from a Teaching Hospital in Sri Lanka. *Journal of the Postgraduate Institute of Medicine*. 2017. 4(2), pp.E58 1–E5811. DOI: <http://doi.org/10.4038/jpgim.8150>
12. **Ralapanawa U**, Dharmaratne SD, Jayawickreme K, Ekanayake M. Epidemiology of newly diagnosed hypertensives in a tertiary care hospital in a developing country. *Clinical and Experimental Hypertension*. 2017 Apr 3;39(3):251-6.
13. Jayawardana NW, Jayalath WA, Madhujith WM, **Ralapanawa U**, Jayasekera RS, Alagiyawanna SA, Bandara AM, Kalupahana NS. Aging and obesity are associated with undiagnosed hypertension in a cohort of males in the Central Province of Sri Lanka: a cross-sectional descriptive study. *BMC cardiovascular disorders*. 2017 Jun 21;17(1):165.
14. Jayawardana NWIA, Jayalath WATA, Madhujith WMT, **Ralapanawa U**, Jayasekera RS, Alagiyawanna SASB, Bandara AMKR, Kalupahana NS. Lifestyle factors associated with obesity in a cohort of males in the central province of Sri Lanka: a cross sectional descriptive study. *BMC Public Health*. 2017;17:27. doi 10.1186/s12889-016-3963-3.
15. **Ralapanawa DMPUK**, Jayawickreme KP, Ekanayake EMM, Kumarasiri PVR. A study on the knowledge and attitudes on advanced life support among medical students and medical officers in a tertiary care hospital in Sri Lanka. *BMC Research Notes*. 2016;9:462. doi:10.1186/s13104-016-2270-5.
16. **Ralapanawa, U.**, Jayawickreme, K.P., Ekanayake, E.M.M. and Dissanayake, A.D.M., 2016. A study on paracetamol cardiotoxicity. *BMC pharmacology and toxicology*, 17(1), p.30.
17. **Ralapanawa DMPUK**, Jayawickreme, K.P., Ekanayake, E.M.M., Jayalath, T. and Herath, D., 2016. Fatal Massive Pulmonary Hemorrhage in Dengue Infection. *Epidemiology (Sunnyvale)*, 6(251), pp.2161-1165.
18. Kularatne SA, **Ralapanawa DM**, Weerakoon K, Bokalamulla UK, Abagaspitiya N. Pattern of animal bites and post exposure prophylaxis in rabies: A five year study in a tertiary care unit in Sri Lanka. *BMC infectious diseases*. 2016 Feb 4;16(1):62.
19. **Ralapanawa DMPUK**, Jayawickreme KP, Ekanayake EMM, A case of treatable hypertension: fibromuscular dysplasia of renal arteries, *BMC Research Notes* 2016 9:6
20. **Ralapanawa DM**, Kularatne SA, Jayalath WA. Guillain–Barre syndrome following dengue fever and literature review. *BMC research notes*. 2015 Nov 27;8(1):729
21. Abeywickrama B, **Ralapanawa U**, Chandrajith R. Geoenvironmental factors related to high incidence of human urinary calculi (kidney stones) in Central Highlands of Sri Lanka. *Environmental geochemistry and health*. 2016 Oct 1;38(5):1203-14.

22. **Ralapanawa DM**, Jayawickreme KP, Ekanayake EM, Jayalath WA. B 12 deficiency with neurological manifestations in the absence of anaemia. BMC research notes. 2015 Sep 18;8(1):458.
23. Bopeththa BVKM,**Ralapanawa U**.Post encephalitic parkinsonism following dengue viral infection. BMC Res Notes 2017 Nov 29;10(1):655.
24. **Ralapanawa U**. The socio-demography, clinical characteristics and the prevalence of cardiovascular risk factors among a group of elderly hypertensive patients followed up at a tertiary care hospital in Sri Lanka. Journal of Clinical Case Reports and Images 2017;1(1):3-15.
25. **Ralapanawa DMPUK**, Jayawickreme KP, Ekanayake EMM and Kumarihamy KWMPP, Spinal intradural metastasis from scapular Ewing sarcoma, BMC Res Notes (2015) 8:298
26. **Ralapanawa DMPUK**, Kularatne SAM, Current Management of Dengue in Adults: a Review, IMJM Vol14No1 Page 29-42
27. **Ralapanawa DM**, Jayawickreme KP, Ekanayake EM. Fibrocalculous pancreatic diabetes: a case report. BMC research notes. 2015 Apr 30;8(1):175.
28. Senanayake AM Kularatne, Kosala GAD Weerakoon, Ruwan Munasinghe, **Udaya K Ralapanawa** and Manoji Pathirage, Trends of fluid requirement in dengue fever and dengue haemorrhagic fever: a single centre experience in Sri Lanka, BMC Research Notes (2015) 8:130
29. Dandeniya CL, **Ralapanawa DMPUK**, Jayalath WATA, Kularatne SAM, Atypical manifestations of dengue infection due to co-infection with either hepatitis A or leptospirosis: two case reports, Sri Lankan Journal of Infectious Diseases 2015 Vol.5 (1):36-40
30. **Ralapanawa DM**, Kularatne SA. Kounis syndrome secondary to amoxicillin/clavulanic acid administration: a case report and review of literature. BMC research notes. 2015 Mar 26;8(1):97.
31. Kumarihamy KW, **Ralapanawa DM**, Jayalath WA. A rare complication of pulmonary tuberculosis: a case report. BMC research notes. 2015 Feb 10;8(1):39.
32. Kumarihamy KW, **Ralapanawa DM**, Jayalath WA. Co-existent facial palsy and myocarditis in a 50-year old farmer diagnosed with probable leptospirosis: a case report. BMC research notes. 2015 Feb 4;8(1):26.
33. **Ralapanawa DM**, Kularatne SA. A case of Kounis syndrome after a hornet sting and literature review. BMC research notes. 2014 Dec 3;7(1):867
34. Dalugama C,**Ralapanawa U** , Jayalath T.Dengue myositis and Review of Literature.Clinical Case Reports,Research and Trials 2017.2:16-18.
35. Dalugama C, **Ralapanawa UK**, Jayalath T.High Grade AV Block and dynamic ECG changes complicating thyrotoxicosis in autoimmune thyroiditis.Clinical Case Reports, Research and Trialsr 2017:2:34-37.

36. Kalupahana NS, Jayalath T, **Ralapanawa U**. Prevention of non-communicable diseases-The time to act is now. Sri Lanka Journal of Medicine 2015;24(1):1-3.
37. Dhanapala M, **Ralapanawa U**, Senanayake S. Occular effects of amiodarone. The Journal of the College of Ophthalmologists of Sri Lanka 2002;8:74-75.

Abstracts

1. Basnayake BMPKD, **Ralapanawa U**, Kularatne SAM, Tennakoon S,. Syatemic Vascular Resistance Index As A Novel Non-invasive Monitoring Parameter In Patients With Dengue Haemorrhagic Fever. 51st Annual Academic Session 2018, Ceylon College of Physician, p114
2. Jayatissa MKTC, **Ralapanawa U**, Chandrajith RLR,. Trace elements variation in blood serum of patient with different types of cardiovascular diseases. Annual Academic Session 2018, Ceylon College of Physician, p143
3. **Ralapanawa U**, Munasinghe C, Dissanayake C, Tennakoon S, Ekanayake E, Dissanayake U, Sandamali U, Kumari JRAG. Relationship between the level of physical activity, free exercise ECG and cardiograph and exercise ECG outcome of a cohort of patients with ischemic heart disease. KSM Annual Academic session 2018, p46
4. Godakumbura GKM, Premathilaka EGCN, **Ralapanawa DMPUK**, Illangasekera YA, Fernando PHP, Soysa HNS, Alles CNRA. Establishment of Reference ranges for serum C-telopeptide Cross-link of Type 1 Collagen Levels in Sri Lankan population. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 21, 24th November 2017. P198-9
5. **Ralapanawa U**, Munasinghe C, Dissanayake C, Tennakoon S, Ekanayake M, Dissanayake U, Sadamali U, Kumari JRAG. Relationship between type of Ischaemic Heart Disease and resting ECG with the outcome of Exercise ECG of a cohort of Ischaemic Heart Disease patients. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 21, 24th November 2017. P203
6. **Ralapanawa U**, Gunarathna M, Tennakoon S, Alawattagama ATM, Kularatne SAM, Jayalath T. Serum Level of Liver Transaminases as a Predictor of Dengue Haemorrhagic Fever. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 21, 24th November 2017. P229-30
7. **Ralapanawa U**, Alawattagama ATM, Tennakoon S, Gunarathna M, Kularatne SAM, Jayalath T. Value of Peripheral Blood Count in Predicting Severity of Dengue. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 21, 24th November 2017. P231-2
8. **Ralapanawa U**., Bandara M, Tennakoon S., Wickramasurendra N., Bandara R., Jayalath T., Assessment of demography and common clinical symptoms among hypertensive patients in Sri Lanka. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, 4th & 5th November 2016. P211

9. **Ralapanawa U.**, Bandara M, Tennakoon S., Wickramasurendra N., Bandara R., Jayalath T., Audit of current pattern of practice in prescribing medications for hypertensive patients in Sri Lanka. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, 4th & 5th November 2016. P213
10. **Ralapanawa U.**, Bandara M, Tennakoon S., Wickramasurendra N., Bandara R., Jayalath T., Knowledge, awareness, attitude and practice with regards to hypertension in a cohort of hypertensive patients. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, 4th & 5th November 2016. P214
11. **Ralapanawa U.**, Bandara M, Tennakoon S., Wickramasurendra N., Bandara R., Jayalath T., Prevalence of modifiable and non-modifiable cardiovascular risk factors in a cohort of chronic hypertensive patients. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, 4th & 5th November 2016. P215
12. Kumarasiri PVR, **Ralapanawa U**, Balasooriya H, Senevirathne R, Rathnayake D, Abeywardhana C, Champika U. Association between diabetes mellitus and fasting serum lipid levels along with few selected factors in a rural community in the district of Kandy, Sri Lanka. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, 4th & 5th November 2016. P187
13. Kumarasiri PVR, **Ralapanawa U**, Senevirathne R, Balasooriya H, Rathnayake D, Abeywardhana C, Champika U. Association between hypertension and some known risk factor in a rural community in the district of Kandy, Sri Lanka. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, 4th & 5th November 2016. P188
14. Kularatne SAM., **Ralapanawa U.**, Basnayake D., Social and health impact of flying Hymenoptera stings: experience in a region of central hill country of Sri Lanka. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, 4th & 5th November 2016. P222
15. **Ralapanawa U**, Abeywickrama B, Chandrajith R, Does drinking natural spring water increase the risk of developing urinary stones?. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 19, 5th & 6th November 2015. P201
16. **Ralapanawa U**, Jayawickreme K, Ekanayake M, Knowledge and attitudes on diabetes mellitus in a rural population in Sri Lanka. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 19, 5th & 6th November 2015. P246
17. Kumarasiri PVR, Rathnayaka RMDK, Abeywardhana AKCM, **Ralapanawa DMPUK**, Wijepala S, Champika KMCU, Prevalence of hypertension and assessment of its management in relation to the lifestyle modifications in a rural community in the district of Kandy. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 19, 5th & 6th November 2015. P227

18. Kumarasiri PVR, Abeywardhana AKCM, Rathnayaka RMDK, **Ralapanawa DMPUK**, Wijepala S, Champika KMCU, Prevalence of diabetes mellitus in a selected rural community in Kandy district and the assessment of utilization of lifestyle modifications. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 19, 5th & 6th November 2015. P230
19. Kumarasiri PVR, **Ralapanawa DMPUK**, Abeywardhana AKCM, Rathnayaka RMDK, Wijepala S, Rajapaksa A, Champika KMCU, Distribution of dyslipidaemia and its associates in a rural community in the Kandy district. Proceeding of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 19, 5th & 6th November 2015. P260
20. **Ralapanawa U**, Wickramasurendra N, Nanayakkara N, Tennakoon SUB. Analysis and identification of symptoms and risk factors in a cohort of hypertensive patients. SLMA 129th Anniversary International Medical Congress, 2016. P179
21. Bandara HGWAPL, Kogulan T, Kodithuwakku NW, Hewarathna UI, Karunaratne RMSP, Jegavanthan A, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT. Are we recognizing correct state of blood pressure control of our patients in out-patient setting?. SLMA 129th Anniversary International Medical Congress, 2016. P104
22. De Silva ST, Dahanayaka N, **Ralapanawa U**, Nishad AAN, Silva FHDS, Shyamali NLA, Wanigasuriya K. Burnout among intern Medical Officers in selected Teaching Hospitals: a cross-sectional descriptive study. SLMA 129th Anniversary International Medical Congress, 2016. P119
23. Bandara HGWAPL, Kogulan T, Kodithuwakku NW, Hewarathna UI, Karunaratne RMSP, Jegavanthan A, Jayawickreme SR, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT. The relationship of the determinants of left ventricular hypertrophy to dynamic blood pressure variables. SLMA 129th Anniversary International Medical Congress, 2016. P151
24. **Ralapanawa U**, Jayawickrama KP, Ekanayake K, Dharmaratne S. New hypertensives in a tertiary care hospital in Sri Lanka: The epidemiology, Hypertension Canada/ Canadian Hypertension Congress/Oct.22-24, 2015
25. **Ralapanawa U**, Jayawickrema KP, Ekanayake EMM, Kumarasiri PVR Knowledge and attitudes on advanced life support among medical students and medical officers in a tertiary care hospital in Sri Lanka KSM Annual Academic session 2016, p46
26. **Ralapanawa U**, Jayawickrema KP, Ekanayake, Jayalath WATA, Abeysekara T, Analysis of clinical and demographic characteristics, and management of patients presenting with features of nephrolithiasis to a district base hospital in Sri Lanka KSM Annual Academic session 2016, p55
27. **Ralapanawa U**, Jayawickrema KP, Ekanayake, Kumarasiri PVR, Jayalath WATA, Epidemiology of acute coronary syndrome in a tertiary care hospital in Sri Lanka KSM Annual Academic session 2016, p56
28. **Ralapanawa U**, Wickramasurendra N, Tennakoon SUB, Prevalence of risk factors among hypertensive patients presenting to a tertiary care hospital in Sri Lanka, KSM Annual Academic session 2016, p57

29. **Ralapanawa U**, Ratnayake RMPM2, Kularatne SAM1, Wickramasinghe HR1 and Perera AGYB, Analysis of the severity of dengue virus infection using peripheral blood parameters, KSM Annual Academic session 2016, p59
30. Kumarasiri PVR, **Ralapanawa DMPUK**, Rathnayaka RMDK, Abeywardhana AKCM, Rajapaksa A, Wijepala S and Champika KMCU, Comparison between waist-to-hip ratio and body mass index as predictors of risk in cardiovascular diseases in a Sri Lankan rural community, KSM Annual Academic session 2016, p110
31. Hewarathna UI, Bandara HGWAPL, Kogulan T, Karunaratne RMSP, Kodithuwakku NW, Jayawickreme SR, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT, The behavior of ambulatory blood pressure variables among patients on treatment for long standing essential hypertension KSM Annual Academic session 2016, p112
32. Bandara HGWAPL, Hewarathna UI, Kogulan T, Karunaratne RMSP, Kodithuwakku NW, Jayawickreme SR, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWD, Left ventricular mass; how does it associate with specific constituents of diurnal blood pressure variables?, KSM Annual Academic session 2016, p113
33. Kogulan T, Hewarathna UI, Bandara HGWAPL, Karunaratne RMSP, Kodithuwakku NW, Jayawickreme SR, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT, ECG driven left ventricular hypertrophy; how does it correlate with echocardiographic findings in hypertensive patients?, KSM Annual Academic session 2016, p114
34. Hewarathna UI, Bandara HGWAPL, Kogulan T, Karunaratne RMSP, Kodithuwakku NW, Jayawickreme SR, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT, How does ambulatory arterial stiffness index derived from 24-hour Ambulatory blood pressure monitoring link with circadian blood Pressure variability? KSM Annual Academic session 2016, p115
35. **Ralapanawa U**, Jayawickreme KP, Ekanayake EMM, Kumarasiri PVR, Jayalath WATA, Risk factors for developing stemi and nstemi in a developing country, KSM Annual Academic session 2016, p126
36. **Ralapanawa U**, Wickramasurendra N, Tennakoon SUB, Identification of prevalence of symptoms among patients with chronic hypertension, KSM Annual Academic session 2016, p142
37. Hewarathna UI, Bandara HGWAPL, Kogulan T, Karunaratne RMSP, Kodithuwakku NW, Jayawickreme SR, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT, How are we treating our hypertensive patients? A guideline based single center evaluation, KSM Annual Academic session 2016, p159

38. Bandara HGWAPL, Hewarathna UI, Kogulan T, Karunaratne RMSP, Kodithuwakku NW, Jayawickreme SR, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT, how does the day-night variability of blood pressure change in patients on antihypertensive therapy for chronic essential hypertension?, KSM Annual Academic session 2016, p161
39. Kogulan T, Hewarathna UI, Bandara HGWAPL, Karunaratne RMSP, Kodithuwakku NW, Jayawickreme SR, Hathalahawatta C, **Ralapanawa DMPUK**, Jayawickreme KP, Ambagaspitiya AWDT, Reliability of clinic blood pressure versus ambulatory blood pressure in patients on antihypertensive therapy for chronic essential hypertension; a single center experience, KSM Annual Academic session 2016, p163
40. **Ralapanawa U**, Jayawickreme KP, Ekanayake EMM, Dharmaratne SD, New hypertensives in a tertiary care hospital in sri lanka: the epidemiology, KSM Annual Academic session 2016, p166
41. **Ralapanawa DMPUK**, Jayalath WATA, Priyadarshani KTD, Risk assessment of newly diagnosed hypertensive patients. KSM 37th Annual Academic session 2015, p4
42. **Ralapanawa DMPUK**, Jayalath WATA, Priyadarshani KTD, Association between pre-existing risk factors and acute coronary syndrome. KSM 37th Annual Academic session 2015, p5
43. **Ralapanawa DMPUK**, Jayalath WATA, Priyadarshani KTD, Characteristics acute coronary syndrome patients and their management at the Teaching Hospital Peradeniya. KSM 37th Annual Academic session 2015, p6
44. Jayawardana NWIA, Jayalath WATA, Madujith WMT, **Ralapanawa U**, Jayasekera RS, Alagiyawanna SASD, Bandara AMKR, Kalupahana NS, Association of lifestyle factors with overweight and obesity in a cohort of males in the Central Province of Sri Lanka. KSM 37th Annual Academic session 2015, p38
45. **Ralapanawa D.M.P.U.K**, Basnayake B.M.P.K.D. et al Challenges to provide standard diabetic care: An audit at a district base hospital.KSM Annual Academic session 2012
Selected as a **Commendable paper**
46. **Ralapanawa D.M.P.U.K**, Basnayake B.M.P.K.D, A case of renovascular hypertension. KSM Annual Academic session 2012
47. **Ralapanawa D.M.P.U.K**, Basnayake B.M.P.K.D, A new pocket of Rickettsioses in Sri Lanka.KSM Annual Academic session 2012
48. **Ralapanawa D.M.P.U.K**, Basnayake B.M.P.K.D, Acute coronary syndrome outcome-An experience in a developing medical unit.KSM Annual Academic session 2012
49. **Ralapanawa D.M.P.U.K**, Basnayake B.M.P.K.D, Awareness of diabetes mellitus in a rural setting.KSM Annual Academic session 2012
50. **Ralapanawa D.M.P.U.K**, Dissanayake C.K, A case of Propanil poisoning KSM Annual Academic session 2012

51. **Ralapanawa D.M.P.U.K**, Dissanayake C.K, Familial Koilonychia KSM Annual Academic session 2012
52. **Ralapanawa D.M.P.U.K**, Dissanayake, Sever hypertriglyceridaemia in pregnancy. KSM Annual Academic session 2012
53. **Ralapanawa D.M.P.U.K**, Basnayake, Young man with persistent dysphagia.KSM Annual Academic session 2012
54. **Ralapanawa U**, Kannangara T, An audit on diabetic care at a Peripheral Hospital, presented at the Annual Academic Sessions of the Post Graduate Medical Centre, Kandy. 2002.
55. **Ralapanawa U**, Nazer K, The use of antiplatelet drugs in primary prophylaxis diabetes mellitus, presented at the Annual academic sessions of Post Graduate Medical Centre Kandy. 2003.
56. Jayasinghe K, **Ralapanawa U**, Mangaleswaran S. Use of antiplatelet drugs as primary prophylaxis in diabetes mellitus, presented at the Annual academic sessions of Post Graduate Medical Centre, Kandy. 2003.
57. Jayasinghe K, HerathH.M.S.S., **Ralapanawa U.**, Naser M.A.C.K.A., Mangaleswaran S. An audit on quality of care in patients with Hypertension at a medical clinic in Teaching Hospital Kandy, presented at Annual Academic Sessions of Kandy Society of Medicine. 2004.
58. **Ralapanawa D.M.P.U.K.**, Dissanayake C.K., Wijeratne R.V.A.R.T.S., Tennakoon R, The effectiveness of emergency temporary pacemaking (TPM) in Kaneru (*Yellow Olaender*) poisoning :A single coronary care units experience. Annual Academic Sessions of Kandy Society of Medicine. 2007.
59. **Ralapanawa D.M.P.U.K.**, Wijeratne R.V.A.R.T.S., Mangaleswaran S. A case of Tropical Pyomyositis, Annual Academic Sessions of Kandy Society of Medicine.2007.
60. **Ralapanawa U**, Pathmasiri P, Thennakoon S,Kularathne V.Clinical and Demographic Characteristics of patients presenting with features of Heart Failure to a Tertiary Care Hospital in Sri Lanka, presented at Annual Academic Sessions of Kandy Society of Medicine. 2017.
61. **Ralapanawa U**, Bandara M, Tennakoon S, Wickramasurendra N, Bandara R, Jayalath T, Pathmasiri P. Pattern of pharmacological treatment in elderly hypertensive patients in Sri Lanka presented at Annual Academic Sessions of PeMSAA 2017.

BOOKS AUTHORED

1. **Medicine Made Easy**
ISBN Number: 978-955-30-7715-1
Published by S. Godage & Brothers, Colombo, Sri Lanka

2. **Know About Dengue**
ISBN Number: 978-955-30-7715-8
Published by S. Godage & Brothers, Colombo, Sri Lanka

3. **Diagnostic Picture Tests for Medical Students and Doctors.**
ISBN Number: 978-955-30-7716-5
Published by S. Godage & Brothers, Colombo, Sri Lanka

4. **"Adi Rudira Peedanaya"** (Hypertension)
ISBN Number: 978-955-30-7718-9
Published by S. Godage & Brothers, Colombo, Sri Lanka

5. **"Dengue Rogaya Hadunaganimu"** (Know about Dengue)
ISBN Number: 978-955-30-7730-1
Published by S. Godage & Brothers, Colombo, Sri Lanka

AWARDS AND COMMENDATIONS

- The Most Innovative outstation Physician Award 2012 (Awarded by Ceylon College of Physicians of Sri Lanka)
- Special prize in cardiology 2016 was awarded for the oral presentation in 2016 by Sri Lanka Medical Association.
- Ralapanawa D.M.P.U.K, Basnayake B.M.P.K.D. et al Challenges to provide standard diabetic care: An audit at a district base hospital.KSM Annual Academic session 2012
Selected as a **Commendable paper**

ORATIONS

- Prof. K. Rajasuriya Memorial Oration -2018
Presented at the 51st Annual Academic Sessions of Ceylon College of Physicians on Non-Communicable Diseases: A twenty-first century epidemic

RESOURCE PERSON

- Resources person.”Contraversies in dengue:What does the evidence say?. 51st Annual Academic Sessions of Ceylon College of Physicians 2018 at Galadari Hotel,Colombo, Sri Lanka
- Resources person, “Training Programme on Non communicable disease at primary health care settings 2018” conducted by Sri Lanka Diabetes and Cardiovascular Disease Initiative on 26th February 2018 at Regional Health Training Centre Kadugannawa.
- Resources person, “Training Programme on Non communicable disease at primary health care settings 2018” conducted by Sri Lanka Diabetes and Cardiovascular Disease Initiative on 15th February 2018 at RDHS Office Matale.
- Dengue control awareness programme. Senate House, University of Peradeniya. 03rd October 2016.
- Eight National Training Course in Public Health Emergency and Disaster Management organized jointly with the Ministry of Health, supported by the world Health Organization and conducted by The Health Emergency and Disaster Management Training Centre (HEDMaTC), Faculty of Medicine, University of Peradeniya, Sri Lanka from 25th to 29th May 2015.
- Centre for Research in Tropical Medicine (CRTM) workshop on Tropical Diseases at MOH office, Yatinuwara, Kadugannawa. 17th December 2014.
- Ceylon College of Physicians Joint Clinical Meeting with the Kandy Society of Medicine, Workshop for Nurses on 6th June 2015 at Teaching Hospital Kandy.
- Ceylon College of Physicians 4th Foundation Sessions organized by Ceylon College of Physicians in collaboration with Kandy Society of Medicine on 25th-26th July 2014 at the Earls Regency Hotel, Kandy.
- Health Emergency and Disaster Management Training Centr (HEDMaTC), Faculty of Medicine, University of Peradeniya. Resource person for the “Pre hospital care programme for school children” held on 30th of July 2013.
- Ceylon College of Physicians joint clinical meeting with the Hill Country Clinical Society held on 21th-22nd June 2013 at Auditorium, District General Hospital, Nuwaraeliya.
- Health Emergency and Disaster Management Training Centr (HEDMaTC), Faculty of Medicine, University of Peradeniya. Resource person for the “Pre hospital care programme for school children” held on 30th of July 2013.
- Health Emergency and Disaster Management Training Centr (HEDMaTC), Faculty of Medicine, University of Peradeniya. Resource person for the “Pre hospital care programme for school children” held on 29th of July 2013.
- Sri Lankan Society of Internal Medicine.Regional educational programme on Internal Medicine held on 15th July 2016 at Teaching Hospital Kandy.
- The workshop on”Tackling the killer disease: Dengue” organized by Sri Lankan Society of Internal Medicine (SLSIM) at The Grand Kandian Hotel on 12th August 2016.

- The symposium on “Non Communicable Diseases” at the 37th Annual Academic Sessions of Kandy Society of Medicine held on 11th-14th February 2015 at Oak Ray Regency Kandy.
- Symposium on non-communicable diseases at the Foundation Sessions 2013 organized by the Kandy Society of Medicine held at Plant Genetic Resource Centre, Gannoruwa, Kandy.
- Delivering a guest lecture on Managing a Medically Compromised Patient in the Dental Surgery at the Annual Scientific Sessions of Sri Lanka Dental Association (Kandy branch) on 17th January 2016 at Hotel Suisse, Kandy.
- Delivering a lecture on ‘Management of anaemia in surgical patients: case based discussion’ at the 39th Annual Academic Sessions of the Kandy Society of Medicine in collaboration with Sri Lanka College of Haematologists on 15th February 2017 at PMCK Auditorium, Teaching Hospital Kandy.
- Ceylon College of Physicians, “Accident and Emergency training programme in Medicine for pre-interns” held on 12th November 2015 at Main Auditorium, Teaching Hospital Peradeniya.
- Resource Person at the Foundation Sessions of Kandy Society of Medicine held on 18th September 2013.
- Ceylon College of Physicians: College Lecture on “Recent advances in Heart Failure” on 09th July 2013.
- Kandy Society of Medicine Continuous Medical Education. Guest Lecture on Dengue: A case based discussion held on 5th March 2014.
- Kandy Society of Medicine. Continuous Medical Education; Guest Lecture on “Dengue Management-an update” held on 15th June 2016.
- Kandy Society of Medicine CME, Guest Lecture: Heart Failure on 03rd September 2014.
- Centre for Research in Tropical Medicine (CRTM), Guest lecture on Tropical Medical Problems in Sri Lanka held on 29th December 2014 at Faculty of Medicine, University of Peradeniya.
- CME Lecture on Hypertension-An Evidence Based Approach, Organized by The Kandy Society of Medicine.
- CME lecture on Dyslipidaemia and Cardiovascular Risk. Organized by The Kandy Society of Medicine.
- Arranging a symposium and delivering lecture on “Hypertension in adults” at Annual Academic Sessions of Nawalapitiya Clinical Society on 24th November 2016.
- CME Guest Lecture on 25th March 2015 at Monthly Clinical Forum of Dumbara Clinical society, District base Hospital Teldeniya.
- CME Guest Lecture on 31th July 2013 at Monthly Clinical Forum of Dumbara Clinical society, District base Hospital Teldeniya.

PROFESSIONAL DEVELOPMENT: WORKSHOPS / SCIENTIFIC SESSIONS /SEMINARS
/COURSES

- Ceylon College of Physicians 51st Annual Academic Sessions 2018, Galadari Hotel, Colombo, Sri Lanka,
- KSM 40th Annual Academic Sessions on 15th to 17th February 2018 at Plant Genetic Resources Centre Gannoruwa.
- Participated in the ESC Congress,Rome 2016
- Participated in the ESC Congress,London 2015.
- Participation in an Extended subcommittee meeting on NCD guidelines at the SLMA ,May 2012.
- Certificate for participation in pre congress workshop on prevention of heart diseases in patients with type 2 diabetes mellitus. 26th Annual Academic Sessions of the Kandy Society of Medicine, 2004.
- Certificate for participation in the seminar on orientation to research methodology, organized by the Kandy Society of Medicine and World Health Organization, 2004.
- Participated in a workshop on poisoning, conducted by the Kandy Society of Medicine.
- Participated in 25th, 26th, 27th, 28th, 34th, 35th, 36th, 37th, 38th Annual Academic Sessions of the Kandy Society of Medicine.
- Conducting CPR workshops for Medical officers and hospital staff-2011 @ D.B.H. Rikillagaskada and D.B.H Teldeniya
- Chairperson KSM 2012
- International Ophthalmology Congress 2002
- KSM Research Methodology workshop 2011
- Arrhythmia study Day-UK- 2008
- Participated in the 34th Annual Conference of Research Society for the Study of Diabetes in India.November 2006.
- Lincolnshire Heart Failure and Arrhythmia Meeting – UK- 2008

PROFESSIONAL ASSOCIATIONS/MEMBERSHIPS

- Fellow-Royal College of Physicians (London)
- Fellow-Royal College of Physicians (Edin)
- Member-Ceylon College of Physicians
- Member-Royal College Of Physicians (UK)
- Life Member- KSM
- Life Member- PeMSAA
- Life Member- SLMA