

## **PABASARI GINIGE**

Date of Birth: 20.01.1970, Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Sri Lanka (SL) Phone: 0094-81 4930749 / 81 2396350 pabasarginige@gmail.com

### **Introduction**

A Sri Lankan trained and qualified General Adult Psychiatrist with special interest and training in child and adolescent psychiatry. Special interest areas are child abuse management, intellectual disability, autism spectrum disorder, sexual disorders, lesbian, gay, bi and transgender (LGBT) mental health issues, borderline personality disorder.

I was also trained in Australia (senior medical officer -1 year of adult psychiatry 2000), New Zealand (Post MD trainee -2 years' adult psychiatry + other sub specialties-on call basis 2008-2010) and California USA (Consultant Psychiatrist (observer-ship 3 months -adult and child and adolescent psychiatry 2015)

### **Professional qualifications**

2008 January- Board Certified as a Consultant Psychiatrist.

2006 January-MD (Psychiatry) securing the first place in the list- held by Post Graduate Institute of Medicine, Colombo, SL.

1997 MBBS Degree (Bachelor of Medicine and Bachelor of Surgery), with second-class honors, Faculty of Medicine, University of Peradeniya, SL. Thirty sixth in the all island merit list of more than 500 doctors, (1991- 1997).

1988 General Certificate of Education (Advanced Level)– Best Results in biology stream at high school, Maliyadewa Balika Vidyalaya, Kurunegala, SL.

Completed a certificate course in Statistical Package for the Social Sciences (SPSS) at National Institute on Social Sciences and Humanistic in 2013.

### **Language proficiency:**

International English Language Testing Systems (IELTS) September 2006. Average score - 8/10. (Listening 8/10, Reading- 7/10, Writing – 8/10, Speaking-8/10) Basic reading, writing and speaking knowledge in Tamil language

## **Professional affiliations**

Registered member of the Sri Lanka Medical Council with full license to practice with no restrictions

Member of the Sri Lanka Medical Association

Life Member of the Sri Lanka College of Psychiatrists

## **Current position and activities**

06.06.2018- to date Head, Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Peradeniya and Teaching Hospital, Peradeniya, SL.

13.06.2014 – to date -Senior Lecturer/ Honorary Consultant Psychiatrist, Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Peradeniya and Teaching Hospital, Peradeniya, SL.

**At the hospital-** Training undergraduates, postgraduates and other multidisciplinary team members and manage inpatients at 3 wards and outpatients at 3 clinics per week. (clinic for slow learners, adult psychiatry clinic, child and adolescent psychiatry clinic)

**At the university-**Teaching undergraduates and post graduates; Contribute to faculty programs, curriculum development, training staff and promoting staff mental health activities and providing care for undergraduates of all 8 faculties of the university who need mental health support.

**At the community** -Engages in community awareness programs on mental health and policy making in mental health at provincial and national level.

## **Skills**

### Speaker

- A much sorted after speaker, with a reputation to have excellent communication skills, at scientific sessions and works as a panelist and deliver plenaries at national and international forums.
- Conduct live television and radio programs on mental health.
- Deliver guest lectures at public schools and educational institutes on invitation
- Public relations officer of the SL College of Psychiatrists in 2012/2013

### Resource person

- A resource person of the faculty's academic staff induction program of the new university recruits from all the universities of the country, (area of expertise - Communication skills and conflict resolution)

- A resource person of the continuous medical education (CME) program of the Peradeniya (Hanthana Clinical Society) and Kandy Teaching Hospitals (Kandy Society of Medicine). (area of expertise - behavioral problems in children and adolescents, psychological feeding problems in children, parenting and psychosocial aspect of aging etc.)
- A resource person of the counseling certificate course run by local NGO for promotion of mental health, Nivahana.
- Delivered a plenary lecture on Human Sexuality at the psychiatry symposium at tenth international congress of Peradeniya Medical School Alumni Association (PeMSAA)2010.
- Delivered a plenary lecture on childhood behavioural and emotional disorders at the annual academic sessions of Gal Oya Nimna Clinical Society in 2011.
- Delivered a plenary on Positive Parenting at the mental health conference –Synapse in 2012.
- Delivered a plenary lecture on female Sexuality at the annual academic sessions of SL College of Psychiatrists in Kandy, SL in 2012.
- Delivered a plenary lecture on aging gracefully at the annual academic sessions of Matale Clinical Society in 2012.
- Delivered a plenary lecture on mental health at the annual academic sessions of SL College of ophthalmologists in Colombo, SL in 2015.
- Delivered a plenary lecture on female Sexuality at the annual academic sessions of SL College of Sexual Medicine in Colombo SL ,2016.
- Delivered a plenary lecture on Human Sexuality at the annual academic sessions of Nawalapitiya Clinical Society in 2016.
- Delivered a plenary lecture on aging gracefully at the annual academic sessions of Kegalle Clinical Society in 2017.
- Delivered an invited guest speech on “Greif When does it become abnormal?” at 15<sup>th</sup> Annual Academic Sessions of SL College of Psychiatrists in June 2018
- Delivered an invited guest speech on “She was a boy I knew- an introduction to transsexualism” at the Annual Academic Sessions of Kandy Society of Medicine 2019
- Pending an invited speech and acting as a panelist in the high level policy dialogue on feminization of ageing organized by the United Nation’s Population Fund (UNFPA) to be held on 8<sup>th</sup> July 2019 in Colombo, Sri Lanka.

#### Organizer/Coordinator

- Organized Peradeniya Medical School Alumni Association (PeMSAA)’s psychiatry symposium at the tenth international congress held on 10.10.2010.
- Organized the 2012/2013 annual academic sessions of SL College of Psychiatrists in Kandy, SL with other executive committee members.
- Organize and coordinate workshops for undergraduates and postgraduate trainees for academic purposes and public to promote their mental health.

- Updated college web site for Sri Lankan general population on mental health issues. Prepared a list of the specialists in psychiatry on the college web site www.slpsych.lk to educate public on finding the nearest psychiatrist.

#### Creative Writer

- Author of the chapter, a psychiatric analysis on tele - film series Maya Ru by Prof Nimal Senanayake an eminent professor in medicine and artist (in Sinhalese).
- Writer of numerous articles in newspaper, newsletters and magazines on child and adolescent and adult mental health issues and raising awareness.

#### Actor

- Acted in a docu drama (Hiru dutu wana mal) produced by Eastern Province Ampara Base Hospital on preventing child sexual abuse.
- Acted in role plays at work shops and produced video clips (available on you tube) on mental health training and promoting for undergraduates, postgraduates and public

#### Trainer

- Run a group of patients with borderline personality disorder at the university professorial unit, Teaching Hospital, Peradeniya
- Conduct parent-training workshops on positive parenting with occupational therapists.
- Conduct parent-training workshops on behavioural interventions for individuals with autism with occupational therapists and special education teachers.
- Conduct teacher training workshop on detecting emotional and behavioural disorders of children and their classroom management
- Conduct workshops on assertiveness for children and adolescents at a skills training program for youngsters.

#### Advocate / Representative

- On mental health issues of LGBT community, particularly those of transgender patients. I was awarded a trophy of appreciation of the service rendered to transgender community for last 15 years, by United Nations Program on HIV and AIDS (UNAIDS) in October 2016.
- On Patient rights, particularly women's and school students' rights, stigma busting
- Represented Faculty of Medicine, University of Peradeniya at the International Seminar on Autism held in Putrajaya, Malaysia in 2014.

#### **Audits, Research and publications**

- Ginige P, Tennakoon SU, Wijesinghe WH, Liyanage L, Herath PS, Bandara K. **Prevalence of behavioral and emotional problems among seven to eleven year old**

**children in selected schools in Kandy District, Sri Lanka.** J Affect Disord. 2014;167:167-70. doi: 10.1016/j.jad.2014.05.062. Epub 2014 Jun 12.

- Authored the Chapter titled: **Internet Addiction Disorder** as in the book Child and Adolescent Mental Health InTech on line www.intechopen.com. The permanent web address of the chapter “Internet Addiction Disorder” is:  
<http://www.intechopen.com/articles/show/title/internet-addiction-disorder>, May 2017.
- Authored the Chapter titled “**Mental Health issues of transgender individuals**” in Book on Sexual Health by the SL college of sexual medicine. (Book is pending publication)
- Co authored the chapter titled “**Mental Health Assessment in Sexual health**” in Book on Sexual Health by the SL college of sexual medicine. (Book is pending publication)
- Ginige P, Malalagama AS, Wijesinghe PDLR, Gunawardena N, 2018 **TRANSSEXUALISM; A Sri Lankan experience: A descriptive study of epidemiological characteristics and management issues of transsexuals (TXLs) from a tertiary care clinic setting in Sri Lanka.** Sri Lanka Journal of Sexual Health and HIV Medicine, (Sri Lanka JoSHH), Volume 4, pp 18-23 DOI: <http://doi.org/10.4038/joshhm.v4i0.70>
- Ginige, P. and Malalagama, A.S., 2018. **An update on transsexuality.** *Sri Lanka Journal of Psychiatry*, 9(2), pp.4–9. DOI: <http://doi.org/10.4038/slpsyc.v9i2.8179>
- Ginige, P., Tennakoon, S., Perera, F. and Baminiwatta, A., 2018. **Characteristics of children who have been sexually abused, incidents of abuse and perpetrators; a study from of a tertiary care clinic sample in central Sri Lanka.** *Sri Lanka Journal of Medicine*, 27(2), pp.22–30. DOI: <http://doi.org/10.4038/sljm.v27i2.64>
- Ginige P, Wijesinghe K, Tennakoon S, Alahakoon H, Baminiwatta A. **Autism presenting to two child mental health clinics at a tertiary care center in central Sri Lanka: A retrospective clinical record review.** Indian J Soc Psychiatry [serial online] 2018 [cited 2019 Feb 24];34:172-7. Available from: <http://www.indjosp.org/text.asp?2018/34/2/172/235653>
- Ginige, P., Wijesinghe, W.H.M.K.J. and Tennakoon, S.U.B., 2016. **An epidemiological study of clinic attendees at the first specialized clinic for individuals with intellectual disability in Sri Lanka.** *Sri Lanka Journal of Psychiatry*, 7(2), pp.8–11. DOI: <http://doi.org/10.4038/slpsyc.v7i2.8112>
- **Woman-manly or Man–womanly: Gender Dysphoria in Sri Lanka** SLCPsych News Letter: 5 Sri Lanka College of Psychiatrist.

### **Pending publication**

- Borderline Personality Disorder: The Sri Lankan context - A cross sectional descriptive study of borderline patients attending a tertiary care facility in Sri Lanka.
- Borderline Personality Disorder: A qualitative analysis of a group of patients with borderline personality disorder in Sri Lanka.
- A qualitative analysis of a group of transsexuals in Sri Lanka.2019

- Prevalence of emotional and behavioural problems among children in residential care in Kandy District, Sri Lanka.
- A book on Mental retardation for parents and health care workers who work with individuals has been drafted in Sinhalese. Being edited at present.

### **Conference Presentations**

- Presented a poster on “Improvement in health seeking behavior in Mental Retardation through a policy change in Sri Lanka” at the conference “Global Health: Innovation | Implementation | Impact” held in Washington DC USA at the 4th Annual CUGH Conference Global Health: Innovation |Implementation | Impact on March 14 – 16, 2013 at Marriott Wardman Park Hotel Washington, DC USA.
- Presented the findings of an epidemiological study of clinic attendees at a specialized clinic for individuals with mental retardation, Annual Academic sessions 2013, Sri Lanka College of Psychiatrists, Colombo Sri Lanka.
- Presented findings of a pilot study and an epidemiological study of clinic attendees presenting with sexual abuse at child psychiatry clinic of Teaching Hospital Peradeniya and as a poster and oral presentation at the Annual Academic sessions, Sri Lanka College of Psychiatrists in 2014 and 2015 respectively.
- Presented the findings of a pilot study on epidemiology on Transsexuals in Sri Lanka conferences, Sri Lanka College of Psychiatrists 2013.
- Presented a poster on a case series on Transsexuals at Kandy Society of Medicine, 2014.
- Presented a poster on a cross sectional descriptive study of clinic attendees with transsexualism in SL at the Annual Academic sessions, Sri Lanka College of Psychiatrists 2017.
- Presented the study “Sisu Sitha Noridawa (not hurting feelings of the student): A training of teachers in central Sri Lanka on child mental health problems and its effect on the teachers’ mental health literacy” at the SL College of Psychiatrists annual academic sessions,2017.
- Presented the study “Correlation between Intelligence Quotient and grade five scholarship examination results of students in Kandy District, Sri Lanka. at the SL College of Psychiatrists annual academic sessions, 2018

### **Pending presentations**

- A descriptive study of characteristics and management issues of transsexuals (TXLs) from a tertiary care clinic setting in Sri Lanka. SL College of Psychiatrists annual academic sessions, 2019.
- A qualitative analysis of a group of transsexuals in Sri Lanka. SL College of Psychiatrists annual academic sessions, 2019

- Prevalence of emotional and behavioural problems among children in residential care in Kandy District, Sri Lanka. SL College of Psychiatrists annual academic sessions, 2019

### **Pending research**

A cross sectional analysis of feminization of ageing and its implications in an outpatient sample of women over 60 years. June 2019.

### **Work history**

26.11.2011- 12.06.2014 - Lecturer /Consultant Psychiatrist, Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Peradeniya, SL.

01.08.2010- 25.11.2011- Clinical Registrar, same venue as above.

08.12.2008 – 8.6.2010 – Medical Officer Specialist Scale (MOSS) - Tiaho Mai acute mental health inpatient unit, Middlemore Hospital, Counties Manukau District Health Board (CMDHB)

09.06.2008- 08.12.2008 - Senior Registrar in Psychiatry (Advanced Trainee) -Acute inpatient unit -Intensive Community Team at Middlemore Hospital -Received supervised training in management of treatment resistant acutely ill psychiatric patients. I attended Liaison Psychiatry as the on call Liaison Psychiatry registrar on a roster. Attended the local teaching program (Middlemore Hospital) as well as the regional teaching program at Greenlane Clinical Centre.

01.03.2007 –3.6.2008 Post- Senior Registrar Period functioning in the capacity of an Acting Consultant in Community Mental Health Services, Central Province, SL.

01.09.2006 – 01.03.2007 Senior Registrar in Psychiatry, Professorial Psychiatry Unit of Teaching Hospital Peradeniya and Department of Psychiatry, Faculty of Medicine, Peradeniya, SL. 01.03.2006 – 31.08.2006 Senior Registrar in the Psychiatry, Teaching Hospital Kandy, SL.

01.07.2003-31.12.2005 3 year period of Registrar -Professorial Psychiatry Unit of Teaching Hospital Peradeniya and Department of Psychiatry, Faculty of Medicine, Peradeniya under the supervision of Dr. E.K.Rodrigo (MDPsych, FRCPsych) Consultant Psychiatrist/ Senior Lecturer, Dr. P.U.Ratnayake (MDPsych, MRCPsych) Consultant Psychiatrist/ Senior Lecturer and Dr. D.R.R. Abeyasinghe (MD (Psych), MRCPsych) - Consultant Psychiatrist / Head

01.07.2004- 31.12.2004- 2nd year registrar Mental Hospital, Angoda, SL (only Psychiatric hospital in SL, which caters for an average number of 1800 medium/long stay patients) under Dr. Harishchandra Gambheera (MBBS, MDPsych) - Consultant

Psychiatrist. Gained experience in managing medium and long stay patients with emphasis on rehabilitation.

01.07.2002-30.06.2003 - Clinical Registrar, Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Peradeniya, SL  
15.01.2002 – 30.06.2002 - Temporary Lecturer, same venue as above.  
9.10.2000-9.08.2001 – Medical Officer, Adult Psychiatric Service, Maroondah Hospital, Ringwood East, Victoria, Australia.

Dec 1998 to August 2000- Anaesthetist National Hospital of Sri Lanka (NHSL) Colombo, Under Consultant Anaesthetist: Dr.P.Warusawitharana, MBBS (Cey), FRCA (Eng)

June 1998 – December 1998: Intern Medical Officer in Obstetrics and Gynaecology De Soya Maternity Hospital for Women, Colombo, SL, Under Consultant Obstetrician and Gynaecologist: Dr.M.I.M.Mubarak (FRCOG)  
December 1997 to June 1998 Intern Medical Officer in Paediatrics Lady Ridgeway Children's Hospital, Colombo, Sri Lanka, Under Consultant Paediatrician: Dr.E.A.N.Fonseka, MBBS, DCH, MRCP (U.K.)

June 1997 – December 1997 - Temporary Lecturer -Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Peradeniya, Sri Lanka

## **Hobbies**

Latin American and Ballroom dancing Music- singing and composing lyrics Drama- acting and directing

Writing- creative writing

Cooking

Travelling local and international and meeting people from different cultures,

## **Referees**

Dr. Verity Humberstone

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