

CURRICULUM VITAE

DR. LALINDA MADDUMABANDARA

Lecturer (Probationary)
Department of Biochemistry,
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Personal details

Name with initials	:	H.R.L. Maddumabandara
Name in full	:	Henaka Ralalage Lalinda Maddumabandara
Date of birth	:	03.08.1993
Residential address	:	300, Illukmodara, Gurudeniya
Phone (Residence)	:	081 2404143
Mobile	:	071 1517872
Schools attended	:	Trinity College, Kandy

Academic qualifications

2020	:	MBBS degree - Faculty of Medicine, University of Peradeniya 2 nd Class lower at final MBBS examination 1 st Class at 3 rd MBBS examination with Distinctions in Pharmacology, Pathology and Community Medicine 2 nd Class upper at 2 nd MBBS examination with Distinction in Biochemistry
2025	:	MSc in Human Nutrition - Postgraduate Institute of Medicine, University of Colombo

Registrations

2021	:	Sri Lanka Medical Council (Registration number 41049)
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Professional work experience

Department of Anaesthesiology and Critical Care, Faculty of Medicine, University of Peradeniya

Temporary Lecturer – 10th February 2020 – 16th October 2020.

Ministry of Health

Intern Medical Officer – District General Hospital Matale

Paediatrics – 20th October 2020 - 19th April 2021

General Surgery – 20th April 2021 - 19th October 2021

Relief House Officer – District General Hospital Matale

Endocrinology Unit, Medical clinics, COVID unit and OPD – 20th October 2021 - 27th May 2022

Medical Officer Cardiology – District General Hospital Nuwara Eliya – 30th May 2022 – 27th July 2023

Department of Biochemistry, Faculty of Medicine, University of Peradeniya

Lecturer (Probationary) – 28th July 2023 to date

Research & publications

Journal publications

Prasad MN, Bandara HGWAPL, Munasinghe R, Herath HMK, Perpetchua AS, Maddumabandara HRL. Coronary artery fistulae: cardiac computed tomography as an excellent imaging modality; a review of two cases. *Hill Country Medical Journal*. 2023;5(1):119–122.

Perpetchua AS, Bandara HGWAPL, Prasad MN, Maddumabandara HRL. A case of non-compaction cardiomyopathy: a rare form of cardiac muscle disorder. *Hill Country Medical Journal*. 2023;5(1):123–128.

Maddumabandara HRL, Bandara HGWAPL, Munasinghe R, Kularathne A, Herath HMK, Prasad MN, Perpetchua AS. How does cardiac imaging guide delineation of coronaries with anomalous origin? A case series. *Hill Country Medical Journal*. 2023;5(1):132–143.

Perpetchua AS, Bandara HGWAPL, Prasad MN, Maddumabandara HRL, Dissanayake DMVG, Silva PWALC. Rupture of sinus of Valsalva aneurysm causing acute heart failure: a case report. *Hill Country Medical Journal*. 2024;6(1):74–78.

Dissanayake DMVG, Bandara HGWAPL, Munasinghe R, Prasad MN, Perpetchua AS, Maddumabandara HRL, Silva PWALC. Atrial myxoma presenting with embolic phenomena in a patient with mitral stenosis and atrial fibrillation: a case report. *Hill Country Medical Journal*. 2024;6(1):96–100.

Maddumabandara HRL, Bandara HGWAPL, Prasad MN, Perpetchua AS, Silva PWALC, Dissanayake DMVG, Sandamali K, Rajendran A. Aortic pathologies and the role of non-invasive imaging modalities in diagnosis. *Hill Country Medical Journal*. 2024;6(1):101–114.

Prasad MN, Bandara HGWAPL, Perpetchua AS, Maddumabandara HRL, Silva PWALC, Dissanayake DMVG. Intracardiac thrombi: challenges in resource-limited settings—a case series review. *Hill Country Medical Journal*. 2024;6(1):115–121.

Maddumabandara HRL, Bandara HGWAPL, Lenadora SD. Role of omega-3 fatty acids in the management of dyslipidaemia: a mini-review. *Journal of the Uva Clinical Society*. 2025;19:15–18.

Oral presentations

Maddumabandara HRL, Lenadora SD, Kodikara Arachchi TI, Kottahachchy KIM, Lasheni MADJ, Kumara GMRK, Kumara RGCS, Liyanage LNP, Madanayaka BC, Lakshitha JS, Tshering L, Nanayakkara DKK. Awareness among patients with thyroid diseases of their illness and treatment. *Proceedings of the Undergraduate Research Forum*, Faculty of Medicine, University of Peradeniya; 13 November 2018.

Best Paper Award, Undergraduate Research Forum, Faculty of Medicine, University of Peradeniya (2018).

Poster Presentations

Nanayakkara DKK, Lenadora SD, Kodikara Arachchi TI, Maddumabandara HRL, Kottahachchy KIM, Lasheni MADJ, Kumara GMRK, Kumara RGCS, Liyanage LNP, Madanayaka BC, Lakshitha JS, Tshering L. Awareness and knowledge on medication among patients with thyroid diseases attending a local clinic. *Proceedings of the 40th Annual Academic Sessions of the Kandy Society of Medicine*; 15–17 February 2018.

Nanayakkara DKK, Lenadora SD, Kodikara Arachchi TI, Maddumabandara HRL, Kottahachchy KIM, Lasheni MADJ, Kumara GMRK, Kumara RGCS, Liyanage LNP, Madanayaka BC, Lakshitha JS, Tshering L. Knowledge and awareness regarding clinic attendance and complications

related to disease among thyroid patients. *Proceedings of the Peradeniya University International Research Sessions*; 24 November 2017.

Ratnayake GM, Chandana UDS, Chandrasiri U, Abeysinghe C, Dassanayake W, Maddumabandara HRL, Liyanage PPS, Ruwanpura L, Gunatilake S. A rare presentation of ovotesticular disorders. *Endocrine Abstracts*. Society for Endocrinology BES; 14–16 November 2022; Harrogate, UK. *Endocrine Abstracts*. 2022;86:CC9.

Featured clinical case poster. DOI: 10.1530/endoabs.86.CC9.

Maddumabandara HRL, Bandara HGWAPL, Ranatunga AB. Hidden salt and diet-related behaviors among patients with heart failure: a dietary audit. *Book of Proceedings – Joint Clinical Nutrition Academic Sessions 2025*. “A Panoramic View of Clinical Nutrition”. Sri Lanka Medical Nutrition Association & Sri Lanka College of Nutrition Physicians; 04–05 July 2025.

Training programmes

- Workshop on Basics of Ultrasound Scan (USS) with Hands-on Training – Faculty of Critical Care Medicine, College of Anaesthesiologists and Intensivists of Sri Lanka, in collaboration with the Department of Anaesthesiology & Critical Care; 29 September 2020.
- Basic Intensive Care Training for Resident House Officers – Faculty of Critical Care Medicine (FCCM), College of Anaesthesiologists and Intensivists of Sri Lanka (COAISL), District General Hospital, Matale; 2021.
- Heartful Management: Empowering Health Care Professionals in Heart Failure Care – Heart Failure: Understanding Classification and Investigation Approaches – Sri Lanka College of Cardiology, in collaboration with the Heart Failure Association of India; June 2023.
- Paediatric Stoma Care Workshop – Stoma Care Unit, Lady Ridgeway Hospital for Children, Colombo; October 2024.
- Online Workshop on Dietetics – Sri Lanka Medical Nutrition Association; 19–25 April 2024.
- ESPEN Life-Long Learning (LLL) Programme on Clinical Nutrition and Metabolism – European Society for Clinical Nutrition and Metabolism (ESPEN); 13–15 February 2024; Colombo, Sri Lanka.

Topics covered:

- Nutritional assessment and techniques
- Oral and enteral nutrition in adults

- Parenteral nutrition
 - Nutrition in obesity
 - Nutritional support in diabetes and dyslipidaemia
 - Nutritional support in paediatric patients
- Online Course on Caring for Infants and Children with Acute Malnutrition – International Malnutrition Task Force, University of Southampton, Southampton General Hospital; 8 May 2024.
 - ESPEN Life-Long Learning (LLL) Programme on Clinical Nutrition and Metabolism – European Society for Clinical Nutrition and Metabolism (ESPEN); 23–25 February 2025;
Topics covered:
 - Nutritional support in liver and pancreatic diseases
 - Nutritional support in the perioperative period
 - Nutritional support in cancer
 - Nutritional support in intensive care unit (ICU) patients
 - Nutritional support in renal disease
 - Nutritional support in metabolic syndrome

Academic and Professional Contributions

- Contributed as a resource person at the workshop on *Advanced Cardiopulmonary Resuscitation*, organized by the Matale Clinical Society in collaboration with the Department of Anaesthesia and Critical Care, Faculty of Medicine, University of Peradeniya; 19 August 2020; MCS Auditorium, District General Hospital, Matale.
- Participated as a resource person in a discussion with case studies on *Pregnancy and Heart Disease*, organized by the Hill Country Clinical Society; 26 April 2023; District General Hospital, Nuwara Eliya.
- Contributed as a resource person in the development of National Guidelines on Enteral Nutrition, Parenteral Nutrition, and Obesity Management; 2025.
- Contributed as a resource person to the Diploma in Human Movement Science and Injury Prevention in Sports; Faculty of Allied Health Sciences, University of Peradeniya; 2024–2025.

Continuous Professional Development

- Attended Regional Scientific Sessions – Sri Lanka College of Paediatricians; 03 May 2017; Royal Kandyan Hotel, Kandy.
- Attended Inaugural Annual Academic Sessions – Sri Lankan Society of Internal Medicine; 30 October–02 November 2017; Hotel Grand Kandyan, Kandy.
- Attended 40th Annual Academic Sessions – Kandy Society of Medicine; 15–17 February 2018.
- Attended 14th International Medical Congress – Peradeniya Medical School Alumni Association (PeMSAA); 13–14 December 2018; Plant Genetic Resources Centre, Gannoruwa.
- Attended 42nd Annual Academic Sessions – Kandy Society of Medicine; 06–07 February 2020; Hotel Grand Kandyan, Kandy.
- Participated in Annual Academic Sessions – Sri Lanka College of Cardiology; 13–15 November 2022.
- Participated in Pre-Congress Workshop for Doctors: “Approach to Common Clinical Emergencies” – Hill Country Clinical Society, District General Hospital Nuwara Eliya, in collaboration with Peradeniya Medical School Alumni Association (PeMSAA); 18 January 2023; District General Hospital, Nuwara Eliya.
- Participated in Back-to-Basics 2023: Cardiac Imaging – Sri Lanka College of Cardiology & Cardiology Unit, National Hospital Kandy; 25–26 March 2023; Hotel Grand Kandyan, Kandy.
- Attended CME Lecture Series – Hill Country Clinical Society, District General Hospital, Nuwara Eliya; June 2022 – July 2023.
- Participated in Workshop on MCQ Item Analysis – Monitoring and Evaluation Committee, Faculty of Medicine, University of Peradeniya; 24 October 2023.
- Participated in Workshop on Research Grant Proposal Writing – University Research Council; 30 October 2023.
- Participated in Symposium on “Feeding, Nutrition and Growth in Children and Adolescents” – Sri Lanka College of Paediatricians in collaboration with UNICEF; 29 March 2024.
- Participated (online) in CME on Trending Diets – Anuradhapura Clinical Society in collaboration with the Department of Anaesthesia, Critical Care and Pain Medicine, Teaching Hospital Anuradhapura; 04 April 2024.
- Participated in Joint Clinical Nutrition Academic Sessions 2024 – Sri Lanka Medical Nutrition Association & Sri Lanka College of Nutrition Physicians; theme: *Cutting Edge Approaches in Clinical Nutrition*; 29 June 2024.
- Participated in Pre-Congress Workshop and Joint Clinical Nutrition Academic Sessions 2025 – Sri Lanka Medical Nutrition Association & Sri Lanka College of Nutrition Physicians; theme: *A Panoramic View of Clinical Nutrition*; 04–05 July 2025.

Language proficiency

- Sinhala : Native proficiency
- English : Full professional proficiency
- Tamil : Limited working proficiency

Memberships

Trinity College Kandy Old Boys' Association – Life Member (since 2013)
Peradeniya Medical School Alumni Association (PeMSAA) – Life Member (since 2020)
Trinity Doctors' Association – Member
Sri Lanka Medical Nutrition Association (SLMNA) – Life Member (since 2024)
Sri Lanka Medical Association (SLMA) – Life Member (since 2024)

Other positions held

- Editor, Sri Lanka Medical Nutrition Association; December 2024 – December 2025.

Research interests

Molecular and metabolic basis of human nutrition
Cardiovascular nutrition
Biochemical effects of bioactive nutrients and dietary supplementation
Biochemistry of exercise metabolism and hydration