

Dr. Dilini Vasana Kumari Kiridana
MBBS. (SL),MD PAED (COL),MRCPCH (UK),DCH (COL)

Personal data

Surname : Kiridana

Other names : Maduwila Gamarachchige Dilini Vasana Kumari

Date of Birth : 17th of September 1970

Gender : Female

Nationality : Sri Lankan

Marital status : Married

Official Address : Department of Paediatrics, Faculty of Medicine,
University of Peradeniya, Sri Lanka

Telephone numbers : 0094 081 2396410

E- mail : vkiridana@yahoo.co.uk

Registration : No.14648 (Sri Lanka Medical Council)

Present Post : Consultant Paediatrician/ Senior Lecturer
Faculty of Medicine
University of Peradeniya
Peradeniya
Sri Lanka

Primary Education

Sri Sangamitta Girls` School, Matale,
Sri Lanka
School prefect: 1983-1986
Member of school Western Band

Secondary education

Science College, Matale, Sri Lanka
School Prefect: 1987-1989

Undergraduate Education:

Faculty of Medicine, University of Peradeniya,
Sri Lanka: 1992-1997

2nd MBBS (pass with second class honours)

3rd MBBS Part I (pass with second class honours)

3rd MBBS part II (pass with second class honours)

Final MBBS (pass with second class honours)

Awards and Academic Distinctions:

Distinction in Microbiology

Distinction in Parasitology

Prof V. Sivalingam memorial prize for Parasitology

Dr. A. C. Fernando memorial prize for Surgery

Postgraduate qualifications

MD (Paediatrics): Doctorate in Medicine
Postgraduate Institute of Medicine
University of Colombo, Sri Lanka
March 2005

MRCPCH (United Kingdom) March 2008
Member of Royal College of Paediatrics and Child Health

DCH (Diploma in Child Health), University Of Colombo, Sri Lanka
December 2003

Board certification as a Consultant in Paediatrics: March,2007

SCOPE certification by World Obesity Federation: April/2020

Researches and publications

01. **Kiridana M.G.D.V.K**, Karunaratne R.R, Vidanapathirana G, Soysa WRS, Kalupahana N.S. Impact of COVID-19 pandemic on the response to treatment of obese children on a clinic-based lifestyle management programme. 43rd Annual Academic Sessions of Sri-Lanka College of Paediatricians, January, 2021.
02. **Kiridana M.G.D.V.K**, Senadheera G.D.C.M, Effects of feeding practices on the prevalence of infections in infants attending the well-baby clinics of two tertiary care hospitals. 43rd Annual Academic Sessions of Sri-Lanka College of Paediatricians, January, 2021.

03. **Kiridana M.G.D.V.K**, Weerasinghe W.M.C.L, Wanasinghe W.A.K, Hettiarachchi H.C.M. pleuropulmonary Blastoma presenting as a massive pneumothorax- an unusual presentation; a case report. 43rd Annual Academic Sessions of Sri-Lanka College of Paediatricians, January, 2021.
04. **Kiridana M.G.D.V.K** Management of childhood obesity. Opinion article, Hanthana Vision Research Magazine volume 5 issue 2
05. **Kiridana M.G.D.V.K**, Karunaratne R.R, Munasinghe T.S, Karunadasa U.I, Ranasinghe O.R.J.C, Jayathilake A.D.G, Abeygoonaratne L.S.P, Abeysekara C.K, Prevalence of Obesity, Overweight & Metabolic syndrome among children of 10-15 year age group in Kandy municipality area. 42nd Annual Academic Sessions of Kandy Society of Medicine, February, 2020.
06. **V.Kiridana**, C K Abesekara, S Kalupahana, „Prevalence of childhood metabolic syndrome, general characteristics, risk factors and comorbidities among children who attend the obesity clinic at teaching hospital Peradeniya. Archives of disease in childhood, 2019;104
07. **Chief Editor: “What to do in Paediatrics?”**
08. **Kiridana M.G.D.V.K**, Dayawansa K.R, Wickremasinghe N, The Burden of Retinopathy of Prematurity among the newborns at the Teaching Hospital, Peradeniya. Sri Lanka Journal of Child Health, 2009;38:
09. **Kiridana M.G.D.V.K**, BCG Vaccination scars of internally displaced children in the north of Sri Lanka. Sri Lanka journal of child health, 2010;39:
10. **Kiridana M.G.D.V.K**, Treatment of children with Typhoid fever: a comparative trial of Cotrimoxazole and Ampicillin in General Hospital Vavuniya. 5th Asian Congress on Paediatric Infectious Diseases, Taipei, 2010
11. **Kiridana M.G.D.V.K**, BCG Vaccination status of internally displaced children in the north of Sri Lanka. 5th Asian Congress on Paediatric Infectious Diseases, Taipei, 2010
12. **Kiridana M.G.D.V.K**, Abeygunawardena, A Case of Malignant Hypertension; Nephrology Symposium, 2nd scientific congress of the paediatric association of SAARC countries, September 2003.
13. **Kiridana M.G.D.V.K**, Jayatunga R, Monitoring of Thalassaemia patients at Sandwell General Hospital, Annual Academic Sessions of Sri Lankan Doctors Association in the United Kingdom, May 2007
14. **Kiridana M.G.D.V.K**, Dayawansa K.R, Wickremasinghe N, The Burden of Retinopathy of Prematurity among the newborns at the Teaching Hospital, Peradeniya; 26th annual academic sessions of Kandy medical society of medicine, February 2004.
15. **Kiridana M.G.D.V.K**, Dayawansa K.R, Wickremasinghe N, The Burden of Retinopathy of Prematurity among the newborns at the Teaching Hospital, Peradeniya; 8th annual scientific congress of the Sri Lanka College of paediatricians, August, 2004
16. **Kiridana M.G.D.V.K**, Management of acute severe malnutrition in Vavuniya district, Pre congress workshop on child nutrition, Annual Academic Sessions of the Sri Lanka College of Paediatricians, June 2009
17. Audit on The Management of Neonates with prolonged rupture of membranes in the Neonatal unit of Sandwell and West Birmingham NHS Trust, United Kingdom, November 2006
18. Audit on The Long Term Management of Thalassaemic Patients in the Paediatric Unit of Sandwell and West Birmingham NHS Trust, United Kingdom, April, 2007

19. Audit on The Cranial Ultrasound Scan Guidelines of Neonates in the Neonatal Unit of Queen Elizabeth Hospital NHS Trust, May 2008
20. **Kiridana M.G.D.V.K**, Estimation of body mass index and body fat from anthropometric data; Undergraduate Research Project Presentations, September, 1993
21. Carried out a family study as an undergraduate student in the department of community medicine.
22. Carried out a family study as an undergraduate student in the department of paediatrics.

Current research:

Childhood obesity and metabolic syndrome

Work Experience-

I have seventeen years of experience in clinical medicine of which almost fifteen years in general paediatrics and neonatology. My career as a Consultant Paediatrician consists of nearly 8 years at tertiary centres including Teaching hospitals Anuradhapura, Peradeniya, Kandy and Sirimavo Bandaranayake Specialized Childrens Hospital. I have managed a diversity of Paediatric medical emergencies as well as complex clinical scenarios and patients in intensive care.

I have a life time experience in handling massive numbers of paediatric casualties during the height of the war in North and East when I served as the Consultant Paediatrician at General Hospital, Vavuniya. I gained experience in managing outbreaks of Pneumococcal Pneumonia, Typhoid fever and other infections. Near drowning, severe sepsis and snake bites were some other common scenarios. I had the great opportunity of establishing a special unit for the management of infants & children with Acute Severe Malnutrition at GH Vavuniya in collaboration with World Health Organization for the war victims with severe acute malnutrition.

Previous Work stations

Consultant Paediatrician
Base Hospital
Theldeniya

Consultant Paediatrician
Sirimavo Bandaranayake Specialized Childrens' Hospital,
Peradeniya

Consultant Paediatrician
Teaching Hospital
Anuradhapura

Speciality Doctor in PAediatrics
Queen Elizabeth Hospital
Kings Lynn
Norfolk, United Kingdom

Consultant Paediatrician
Sirimavo Bandaranayake Specialized Childrens' Hospital,
Peradeniya

Consultant Paediatrician
General Hospital,
Vavuniya

Medical Officer in Cardiology, General Hospital (Teaching) Kandy.

Senior House Officer
Professorial Paediatric Unit, Teaching Hospital, Peradeniya

Pre registration House Officer in Surgery & paediatrics

Professorial Unit, Teaching Hospital,
Peradeniya

Consultant-Prof A.P.R Aluwihare MS, FRCS(Lon)
Prof. C.K. Abeysekera MD, MRCP(UK),DCH(UK)

Post graduate training

Registrar Period: 3 years (January 2002 - January 2005)

At Lady Ridgeway Hospital for children, Colombo
Professorial Paediatric Unit, Teaching Hospital
Peradeniya

Consultants- Dr.E.A.N. Fonseka MD, MRCP(UK)
Dr. C.K. Abeysekera MD. MRCP(UK), DCH(UK)
Dr. P.S. de Silva MD. MRCP(UK), DCH(UK)

Registrar in Neonatology

Professorial Neonatology Unit Teaching Hospital Peradeniya.
Neonatal Intensive Care Unit, Sri Jayewardenepura General Hospital

Consultants- Dr. N. Wickremasinghe MD. MRCP(UK)
Dr. M. Weerasekera Consultant neonatologist MD. MRCP(UK)

Short Appointments-

Paediatric Rheumatology, Paediatric Surgery, Paediatric Dermatology, Pediatric
Cardiology, Paediatric Psychiatry, Paediatric Radiology, Paediatric Oncology,
Neurophysiology

Senior Registrar in Paediatrics:

Professorial Paediatric Unit, Teaching Hospital Peradeniya

Overseas training:

Specialist Registrar in Paediatrics & Neonatology
Queen Elizabeth Hospital
Kings Lynn
Norfolk
United Kingdom

Clinical Fellow in paediatrics & Neonatology
Sandwell & West Birmingham Hospitals NHS trust
Birmingham
United Kingdom

Contribution towards teaching**1. Undergraduate teaching**

- a. Present experience: teaching final year, 3rd and 4th year medical students. Final year students in the faculty of allied health sciences. Supervising undergraduate research of medical and AHS students.
- b. Undergraduate teaching: throughout my postgraduate training period and as a Consultant in Paediatrics, I have been actively involved in teaching medical students. Having worked at Teaching hospitals for nearly eight years, namely Anuradhapura, Kandy, Peradeniya and Sirimavo Bandaranayake Specialized Childrens Hospital, I had the opportunity of teaching several groups of medical students in 3rd, 4th and final years.
- c. As an Examiner: I have been a Clinical Examiner at Final MBBS examinations at Faculties of Medicine Peradeniya and Rajarata over the past seven years.
- d. Visiting Lecturer in Paediatrics , Faculty of Medicine, Rajarata University of Sri- Lanka.
- e. Held the post of temporary lecturer at the department of Physiology, Faculty of Medicine, University of Peradeniya, for nearly one year period. I have conducted lectures, tutorials and practical demonstrations and have participated in conducting undergraduate examinations.
- f. Participated in the Teaching Programme for final year medical students of Addanbrooke University, Cambridge University and 3rd year medical students of Norwich University, United Kingdom

2. Postgraduate teaching:

- a. Present contribution: mentoring Paediatric postgraduate trainees, conducting daily teaching and grand ward rounds for all the trainees in Kandy group of hospitals. Supervising their research.
- b. I have contributed towards teaching Paediatric postgraduate trainees throughout my career.
- c. Contributed as a Tutor in the MCQ courses conducted by the Kandy Society of Medicine and the Department of Paediatrics, Faculty of Medicine, University of Peradeniya.

3. Examiner of the Postgraduate Institute of Medicine, Colombo

4. Mentor of postgraduate trainees in Paediatrics
5. National Instructor in (APLS) Advanced Paediatric Life Support group of Sri-Lanka College of Paediatricians.
6. National Instructor in (NLS) Neonatal Life Support group of Sri-Lanka College of Paediatricians. I have regularly instructed in the above two courses held in different parts of the country. The participants of these courses range from intern House Officers to post graduate trainees and Consultants.
7. National Trainer in Essential Newborn Care: the target groups are Midwives, Nurses and Medical Officers.
8. Contributed as an exam manager to the Post Graduate Institute of Medicine.

Guest Lectures and workshops:

- a. 42nd Annual Academic Sessions of the Kandy Society of Medicine, 2020
- b. 14th International Medical Congress of the Peradeniya Medical School Alumni Association(PeMSAA), 2018
- c. Matale Clinical Society, 2019
- d. Paediatric Nutrition workshop for District Medical Officers, Matale, 2019
- e. "What to do in Paediatrics" Seminar for Medical Officers, 2019
- f. Resource person of the Public Health Seminar conducted by Kandy Society of Medicine, July, 2019
- g. 34th Annual Academic Sessions of the Kandy Society of Medicine, 2012
- h. Foundation Sessions of the Kandy Society of Medicine, 2016
- i. Several invited lectures at CME programme, organized by the Kandy Society of Medicine at TH Kandy.
- j. Annual Academic Sessions of Sri-Lanka College of Paediatricians, 2009

Positions of responsibility-

- Secretary of the Peradeniya Medical School Alumni Association(PeMSAA), 2019/20
- Faculty Representative of the Sexual and Gender Based Harassment and Violence (SGBHSV) committee of University of Peradeniya, 2019-2022
- Member of the Ethical Review Committee of the Faculty of Medicine, University of Peradeniya
- Department representative of the Faculty Quality Assurance Committee
- Joint Secretary of the Kandy Society of Medicine, 2015-2016: Kandy Society of Medicine is the second largest medical association of Sri-Lanka. As the Secretary, I have organized and coordinated numerous academic fora such as: workshops on Cardiology, Thyroid Disorders, Child abuse & Neglect, Urological Disorders, Laparoscopy and ERCP; Regional Meeting with Ceylon College of Physicians, Live web streaming of symposia of Royal College of Physicians, Edinburgh. I also undertook the responsibility of organizing the most prestigious academic events of the KSM, Foundation sessions and the Annual academic sessions.
- Member of the Academic committee of the KSM, 2016-2017
- Committee member of the Medical Faculty Research Committee
- Social Secretary of the Kandy Society of Medicine, 2014-2015
- Council member of the Kandy Society of Medicine, 2015-2017
- Hony. Treasurer of the Kandy Consultants Association, 2015- 2017

- Held the post of chairman of the post graduate library at the teaching hospital, Peradeniya from July/2002 to Dec/ 2003.
- Trained as an English Teacher in the District English Language Development Centre.

Contribution to books and book chapters

- Chapter on “ Headaches in children” in the book “What to do in Paediatrics?” published by the Kandy Society of Medicine
- Chapter on “Recognition of a critically ill child and pathways leading to cardiac arrest” in the book “What to do in Paediatrics?” published by the Kandy Society of Medicine
- Chief editor of the book in the book “What to do in Paediatrics?” published by the Kandy Society of Medicine
- Contribution to the manual of “Central Province Paediatrics Emergencies and Life support course”
- Chapter on Childhood obesity Public health Education. Published by Kandy Society of Medicine, July, 2019

Extracurricular activities

1. Contribution towards public education:

-Publications in leading national newspapers with regard to parent education on common paediatric problems.

- * When Diabetes strikes children: Sinhalese & English
- * Disorders of Thyroid gland in children
- * Febrile fits
- * Constipation in children
- * Mental Retardation
- * A different battle to save little lives
- * Food becomes medicine to internally displaced children
- * Childhood obesity and overweight

- Conducted lectures and delivered speeches on Childhood nutrition and child abuse to various categories of students at Mahamaya Primary School and Girls High School, Kandy

2. Painting - won awards in national art competitions
- done the paintings in the play area of the Lady Ridgeway Children’s Hospital
3. Qualified in the pianoforte examinations held by the association of teachers of the western music and speech, Sri Lanka
4. Distinction in English for Communication held by the Department of Examinations, Sri Lanka on behalf of the University of Warwick, Coventry, United Kingdom

5. Designed the diagnosis card for the neonatal Intensive Care unit, Teaching Hospital, Peradeniya

6. Organization of social activities

As the Social Secretary of the Kandy Society of Medicine, 2014-2015, I have organized many social activities like traditional New year festival, Law-Medical Cricket encounter & Dinner, Annual trip, Family concert, workshops on Photography, landscaping and cookery etc.

7. IT skills

Continuous professional development:

I have actively participated in many national & International workshops and academic fora in order to update my knowledge and clinical skills.

- Advanced Paediatric Life Support course, United Kingdom, December 2007
- Neonatal Life Support Provider course, United Kingdom, November 2006
- workshop on advanced paediatric life support, Sri Lanka, Aug/ 2004
- Workshop on Paediatric emergencies, United Kingdom, September,2006
- Seminar on Paediatric Cardiology, United Kingdom, May,2007
- 6th Annual Academic Sessions of Sri Lankan Doctors Association in the UK, United Kingdom,July 2007
- 35th Annual Academic sessions of The British Society of Paediatric Endocrinology and Diabetes, United Kingdom, September, 2007
- 2nd scientific congress of the paediatric association of SAARC countries, September 2003
- 8th annual scientific congress of the Sri Lanka College of paediatricians, August, 2004
- Work shop on the management of paediatric epilepsies, October, 2009
- Participated as a resource person in the work shop on paediatric emergencies held at Teaching Hospital, Anuradhapura for the medical staff of North central and Northern provinces, June 2009
- Participated as a resource person in the Neonatal Life support course held at the Training Centre at RDHS office, Kandy, November, 2009
- Participated as a resource person in the work shop on paediatric and neonatal emergencies held at the faculty of medicine, University of peradeniya, October, 2009
- Participated as resource person in the MD Part 1 MCQ course held at the faculty of medicine, University of peradeniya, February, 2010

Carrier intensions-

- To continue the career as a General Paediatrician with special interest in childhood obesity and metabolic syndrome
- To contribute to clinical paediatric teaching at undergraduate and postgraduate level
- To engage in research in the field of childhood obesity and metabolic syndrome