

CURRICULUM VITAE
of
Deepika Indumathie Nanayakkara (nee. Peiris)

(MBBS, MPhil, PhD)

CONTACT DETAILS:

Home : No 25/7,
Keerthi Sri Rajasinghe Mw,
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Department of Physiology
Faculty of Medicine,
University of Peradeniya
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DESIGNATION:

Senior lecturer (Grade I)
Department of Physiology, Faculty of Medicine, University of Peradeniya,

PERSONAL PROFILE:

A Grade I - Senior lecturer in the Department of Physiology, Faculty of Medicine, University of Peradeniya **since 27.02.2013.**

Have been serving the university as an academic since 1998, **having twenty two years of experience.**

EDUCATION:

1. PhD: 2011 (University of Western Australia, Perth, Australia).
2. Promoted as Senior Lecturer, Department of Physiology, University of Peradeniya, Sri Lanka on 01.01.2003.
3. MPhil: 2002 (University of Peradeniya, Sri Lanka).
4. Appointed as Probationary Lecturer, Department of Physiology, University of Peradeniya, Sri Lanka on 01.01.1998.
5. MBBS: 1996 (University of Peradeniya, Sri Lanka).

AWARDS:

- Endeavour Postgraduate Award for studying towards a PhD degree 2007 – Australian Government
- Australian Leadership Award for studying towards a PhD degree 2007 – Australian government
- University Scholarship for the best overall performance at the Second MBBS Exam 1991
- Dr. C.E.S. Weeratunga Gold Medal for the best performance at the Second MBBS Exam 1991
- The Chalmers Gold Medal for Anatomy 1991
- Emily Wickramanayake Scholarship for Biochemistry 1991

PROFESSIONAL MEMBERSHIPS:

1. Sri Lanka Medical Association – Life Member since 1997
2. Kandy Society of Medicine – Life Member since 1996
Member of executive committee for years
2011, 2012, 2013, 2014, 2015
Social secretary in the year 2012
3. Physiological Society of Sri Lanka – Life Member since 1996
Secretary of the society – 2005
Editor of the society - 2016
Member of executive committee for 2005, 2006, 2011, 2012, 2013,
2016, 2017
President of the society in 2019
4. Sri Lanka Association for the Study of Pain – Life member since 2010
5. International Association for the Study of Pain – Life member since 2012

SKILLS:

Includes computational skills, administrative skills, team-working skills, time-management and communication skills

CURRENT RESEARCH:

- At present engaged in research related to autonomic function testing and heart rate variability testing
- Training in the field of Autonomic function testing was obtained from the All India Institute of Medical Sciences, New Delhi, India and the school of the European Federation of Autonomic Societies in Vienna, Austria
- **I have developed an Autonomic Function Testing Laboratory** in the Department of Physiology, Faculty of Medicine, University of Peradeniya
- Other areas of research interest include Renal physiology in relation to CKDu, Temperature related research, Exercise physiology and Male subfertility in relation to Reproductive Physiology

TEACHING:

- Teaching/demonstrating experience for both undergraduate and postgraduate students
- Training, mentoring, facilitating undergraduates and postgraduates
- Conducting tutorials/small group discussions for undergraduates and postgraduates
- Supervision of students –
I have supervised 2 Students who successfully completed MPhil degrees
At present, I am supervising 3 other postgraduate students in their MPhil degrees
(the programs involve supervision of a research project which ends in a publication of a thesis)
- Teaching material -
I have prepared power point lectures for all the undergraduate and postgraduate teaching
I have also produced videos and practical hand-outs as teaching aids for undergraduate practical teaching
- I have been a module co-ordinator for many teaching modules in physiology for undergraduates
- I have been the Chairperson of the Students Affairs Committee of the faculty for 3 years (2015, 2016, 2017) and an academic mentor since I joined the faculty in 1998. I have also worked as a Senior Student Counsellor for 3 years.
- Evaluation of students-

Involved in examination of undergraduates and postgraduates in theory, practical and viva voce examinations

ADMINISTRATION:

- Head of Department of Physiology, Faculty of Medicine, University of Peradeniya
From 01.01.2014 to 18.05.2015
From 12.09.2015 to 03.03.2016
- Chairperson of Students affairs committee from Jan 2015 to May 2017.
- Been involved in planning and organizing Conferences/Research sessions of iPurse (University of Peradeniya), Kandy Society of Medicine, Physiological Society of Sri Lanka and PeMSAA (the medical faculty alumni association)
- Involved in organizing prospective entrants to the Faculty of Medicine, Peradeniya in the years 2016, 2017.
- Excellent verbal and written skills in English and Sinhala languages

PUBLICATIONS and PRESENTATIONS:

Thesis

1. University of Western Australia, Australia - PhD (2011)

Thesis title: The physiological mechanisms of scrotal temperature regulation and the effects of its dysregulation on endocrine function of the testes

2. University of Peradeniya (Sri Lanka) - M.Phil (2002)

Thesis title: Validation of the Rose Questionnaire and the Resting ECG against Exercise ECG for Screening of Coronary Heart Disease

Publications and Abstracts

Journal articles:

1. Saman Nanayakkara, Piumi Nakandala, Upuli Nakandala, **Indumathie Nanayakkara**
A Review on COVID-19: A Global and Sri Lanka Perspective. *American Journal of Research & Development*. Volume 2, Issue 8 (August- 2020), PP 63-70
2. N.D.P.U. Nakandala, **S.D.I. Nanayakkara**, S.I. Wadugodapitiya, I.B. Gawarammana
Efficacy of physiotherapeutic interventions in the treatment of adhesive capsulitis – A systematic review. *The Journal of Back and Musculoskeletal Rehabilitation*. 2020.
Article accepted and in press
3. **S.D.I. Nanayakkara**, R.K. Dissanayake, P.S.K. Nanayakkara
The presence of dehydration in paddy farmers in an area with chronic kidney disease of unknown aetiology (CKDu). *Nephrology* 2019.
DOI: [10.1111/nep.13605](https://doi.org/10.1111/nep.13605)
4. T.D.P. Nandadeva, A.M.S.D.M. Dissanayake, A.A.J. Rajaratne, **S.D.I. Nanayakkara**
(2019) Effect of iron supplementation during high altitude training on haemoglobin and iron status of Sri Lankan Middle- and Long-distance athletes. *Sri Lanka Journal of Medicine* 2019, 7(1), 29-40.
DOI: [10.4038/sljm.v28i1.114](https://doi.org/10.4038/sljm.v28i1.114)
5. S. Mayooraan, **S.D.I. Nanayakkara**, A.A.J. Rajaratne, H.M.S.R.B. Kotakadeniya
Prevalence and Associated Factors of Injuries Related to Running: A Study among Runners in Sri Lanka. *American Journal of Sports Science and Medicine*, 2019, 7(2), 28-33.
DOI: [10.12691/ajssm-7-2-1](https://doi.org/10.12691/ajssm-7-2-1)
6. **S.D.I. Nanayakkara**, S. Mendis, V.S. Weerasinghe & C. Samarakoon,
Validation of the Sinhala version of the Rose Questionnaire against the Exercise Electrocardiogram in a group of patients with chest pain, *Sri Lanka Journal of Medicine*, 2002; 11(1): 8-17.

Abstracts:

1. W.M.K. Perera, **S.D.I. Nanayakkara**, A.S. Ariyasinghe, S.A.T.K. Subasinghe, A.P. Kariyawasam
Comparison of heart rate variability (HRV) between professional hockey players and untrained healthy controls

2. W.M.K. Perera, A.S. Ariyasinghe, **S.D.I. Nanayakkara**, A.P. Kariyawasam
Association of muscle strength with flexibility in school rugby players in Sri Lanka: A preliminary study
Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka, 2019. p 30.
3. T.D.P. Nandadeva, **S.D.I. Nanayakkara**, D.M. Dissanayake, U.P.G.N.D. Karunaratne, M.K.W. Perera, L.S.P. Abeygoonaratne, M.H. Dharmawardane
Red Cell Profile and Iron Status of Sri Lankan ARMY Endurance Athletes
Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka, 2018. p 38.
4. S. Nanayakkara, S. Rathnayake, R. Pallegama, Y. Athukorala, P. Wijekoon, **I. Nanayakkara**, K. Kapugama
A study to assess post-operative pain relief using FLACC scale among infants and toddlers undergoing Cheiloplasty and Palatoplasty in a low resource setting. 17th world congress on PAIN. Presented at the 17th World Congress in Pain (E publication available online), 2018
5. **S.D.I. Nanayakkara**, R.K. Dissanayake
Hydration status in farmers living in a community with high prevalence of Chronic Kidney Disease of unknown aetiology (CKDu)
Proceeding of the Peradeniya University international Research Sessions, Sri Lanka, 2017; Vol 21, p 178.
6. W. S. P. Y. U. S. Yapa, L. D. Wijerathne, H. M. S. Wijerathne, J. M. Wijerathne, W. E. W. M. G. W. D. N. Wijerathne, D. P. D. N. P. Wijesooriya, W. S. P. Wimalarathne, M. H. Yathramulla, Z. M. F. Z. Zeinab, M. G. R. G. Muruththettuwa, N. T. Weerasinghe*, B. L. Goonapienuwala, **S. D. I. Nanayakkara**
Body image dissatisfaction among a group of medical undergraduates in Sri Lanka.
Proceeding of the Peradeniya University international Research Sessions, Sri Lanka, 2017; Vol 21, p 187.
7. T.D.P. Nandadeva, **S.D.I. Nanayakkara**, A.M.S.D.M. Dissanayake
A study of blood lactate measurements and VO₂max among male and female long distance athletes. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka*, 2017. p 43
8. N. L. Dinaratne, A. Rajaratnam, W.A.I. Pushpamali, C.K.M. Rajapaksha, E.P.G.K.G. Hemachandra, T.D.P. Nandadeva, A.Kariyawasam, **S.D.I.Nanayakkara**
Cardiovascular autonomic functions: A comparison between trained athletes and sedentary controls
Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka, 2017. p 44.

9. W. E. W. M. G. W. D. N. Wijerathne, W. S. P. Y. U. S. Yapa, L. D. Wijerathne, H. M. S. Wijerathne, J. M. Wijerathne, D. P. D. N. P. Wijesooriya, W. S. P. Wimalarathne, M. H. Yathramulla, Z. M. F. Z. Zeinab, N. T. Weerasinghe, **S. D. I. Nanayakkara**
Level of physical activity and anthropometric measurements among university undergraduates
Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka, 2017. p 53.
10. Nandadeva TDP, Dissanayake AMSDM, **Nanayakkara S.D.I.**, Silva WAIC, Rajaratne AAJ
Effect of micronutrient supplementation during altitude training on haematological and performance parameters of endurance athletes (2016)
Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol. 20, p 172.
11. Mudiyanse RM, Edussuriya D, Jayawardhana R, Liyanapathirana V, **Nanayakkara S.D.I.**
Developing a tool for evaluation of student's engagement in learning activities (2016)
Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol.20, p 40.
12. Mudiyanse RM, Edussuriya D, Liyanapathirana V, **Nanayakkara S.D.I.**, Jayawardana R
Effect of student-engagement on acquisition of knowledge from an interactive lecture (2016)
Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol.20, p 41.
13. S. Mayooraan, **S.D.I. Nanayakkara**, H.M.S.R.B. Kotakadeniya, A.A.J. Rajaratne (2016)
Prevalence of musculoskeletal injuries related to running and predisposing factors leading to injuries: A study among short distance runners in Sri Lanka
Proceedings of the 38th Annual academic sessions of Kandy Society of Medicine. p 49.
14. H.M.A.H. Abayasinghe, A.M.W.B.M.T.M. Ekneligoda, Y.M. Gunasekara, H.M.D.R.B. Hindagoda, H.D.H. Nambige, B.A.M. Premadasa, C.G. Senevirathne, K.A.D. Thilaksha, **S.D.I. Nanayakkara**, P.S.K. Nanayakkara
Optimum cuff inflation volumes of endotracheal tube for different tube sizes in srilankan adults (2015)
Proceedings of the Peradeniya University International Research Sessions, Sri Lanka, Vol.19, p 203.
15. B.M.C.R. Wimalasiri, A.M.S.D.M. Dissanayake, **S.D.I. Nanayakkara**, K.B. Jayasekera, P.W.K.K. Amunugama, R.M.I.U. Ratnayake, D.M.T.S. Dissanayake (2013)
Provision of Natural spring water and renal tubular functions of farmers in Padaviya area. *Proceedings of the 35th Annual academic sessions of Kandy Society of Medicine*. p 67.

16. B.M.C.R. Wimalasiri, A.M.S.D.M. Dissanayake, **S.D.I. Nanayakkara**, K.B. Jayasekera, P.W.K.K. Amunugama, R.M.I.U. Ratnayake, D.M.T.S. Dissanayake (2013)
Assessment of hydration status and renal function of farmers in the North Central Province.
Proceedings of the 35th Annual academic sessions of Kandy Society of Medicine. p 65.
17. B.M.C.R. Wimalasiri, **S.D.I. Nanayakkara**, A.M.S.D. Dissanayake, K.B. Jayasekera, R.M.I.U. Ratnayake (2012)
The effect of dehydration on renal tubular function in farmers from an area with high prevalence of chronic renal disease.
Proceedings of the 3rd Conference of the South Asian Association of Physiologists. p 86.
18. Mohamed RS, Bandaranayake CA, Karunarathna PMNK, Fazla MYF, Navarathna KCKK, Premarathne UDMP, Rathnayake DWS, Sasanka PLL, Thudugala TMSA and **Nanayakkara S.D.I.** (2011)
Glomerular filtration rate in post renal transplant patients at the teaching hospital Kandy. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka* p 15.
19. **S.D.I. Nanayakkara**, A.M. Insiraj, N.S. Jayakody, H.D.C. Jayamalie, J.M.S.M. Jayapathma, J.M.S.W. Jayasundara, V.K.B. Jayanetti, J.M.M.S. Jayasinghe, M.D.G.V. Jayasinghe, G.A.M.C.K. Jayathilake (2009)
Comparison between visual and auditory short-term memory in a selected sample of university medical students.
Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka. p 19
20. **Nanayakkara S.D.I.**, Bakker AJ, Maloney SK (2009).
Contractile physiology of isolated tunica dartos muscle in response to electrical thermal and pharmacological stimulation.
Proceeding of the 3rd International Symposium on Physiology and Pharmacology of Temperature Regulation. p 130.
21. **Nanayakkara S.D.I.**, Maloney SK, Bakker AJ (2008).
The response of isolated tunica dartos muscle acute and prolonged cold stimulation and noradrenaline.
Proceedings of the Australian Physiological Society. 39: p 98.
22. **Nanayakkara S.D.I.**, Maloney SK, Bakker AJ (2008).
The response of isolated tunica dartos muscle acute and prolonged cold stimulation and noradrenaline.
Proceedings of the 18th Annual Combined Biological Sciences Meeting, p 47.
23. B.K. Dassanayake, K.C. Ratnatunga, K.I. Karunaratne, D. Nandadeva, **S.D.I. Nanayakkara** and A.A.J. Rajaratne
The Effect of Occupational Exposure to Paddy Husk Dust on the Respiratory Health of Paddy Mill Workers in Sri Lanka,

24. **S.D.I. Nanayakkara**, T.N.C. Athureliya, V.S. Weerasinghe, H. Abeykoon, R. Rajapakse. A comparison between measured and calculated creatinine clearance in a selected healthy adult population in Sri Lanka.
Proceedings of 28nd Annual Academic Sessions of the Kandy Society of Medicine 2006, p 67.
25. K.G.A.D. Weerakoon, W.N.L. Weerasinghe, H.T. Welagedara, C.D. Wickramasinghe, P.B. Wijayasinghe, P.V.H.D.K. Wijayatilake, P.K.I. Wijegunawardana, W.M.D.A.B. Wijekoon, **S.D.I. Nanayakkara**.
Effect of acute exposure to Mosquito coil smoke on respiratory function in young adults. *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka* 2005, p 13.
26. N.H. Kumarasinghe, A.I. Kodituwakku, P.N. Kalpage, N.A.A. Karunathilake, B.A.I.S. Kumara, S.J.S. Kumara, W.A.W.R. Kumara, K.W.M.P.P. Kumarihamy, W.A.R. Madurika, **S.D.I. Nanayakkara**
Thresholds of Two-point Discrimination in the Upper Limb of Young Adults.
Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka, 2004, (abstract) p. 6
27. **S.D.I. Nanayakkara**, S. Mendis, V.S. Weerasinghe
Slurring and Notching of QRS Complexes: Is it a useful Criterion for detection of Cardiac ischaemia,
Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka, 2003, (abstract) p. 3
28. U. Illangasekera, **S.D.I. Nanayakkara**, S. Badureliya
Screening for Asymptomatic Coronary Artery Disease in High Risk Diabetic Patients', *Proceedings of 24nd Annual Academic Sessions of the Kandy Society of Medicine* 2002, (abstract) p. 40
29. **S.D.I. Nanayakkara**, S. Mendis, P. Balasuriya, V.S. Weerasinghe.
Cardiac Stress Testing in Diabetics and Hypertensives with Atypical Chest Pain', *Proceedings of the Annual Sessions of the Physiological Society of Sri Lanka* 2000 (abstract) p. 3
30. **S.D.I. Nanayakkara**, V.S. Weerasinghe.
Cold Pressor Response as an Autonomic function test in normal individuals', *Proceedings of 22nd Annual Academic Sessions of the Kandy Society of Medicine* 2000, (abstract) p. 27
31. **S.D.I. Nanayakkara**, S. Mendis, P. Balasuriya, V.S. Weerasinghe.
Validation of the Rose Questionnaire for the Diagnosis of Ischaemic Heart Disease in Sri Lankans',
Annual Research Sessions of University of Peradeniya 2000 (abstract) p. 22

Presidential Addresses / Guest lectures / Plenary lectures and Symposium talks

1. Guest lecturer at the Annual Academic sessions of Kandy Society of Medicine 2011. Basic Physiology of ECG.
2. Guest lecturer at the Annual Sessions of the Physiological Society of Sri Lanka 2011. Calcium sensitivity in smooth muscle contraction: the story in tunica dartos.
3. Symposium speaker at the 3rd Conference of South Asian Association for Physiologists (SAAP) 2012. The effect of oxidative stress and Antioxidants on sperm function.
4. Plenary lecture in the Annual Scientific Sessions of the Physiological Society of Sri Lanka 2016. Physiology and Clinical Applications of Autonomic Function Testing.
5. Presidential address of the Physiological Society of Sri Lanka at the Annual academic Sessions of the PSSL in 2019 November. 'A tribute to Professor Carlo Fonseka'
6. Invited lecturer for the KSM January 2020 'Cardiovascular autonomic function testing: why do it and when to do it'

OTHER UNIVERSITY & PROFESSIONAL ACTIVITIES:

1. Member of Curriculum Coordinating Committee - 'Beyond 2004' Program of the Faculty of Medicine - 2004, 2005, 2006.
2. Served in Curriculum development groups of the Faculty of Medicine since 2003 up to the present
3. Module Coordinator of the Nervous Control and Behaviour Module - 2005, 2006
4. Senior Student Counselor, Faculty of Medicine, Peradeniya - 2000, 2004, 2015
5. Executive Committee member of Peradeniya Faculty of Medicine Teachers Association for the years 1999, 2000.
6. Treasurer of Peradeniya Faculty of Medicine Teachers Association for the years 2004, 2005.
7. Vice President of the Peradeniya Faculty of Medicine Teachers Association for the years 2006
8. Member and Secretary of the Committee on Student matters of the Faculty in 2000.
9. Coordinator appointed by the UNFPA with the UGC, for the Reproductive Health Education Programme for the New Entrants of the Faculty of Medicine- 2005.

10. President, Physiological Society of Sri Lanka (PSSL) – Year 2019
11. Secretary, Physiological Society of Sri Lanka (PSSL) – Year 2005
12. Executive committee member of the Physiological Society of Sri Lanka (PSSL) – Year 2006, 2011, 2016, 2017
13. Editor, PSSL 2015/2016
14. Congress Secretary of International Medical Congress organized by PeMSAA – 2013 - 2014.
15. Chairperson, Student Affairs Committee since January 2015 – to 2017

PARTICIPATION IN EDUCATION/TRAINING EVENTS:

- Participated in the Pre-congress workshop on Applied Statistics in Medical Research Workshop organized by the Physiological Society of Sri Lanka on 30th October 2018
- Participated in the ICNMD 2018 and EFAS 2018 joint sessions and workshop on Bedside Autonomic Testing in Vienna, Austria on 6th to 10th June 2018
- Participated in the TIPS workshop 2015, held at the All India Institute of Medical Sciences, New Delhi
- Workshop on Teaching Methodology, Conducted by the Medical Education Unit of the Faculty of Medicine, University of Peradeniya - 2000, 2004
- Pre-Congress Workshop on Prevention of Ischaemic Heart Diseases in Patients with Type-II Diabetes Mellitus organized by the Kandy Society of Medicine - 2004
- Regional Workshop on Teaching Physiology, organized by the Physiological Society of Sri Lanka and the Federation of Asian and Oceanian Physiological Societies and the World Health Organization - 2003.
- Workshop on Scientific writing held at the Faculty of Medicine, University of Peradeniya - 2003.
- Workshop on Teaching Methodology, Conducted by the Medical Education Unit, Faculty of Medicine, University of Peradeniya - 1999.
- Workshop on Secondary Prevention of Ischaemic Heart Disease conducted by the Peradeniya Medical School Alumni Association - 1998.

Referees:

1. **Prof Vajira Weerasinghe (BDS, M.Phil., PhD)**
 Professor of Physiology, Department of Physiology,
 Faculty of Medicine,
 University of Peradeniya, Sri Lanka
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2. **Dr. Anthony John Bakker (BSc, PhD)**
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