APACPH 2020

PUBLIC HEALTH IN THE NEW NORMAL

5TH - 9TH DECEMBER 2020

VIRTUAL CONFERENCE

WEBCAST LIVE FROM COLOMBO, SRI LANKA

**Sri Lanka Medical
Association**

**Asia Pacific Academic Consortium
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Proceedings and Abstracts

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which the point of saturation of data is achieved. Data was analyzed using thematic analysis.

Results: Patients described their perception on the system in terms of three themes; "fear" of being neglected and misdiagnosis, feeling of intensified power imbalance between doctors and patients, and making sense of the situation. These themes were transcended by an overarching theme "uncertainty" which was counterbalanced by the final theme "adaptation to new normal". Health workers perceived the system in terms of feeling of safety, " achievement" of saving personal protection equipment without disrupting patient care or losing manpower, empathy towards patients and moving forward with technological adaptations to deal with the new normal.

Conclusion: Both health care providers and receivers are prepared to move forward with hospital adaptations for new normal with further improvements. Innovative means of improving the doctor-patient interactions are required to develop positive attitudes towards ICT based consultation systems.

Abstract ID: 158

E-HEALTH STUDENT REPORT AS A TOOL FOR MONITORING STUDENT HEALTH STATUS

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Introduction & Objectives: The concept of continuum of care to improve health status starting from pre-pregnancy until elderly has been supported by standar health status recording system by the Indonesian Ministry of Health. However, in the school age range, the health recording system was still not maintained properly. The purpose of this study was to develop an e-report system for student health report status, for optimizing recording reporting system at school age range.

Methods: This e-report was developed using standard recording reporting form which have designed by Ministry of Health, with indicators include: health history, immunization history, family health history, mental and intelligence health, vital status, nutritional status, eye, hearing, tooth and mouth health, fitness test. This e-report was developed using a SDLC Model (Software Development Life Cycle).

Results: The transformation information flow of this e-report was vertical information transformation strarting from the school level, Puskesmas to the City Health Office level. User at the school level are students, parents, teachers and student health cadres. Some of the indicators in this e-report can be filled in by students themselves. However, other indicators must require the assistance of teacher or health workers and student health cadres. At the teacher level, the Health Centre and the City Health Office can see a summary of the health status of school student on the interface dashboard, according to the level hierarchy.

Conclusion: This e-report is already in the analysis stage for SDLC step. The user in the school level can already analyze a summary of the health status of their students.

Abstract ID: 225

CURRENT STATUS OF MICRO-PLASTIC POLLUTION IN THE OCEAN AROUND SRI LANKA

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Introduction: Over the past few decades, plastics and polythene are among the major marine litter across the world. These materials have been used without proper recycling, but with a dramatic increase in production where wastes often end-up in oceans. Plastics and polythene fall into several

categories with numerous physicochemical properties that determine their fate and impact. Microplastics are generated from various sources and are among the most perilous due to their buoyancy, dispersion, persistence, bio-availability, and toxins' transportability. The study aimed to characterized the Micro-plastic pollution in the ocean around Sri Lanka.

Method: The study examined the microplastic pollution in Sri Lankan waters from 2016 to 2020. Sea surface waters in both near-shore and off-shore were assessed through standard international protocols. The particles were examined under a stereo-microscope, photographed, measured, and described, where the samples were examined against controls and known contaminants.

Results: The near-shore waters are more polluted compared to off-shore. The West-coast is more polluted with microplastics compared to the East-coast. The overall average abundance of micro-plastics in Sri Lankan waters was estimated to 0.31 particles/m^3 of surface water. The majority of microplastics were fragmented, whereas the second and the third most abundant categories were thread-like microplastics and foams, respectively. The average physical size of particles: 1.23±1.18mm. Most particles were 0-0.5 mm in width. Most particles had rough surfaces, hard structures, and uneven shapes.

Conclusion: The profusion of secondary microplastics indicates the association of industrial applications to pollution. Further research is recommended on spatial and seasonal variations, whereas on distribution patterns

Abstract ID: 228

A QUANTITATIVE STUDY DETERMINING THE CONTRIBUTION FACTORS AND IMPACT ON SOCIAL MEDIA ADDICTION TOWARDS DEPRESSION AMONG ADOLESCENT IN GAMPAHA DISTRICT-SRI LANKA

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Introduction & Objectives: Over the past 10 years, Social media has become a prominent component of youth life which leads to many mental health issues. The study aimed to determine the impact / contributing factors on social media addiction towards depression among adolescent (13-17 years)

Method: A Descriptive cross-sectional study was used and responses were obtained by Self-administered questionnaire. Findings were presented in a descriptive and inferential manner.

Results: Response rate of the study is 87% with 174 students participating & Depression level was measured by Mood and Feeling Score (MFQ) range from 0 to 26. Scoring a 12 or higher indicate the presence of depression of the respondent. It was found that one fourth of the sample (N=43, 24.9%) suffered from depression. Highest of the sample have responded on "Internet addiction" as negative impact (61.85%) &minority of the sample responded on "Suicide; Self harm content" (20.81%). It was found that there was no association between personal factors & depression (p=0.329>0.05) & between social media factors & depression (p=0.865>0.05). There is a relationship between self-knowledge the student is having mental or health problem & depression (p=0.000<0.05) & between usage of social media & depression (p=0.038<0.05). Among students whom were categorized as having depression, highest (N=28, 65.1%) mentioned that they do not have mental or health problem & majority (N=28, 65.1%) mentioned that they use social media more than 15 times a week.

Conclusion: It is important to identify & manage these detrimental effects in ensuring a healthy entry into adulthood with good mental health.

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