

# Curriculum Vitae

## Personal details

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**Name** : Gamage Amara Damayanthi Perera  
(G.A.D.Perera)

**Present position** : Head of the Department / Senior Lecturer

### Contact details

Residence : 82 / 2 Ganegoda, Dompe, Sri Lanka

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Institution : Department of Physiotherapy, Faculty of Allied Health Sciences/  
Kotelawala Defence University Hospital,  
General Sir John Kotelawala Defence University, Sri Lanka.

Civil status : Married

Gender : Female

## Educational qualification

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- Master of Philosophy – Research degree (2016) – University of Kelaniya, Sri Lanka
- Bachelor of Science Degree (Bio- Science) (1996)  
University of Colombo, Sri Lanka

## Professional qualifications

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- Diploma in Physiotherapy- awarded by School of Physiotherapy and Occupational Therapy, Ministry of Health Sri Lanka, after completing one-year intern period at The National Hospital of Sri Lanka as a Physiotherapist ( full time, two years from July 1988-October 1990, English medium).
- Completed certificate course in Teaching in Higher Education conducted by Staff Development Centre, General Sir John Kotelawala Defence University, Sri Lanka.

## Professional positions held

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- Course Coordinator and Visiting lecturer – BSc External Physiotherapy Degree programme, Faculty of Medicine, University of Kelaniya, Sri Lanka (from 20015 to date).

- Visiting lecturer and External examiner for B.Sc Physiotherapy degree programme at University Colombo, Sri Lanka (from 2011 to date).
- Lecturer for the trainees of the pre MD Training programme in Sport and Exercise Medicine- at Postgraduate Institute of Medicine Sri Lanka.( December 2019)
- Chief Physiotherapist – Burns and Reconstructive Surgical Unite, National Hospital of Sri Lanka (November 2002 to December 2017).
- Clinical supervisor for BSc physiotherapy undergraduates and Diploma students (2002 to 2017).
- Visiting lecturer and External examiner B.Sc Physiotherapy degree programme at Kothalawala Defence University, Sri Lanka (2015-2017).
- Visiting lecturer for B.Sc Physiotherapy degree programme at University of Peradeniya, Sri Lanka (2016-2017).
- Tutor Physiotherapist (part time) School of physiotherapy and Occupational Therapy, Ministry of Health, Sri Part Lanka (2002-2011).

### **Professional experience**

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- Head of the Department, Department of Physiotherapy, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University Sri Lanka from 28<sup>th</sup> February 2018 to date.
- Senior Lecturer in Physiotherapy, Department of Physiotherapy, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University Sri Lanka from 13<sup>th</sup> December 2017 to date.
- Physiotherapist at National Hospital of Sri Lanka from February 1991 to December 2017.  
(Managed patients with varieties of conditions as out- patients as well as inward patients in the hospital)
- Volunteer physiotherapist at Disabled Children Home Pitakotte, Sri Lanka from January 2000 to date  
(Treated children with different physical conditions).
- Fulfilled three months volunteer service as a physiotherapist, to Burns Unit at Lady Ridgeway Hospital for children, achieved success in up-grading the physiotherapy standard.
- Participated as a physiotherapist in the Medical camp at leading girls' school in Colombo, Sri Lanka (Vishaka Vidyalaya) in 2005 / 2006.

### **Scholarships and awards**

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- The Fulbright Professional Scholarship was awarded to study in the Doctor of Physiotherapy (DPT) programme for four months at University of Sothern California in USA in 2012.

- The World Health Organization (WHO) Fellowship was awarded for three weeks training at Safdarjang Hospital, New Delhi, India in 2011.
- Research and Innovation Award in 2017- Awarded by Government Physiotherapists' Association, Sri Lanka.
- Awarded three weeks of fellowship with travel grant and complimentary registration from the Australian New Zealand Burn Association for poster presentation at Annual scientific session of Australia and New Zealand Burns Association on September 22<sup>nd</sup>-25<sup>th</sup>2009 in Wellington, New Zealand.

## Scientific communications

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### Peer reviewed and indexed journal full paper publications

1. **Perera, G.A.D.**, Perera, C., & Karunanayake, A.L. (2017). Cross-cultural adaptation of the Disability of Arm, Shoulder, and Hand questionnaire (DASH): English in to Sinhala translation. *International Journal of Physiotherapy and Research*, 5(4), 2150-2156.
2. **Perera, G.A.D.**, Perera, C., & Karunanayake, A. L. (2017). Effectiveness of early stretching exercises for range of motion of the shoulder joint and quality of functional recovery in patients with burns –A Randomized Control Trial. *International Journal of Physiotherapy* 4(5), 302-310.

### Scientific presentations

1. **Perera, G.A.D.**, Wagachchi, D.T., Jayamanne, M.S., Adhikari, A.M.L.U.K., Kodagoda, I.D.L., Mudalige, Y.T. (2020). Prevalence of Forward Head Posture and Its Relationship with Neck Pain among Sewing Machine Operators in Two Selected Garment Factories in Kaluthara District. 13<sup>th</sup> International Research Conference, General Sir John Kotelawala Defence University, Sri Lanka, 15<sup>th</sup>-16<sup>th</sup> of October 2020. (Oral presentation)
2. **Perera, G.A.D.**, Ranasinghe, R., Madhurangi, N., Smarasinghe, S., Yapa, W., Widanagamage, I., Ruwandika, S. (2020). Prevalence of stress urinary incontinence and its association with risk factors in three months' postpartum women, attending MOH clinics registered under Colombo municipal council during September and October 2019. 13<sup>th</sup> International Research Conference, General Sir John Kotelawala Defence University, Sri Lanka, 15<sup>th</sup>-16<sup>th</sup> of October 2020. (Oral presentation)
3. **Perera, G.A.D.**, Ranasinghe, R., Madhurangi, N., Smarasinghe, S., Yapa, W., Widanagamage, I., Ruwandika, S. (2019). Prevalence of stress urinary incontinence of three months' postpartum women, attending MOH clinics registered under Colombo municipal council during September and October 2019. International scientific research conference of Association of Southeast Asian Institutions of Higher Learning (ASAIHL), 9<sup>th</sup>-10<sup>th</sup> of December 2019. (Oral presentation)

4. **Perera, G.A.D.,** Wagachchi, D.T., Jayamanne, M.S., Adhikari, A.M.L.U.K., Kodagoda, I.D.L., Mudalige, Y.T. (2019). Innovative method to measure Cranio-vertebral angle to evaluate forward head posture of sewing machine operators in two selected garment factories- Photogrammetry method. International scientific research conference of Association of Southeast Asian Institutions of Learners (ASAIHL), 9<sup>th</sup> -10<sup>th</sup> of December 2019. (Oral presentation)
5. **Perera, G.A.D.** (2019). Effectiveness of lower limbs muscle stretching exercises to reduce falls among institutionalized elderly in urban area. 20<sup>th</sup> International conference on falls & postural stability, organized by British Geriatric Society 20<sup>th</sup> September 2019. (Poster presentation)
6. **Perera, G.A.D.,** Perera, C. (2018). Effectiveness of sustained serial stretching on chronic burn contractures: neck and elbow- a pilot study. International Society for Burn Injuries, November 30<sup>th</sup> -3<sup>rd</sup> of December 2018, New Delhi, India. (Oral presentation)
7. **Perera, G.A.D.,** Perera, C., Karunanayake, A.L. (2017). Effectiveness of early stretching exercises for range of motion of the shoulder joint and state of axillary scar in burnt patients admitted to the burns unit of the national hospital of Sri Lanka. National Research Symposium, 3<sup>rd</sup> -4<sup>th</sup> December 2017, Ministry of Health, Nutrition and Indigenous Medicine, Sri Lanka. (Oral presentation)
8. **Perera, G.A.D.,** Perera, C., Karunanayake, A.L. (2015). Effectiveness of early stretching exercises for range of motion of the shoulder joint, state of axillary scar and quality of recovery in burnt patients admitted to the burns unit of the National Hospital of Sri Lanka. International Post graduate Research Conference, 10<sup>th</sup>- 11<sup>th</sup> of December 2015, Faculty of Graduate Studies, University of Kelaniya, Sri Lanka. (Oral presentation)
9. **Perera, G.A.D.,** Perera, C., Karunanayake, A.L. (2015). Cross-cultural adaptation of the Disability of Arm, Shoulder, and Hand questionnaire (DASH): English in to Sinhala translation. World Confederation for Physical Therapy, 4<sup>th</sup> of May 2015, Singapore. (poster presentation)
10. **Perera, G.A.D.,** Perera, C., Karunanayake, A.L. (2015). Effectiveness of early stretching exercises for the quality of functional recovery of the upper limb in burnt patients. World Confederation for Physical Therapy, 4<sup>th</sup> of May 2015, Singapore. (Oral presentation)
11. **Perera, G.A.D.,** Perera, C., Karunanayake, A.L. (2014). Effectiveness of early stretching exercises for range of motion of the shoulder joint in burnt patients admitted to the burns unit of the National Hospital of Sri Lanka. International Physiotherapy Congress 2014 on May 2<sup>nd</sup>- 4<sup>th</sup> 2014 in Singapore. (Oral presentation)
12. **Perera, G.A.D.,** Perera, C., Karunanayake, A.L. (2014). Effectiveness of early stretching exercises for the quality of functional recovery of the upper limb in burnt patients admitted to the burns unit of the National Hospital of Sri Lanka. International Society for Burn Injuries, October 2014, Sydney, Australia. (Oral presentation)
13. **Perera, G.A.D.,** Perera, C. (2009). Responsiveness towards translation of the DASH questionnaire among the burn population in Sri Lanka. Annual scientific session of Australia and New Zealand Burns Association on September 22<sup>nd</sup>-25<sup>th</sup> 2009 in Wellington, New Zealand. (Poster presentation)

14. **Perera, G.A.D.,** Perera, C. (2009). Salvaging major burns with inhalation injury using bubbling bottle as innovative method. Annual scientific session of Australia and New Zealand Burns Association on September 22<sup>nd</sup>-25<sup>th</sup>2009 in Wellington, New Zealand.(Poster presentation)
15. **Perera, G.A.D.,** Perera, C. (2007).White cane assertive device in the management of blind patients due to severe burn injuries. Annual scientific session of Australia and New Zealand Burns Association on September 11<sup>th</sup> -14<sup>th</sup>2007in Perth. (Poster presentation)
16. **Perera, G.A.D.,** Perera, C. (2007).Rehabilitation of major burn victims in to successful survivors with minimal resources in Sri Lanka. Annual scientific session of Australia and New Zealand Burns Association on September 11<sup>th</sup> -14<sup>th</sup>2007in Perth. (Poster presentation)
17. **Perera, G.A.D.,** Perera, C. (2009).In physiotherapy – early intervention gain better rehabilitation of upper limb amputees due to electrical burn injuries. 119<sup>th</sup> Annual scientific session of Sri Lanka Medical Association on 22<sup>nd</sup> -25<sup>th</sup> of March 2006. (Poster presentation)
18. **Perera, G.A.D.,** Perera, C. (2009).The challenges faced in rehabilitation of upper limb amputees due to electrical burn injuries. 4<sup>th</sup> World Confederation for Physical Therapy Asia Western Pacific region and 4<sup>th</sup> Asia confederation for Physical Therapy congress 2005, In Soul Korea - 30<sup>th</sup> October 1<sup>st</sup> of November 2005. (Poster presentation)

### **Research experience to date**

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- Supervisor and examiner for undergraduate research projects - B.Sc. Physiotherapy Degree Programme, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University from 2018 to date.
- Member of Ethics Review committee for Undergraduates, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University.
- Participated in course on Research Methodology conducted by Sri Lanka Institute of Development Administration on 11<sup>th</sup>- 15<sup>th</sup> of May 2009.
- Had completed the certificate course on Epidemiology conducted by University of Colombo. (3 months)
- Had completed programme on Improvement of Skills of Postgraduate Students in Statistical Analysis, Information Literacy, Research Methodologies and Scientific Writing for MPhil and PhD students. (4 months)
- Had participated in the workshop on Research Ethics organized by Ethics Review Committee, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University.
- Member of the research evaluation committee in the Faculty of Allied Health Sciences.
- Department coordinator of the International Research Conference- 2019, General Sir John Kotelawala Defence University.
- Coordinator for pre congress workshop on Clinical Teaching - International Research conference, General Sir John Kotelawala Defence University in 2019.

## **Professional training and workshops**

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- Studied in the Doctor of Physiotherapy (DPT) programme for four months in 2012 at University of Southern California in USA
- Completed three weeks training on Burn care rehabilitation at Safdarjang Hospital, New Delhi, India in 2011
- Trained on Rehabilitation of Burns and reconstructive surgeries and Hand injuries.
  1. Alfred Hospital, Melbourne, Australia in 2004.
  2. Royal Perth Hospital, Perth, Australia in 2007.
  3. Hutt Hospital, Wellington, New Zealand in 2009.
  4. Middlemore Hospital, Auckland, New Zealand in 2009.
- Rehabilitation of Major Hand injuries.  
Ganga Hospital, Coimbatore, India in 2005 and 2017

## **Participated as a Resource Person**

- Member of the preliminary interview board for the Fulbright Master Scholarship Programme-2021/2022, awarded by Fulbright Commission, Sri Lanka.
- Resource person for Curriculum Revision for BSc Physiotherapy (Hons) programme at the university - on going
- Resource person for Rehabilitation forum at International Society for Burn Injuries, November 30<sup>th</sup> -3<sup>rd</sup> of December 2018, New Delhi, India.
- Resource person at the symposium on **NEUROMUSCULAR DISORDERS** for physiotherapists conducted by Sirimavo Bandaranayake Specialized Children's hospital and Teaching Hospital of Peradeniya, Sri Lanka, on 10<sup>th</sup> July 2017.
- Coordinator and resource person for Burn Care Rehabilitation workshops conducted by the Burns and Reconstructive Surgical Unit, National Hospital of Sri Lanka in 2016.
- Resource person in pre congress workshop of Annual Academic Session 2015 of Sri Lanka Association of Geriatric Medicine on **MULTIDISCIPLINARY TEAM IN GERIATRIC CARE** on 19<sup>th</sup> November 2015, Water Edge, Sri Lanka.
- Resource person in workshop on **BURNS MANAGEMENT** for Nurses and Nursing sisters, conducted by Burns and Reconstructive Surgical Unit, National Hospital of Sri Lanka, on 22<sup>nd</sup> of September 2010.
- Resource person in workshop on **BURNS MANAGEMENT** for post graduate trainees, conducted by Burns and Reconstructive Surgical Unit, National Hospital of Sri Lanka, on 25<sup>th</sup> and 26<sup>th</sup> of March 2008.

- Resource person on **BURN CARE AND REHABILITATION** workshop at General Hospital Anuradhapura. Conducted by Burns and Reconstructive Surgical Unit, The National Hospital of Sri Lanka on 17<sup>th</sup>-18<sup>th</sup> of December 2005.
- Resource person of the **INTERNATIONAL CONSULTATIVE WORK SHOP FOR THE DEVELOPMENT OF CURRICULUM FOR B.Sc. DEGREE PROGRAMME IN PHYSIOTHERAPY** on 11<sup>th</sup>– 15<sup>th</sup> of November 2005 at university of Peradeniya, Sri Lanka.
- Resource person on **HOME ACCIDENTS AWARENESS PROGRAMME** presented to the public at a workshop on World Physiotherapy day on 8th September 2005.
- Resource person on **PHYSIOTHERAPY IN HAND INJURIES** workshop conducted by the Association of College of Surgeons in Sri Lanka on 18th August 2005.
- Participated on television programme regarding **the physiotherapy management in Sri Lanka**, on World Physiotherapy Day on 8<sup>th</sup> Sept. 2001.

### **Workshop participated**

- Successfully completed post basic training in Electrotherapy at Disability Studies unit, University of Kelaniya.
- Successfully completed two weeks **Tutor Training workshop** conducted by National Institute of Health Sciences at Kaluthara, Sri Lanka.
- Participated in **Emergency Management of Severe Burns (EMSB)** course on 9<sup>th</sup> of September 2007, conducted by **Australian and New Zealand Burn Association**.
- Successfully completed ADVANEC OFFICE – 2000 course conducted by Institute of Government Accounts & Finance.
- Successfully completed **Certificate Course in Manual Therapy** conducted by Sri Lanka Society of physiotherapy with collaboration of Manual Therapy Foundation of India.
- Participated on television programme regarding **the physiotherapy management in Sri Lanka**, on World Physiotherapy Day on 8<sup>th</sup> Sept. 2001.
- Participated in **HANDTHERAPY WORKSHOP** conducted by Ms. Nancy Chee, Hand Therapist from USA on 23<sup>rd</sup> – 27<sup>th</sup> May 2005.
- Participated in several workshops conducted by The Sri Lanka Society of Physiotherapy.
- Participated in Leadership workshop conducted by Confederation of Public Service Independent Unions in 2001.

## **Membership**

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- Life Member of the Sri Lanka Society of Physiotherapy (Professional body).
- Member of World Confederation for Physical Therapy (WCPT).
- Assistant Secretary (2014/2018), committee member of the Sri Lanka Society of Physiotherapy.
- Member of a Profession Supplementary To Medicine, Sri Lanka Medical Council. (Registered No: 0007)
- Member of Sri Lanka Association of Geriatric Medicine.
- Member of Burns Association of Sri Lanka.
- Member of Organization for Women in Science for the developing World (OWSD).

## **Interests and activities**

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- Athletics – School and university level.
- School Prefect.
- Member of school drama team.
- Member of school debating team.