OP 9

Cardiovascular risks for participation in competitive sports among the adolescent athletes who are attending selected sports medicine clinics in Sri Lanka - Pilot study

Dilanthika NPM.[1], Senaratne BCV.[2], Kandulawa BMNP[3], Karunarathna KMN[3], Gunathilake KCP[4], Thebuwanarachchi ST[5], Ruwanga GDM[3], De Silva YHS.[5], Thurairaja, C[6]

[1]Rheumatology and Rehabilitation Hospital, Ragama, [2]Faculty of Medical Sciences, University of Jayewardenepura, [3]Sports Medicine Unit, Lady Ridgeway Hospital for Children [4]Sports Medicine Unit, Teach Hospital, Kandy., [5]Sports Medicine Unit, Teaching Hospital, Karapitiya.,[6]Postgraduate Institute of Medic University of Colombo

Objectives: The objectives were to determine the proportion of cardiovascular disease (CVD) among adoles athletes who attend selected sports medicine clinics in Sri Lanka and to describe the clinical spectrum of C among adolescent athletes who attend selected sports medicine clinics in Sri Lanka.

Methods: This cross-sectional study was conducted within six months in three sports medicine clinics(cluster Colombo, Galle and Kandy and included all adolescent athletes aged 10-19years(n=566), who attended these du the said period for medical clearance prior to the competitive sports events. Secondary data was collected from pre-participation examination (PPE) forms using a data extraction form.

Results: Prevalence of CVD among adolescent athletes in Sri Lanka was 1.5%. Most common cardiac abnorma was Mitral Valve Prolapse(MVP). Mitral Stenosis, Ventricular Septal Defect(VSD) and Aortic Stenosis were c cardiac abnormalities detected. An important incidental finding of the study was the higher prevalence of (5% bronchial asthma among adolescent athletes.

Conclusions: Prevalence of CVD among adolescent athletes in Sri Lanka is relatively low, but may lead to outcomes if undetected early. Further research is needed to inform possible interventions to prevent he adversities arising from CVD in adolescent athletes in Sri Lanka.

OP 10

Identifying risks related to road traffic accidents among vulnerable population in Moneragala district, Sri Lanka

Tennakoon V[1], Wickramasinghe R[2], Ameratunga S[3], Peiris-John R[3]

[1]Faculty of Medical Sciences, University of Sri Jayewardenepura, [2]Faculty of Medicine, University of Kelaniya, [3]School of Population Health, University of Auckland, New Zealand

Objectives: To identify individual and environmental risks related to road traffic accidents(RTA) among eld (>60years) and disabled people (>5years living with physical, sensory or mobility impairment) in Monera district.

Methods: Study was designed as community based participatory research. Participants were vulnerable road u (elderly and disabled). Eight focus group discussions (8-10 in each) were conducted with elderly and disable identify local and regional destinations that were most important to access, perceived risks related to RTA needs/suggestions for road safety. Participants were encouraged to photograph the environment barriers facilitators for road safety. 'Photovoice' is increasingly used as valuable adjunct in participatory research-a v better heard through.

Results: Frequently visited places identified by older people were the hospital, temple, village houses, commu hall and bank. For disabled it varied by age, as vocational training centre, special needs school and community Mostly used travel modes were public bus, three wheeled-vehicles or walking. Transportation barriers for the eld were identified as poor road conditions, lack of disability-friendly transportation system, financial constraints negative human factors. Disabled found accessibility to public places a major barrier. These facts were supporte photographs. Suggestions for improvement included awareness programs among people involved in transporta cost effective transportation modes, mass media acknowledgments of rights of elderly and disabled, more effe legislation and improved road infrastructure.

Conclusions: It is evident that many places the study population frequently travels are located in the city. They many risks when travelling to these destinations. It is proposed to improve road conditions, modify mode transportation, rigorous law enforcement and awareness programs among public to minimize the road related faced by disabled and elderly.