Volume 2, Issue 2





Faculty of Medicine, University of Jaffna

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## Message from the Dean

I warmly welcome you to the third issue of the Horizon. This is truly exciting and provides a great sense of pleasure. Our staff are committed in maintaining the standard of education and other services with all other challenges. The great news is that the faculty obtained accreditation from the Sri Lanka Medical Council



(SLMC) for the next five years. This is an exemplary achievement for the faculty. Our main challenge is to show progressive improvement in our achievements. The faculty support the students during their stay at the faculty and work hard to get the needed skill for the profession.

We all understand that the availability of resources is a limiting factor. We must explore more resources to take the faculty to the next level. The faculty is committed to implement the newly developed strategic management plan for 2023 to 2027.

Our strategy ensures that our faculty remains wellpositioned to maintain its impressive growth includes attracting outstanding faculties, expanding our teaching and training, and continuing to review our excellent services and research activities. In order to achieve this, we are working with many national and international institutes and arranged many collaborative work agreements with these institutions. The faculty is also working to establish centres, units and institutes to research and services considerably which will help to improve the quality of teaching. Our alumni also work closely with us for the development of the faculty.

We will keep you posted on the progress and achievements.

Prof. R. Surenthirakumaran Dean Faculty of Medicine University of Jaffna



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# **EDITORIAL** Intellectual intelligence vs Emotional intelligence

Intelligence is generally considered as a person's ability to act rationally and effectively in a particular situation. For many decades, intellectual intelligence has been the most commonly used measure of human intelligence. The concept of emotional intelligence has emerged in the past few decades. Emotional intelligence is the ability to identify, understand, and manage one's own feelings and those of the people around him/ her whereas intellectual intelligence is the ability to solve problems, use logic, think abstractly, comprehend complex ideas, learn guickly and learn from experience.

Both types of intelligence affect a person's performance, inter-personal relationship and overall wellbeing. Intellectual intelligence is linked to better academic and job performances while emotional intelligence is linked to job success and satisfaction and better relationships. Intellectual ability alone is not enough to achieve success. That doesn't mean that intellectual intelligence is less important. To be successful professionally, emotional intelligence is as important as intellectual intelligence. In general, intellectuals have the tendency to completely rely on their intellectual intelligence for success and fail to see the importance of other skills. When emotion takes the upper hand, it affects productivity, morale and professional reputation. Therefore, it is important to manage one's emotions at workplace. Emotional intelligence helps people to manage emotions effectively and respond appropriately.

The elements of emotional essential intelligence include self-awareness. selfregulation, motivation empathy and social skills. Developing these key attributes of emotional intelligence will improve one's ability to manage emotions and connect with others. People with high emotional intelligence make others feel comfortable around threatened. them. not Selfawareness is essential to balance emotional intelligence and intellectual intelligence. To be successful, one should understand his or her strengths, weaknesses and emotions. Being mindful helps to understand one's own feelings and thoughts as well as those of others around him/ her better.

Increasing importance emotional to intelligence does not mean driving out the intellectual intelligence. Furthermore, higher emotional intelligence has its own drawbacks and at times is even destructive. The downside of the emotional intelligence is that very high emotional intelligence is associated with lower levels of creativity and innovation potential and inability to give or receive negative feedback, make unpopular choices or bring about changes. Because of their diplomacy, people with high emotional intelligence can be manipulative. Obsessing with emotional intelligence may fail to being about the required changes and innovations.

Medical profession is an intellectually demanding career and thrives on human interactions. Intellectual intelligence is important to apply the knowledge and skills to treat conditions of varying complexities. Emotional intelligence is critical to improve the interaction between patients, health care professionals and administration. Imbalance between emotional intelligence and intellectual intelligence often have a negative impact on patient care as well as professional success. Doctors with high intellectual intelligence but unable to get along with others or those with high emotional intelligence but unable make the correct diagnosis have to face a great deal of struggle to be successful in their carriers. In other words, a successful doctor has the right balance between the emotional intelligence and intellectual intelligence.

Both emotional intelligence and intellectual intelligence are not unchangeable. Emotional intelligence can be enhanced by a positive mindset and intellectual intelligence can be increased by practices and training. Too little or too much emotional intelligence leads to negative outcomes whereas low intellectual intelligence is associated with increased risk of practice errors. The perfect balance between intelligence and emotional intellectual intelligence could be achieved by improving the lacking one rather than focusing on the dominant one.

#### Dr. Thiyahiny S Navaratinaraja

# DEVELOPMENTS

# Memorandum of Understanding

A memorandum of understanding (MOU) was signed between the Faculty of Medicine, University of Jaffna and International Institute of Health Management Research (IIHMR), New Delhi, India on January 26, 2023. The objective of the MOU is to explore the development of a range of activities including exchanges of faculty, scholars and administrators, joint conferences, research collaborations and exchange of academic information and materials.



# Site visit of SLMC review team

The Sri Lanka Medical Council (SLMC) has initiated the process of accrediting the medical degree programs of state Medical Faculties in 2022. The World Federation of Medical Education has accredited SLMC early this year. The site vist of SLMC review for accreditation of Faculty of Medicne, University of Jaffna was conducted form February 13 to 15, 2023. The review team members were Prof. Madawa Chandratilake, Prof. Rasika Perera, Prof. Anuradhani Kasturiratne, Prof. Chathura Ratnayake and Prof. Paranirubasingam Paranitharan.



### Partnership between University of Jaffna, Jaffna Teaching Hospital and SingHealth Duke-NUS

A team from Faculty of Medicine, University of Jaffna lead by the Dean, Prof. R Surenthirakumaran visited SingHealth Duke-NUS from February 21 to 23, 2023 along with the Director of Teaching Hospital, Jaffna, Dr. T Sathiyamoorthy to strengthen the partnership between University of Jaffna, Jaffna Teaching Hospital and SingHealth Duke-NUS and discuss on the potential collaborations.

#### Horizon

The team included Prof. N Suganthan, Professor in Medicine, Dr. S Kumaran, Senior Lecturer in Family Medicine, Dr. S Gobishankar, Senior Lecturer in Surgery and Dr. S Raguraman, Senior Lecturer in Obstetrics and Gynaecology.



Opening of Centre for Digital Epidemiology (CoDE)

The opening Ceremony of Centre for Digital Epidemiology (CoDE), Faculty of Medicine, University of Jaffna was held on March 13, 2023. Prof. Nishan Canagarajah, President and Vice Chancellor, University of Leicester was the chief guest for the event.

#### Developments

The Vice Chancellor of University of Jaffna, Prof. S Srisatkunarajah, Prof. Krish Nirantharakumar, Prof. Mahesh Nirmalan, Prof. Keith Brennan, Prof. Tay Boon Keng, Prof. Sivamainthan Vithiananthan, Prof. Yasodha Natkunam, Emeritus Prof. Nadarajah Sriskandarajah, Prof. Jasotha Sanmugarajah, Director of Teaching Hospital Jaffna, Dr. T Sathiyamoorthy, Dean of the Faculty of Allied Health Sciences, Ms. Deivy Thaboatharan, Registrar of university of Jaffna, the faculty and the extended faculty graced the occasion. Prof. Sujanthi Rajaram, President, Jaffna Medical Faculty Overseas Alumni, United States of America joined in the event virtually.



# **EVENTS**

# Thaipongal 2023

Thaipongal was celebrated on January 15, 2023. Events were jointly organized by the 42<sup>nd</sup> and 44<sup>th</sup> batches. In the Pongal games 42<sup>nd</sup>, 43<sup>rd</sup> and 44<sup>th</sup> batches have participated. The "Pongal Vizha 2023" was organized on January 22, 2023 at the Hoover Auditorium by the 42<sup>nd</sup> batch.





## First live donor renal transplant at Teaching Hospital, Jaffna

The team lead by Professor Thavachenthan Thampipillai successfully performed live donor renal transplant at Teaching Hospital, Jaffna on January 18, 2023. Academics of Faculty of Medicine Dr. B Balagobi, Senior Lecturer and Specialist Urological Surgeon and Dr. Brammah R Thangarajah, Senior Lecturer and Specialist Nephrologist were part of the team. Dr. V. Bavanthan, Specialist Nephrologist, Dr. T. Gowribahan, Specialist Urological Surgeon and Dr. S. Mathivanan, Specialist General Surgeon were among the other team members.



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# Annual Staff Get Together - 2023

Annual staff get together for 2023 was held on January 27, 2023. Various events including cricket match, musical chairs, tug of war, and musical programme were organized and both academic and non-academic staff participated in the events. These events were followed by dinner.



# Arrival of the 45<sup>th</sup> batch

## Inauguration Programme



Inauguration Programme for academic year 2021/2022 (45<sup>th</sup> Batch) of Faculty of Medicine was held on February 27, 2023 at the Hoover

auditorium. The event was collaboratively organized by Office of Dean and Students' Wellbeing Centre of Faculty of Medicine. Prof. S Srisatkunarajah, Vice Chancellor of University of Jaffna was the chief guest for the event.



#### **MSU** session

The Medical Students Union (MSU) 2022/ 2023 conducted an orientation session for the freshers on March 1, 2023 at the Hoover Auditorium. At the end of the event freshers were taken on a short trip around the faculty by the MSU.

#### **Orientation Concert**

Orientation Concert (GIG & BALLO) of 45th batch was organized by the Student Wellbeing Centre of Faculty of Medicine on March 10, 2023 at the Hoover Auditorium. Freshers showcased their talents in art, music, dance drama and poetry. Winners of the events held during the orientation programme were awarded in this event.



Clinical meeting of JMA on Basics of Abnormal Uterine Bleeding



Dr. S Raguraman, Senior Lecturer and Specialist Obstetrician and Gynecologist was an invited speaker for the clinical meeting of Jaffna Medical Association held on Mach 4, 2023 at the Nurses Training School of Teaching Hospital, Jaffna.



Professor C Sivagnanasundram Memorial Lecture



Prof. C. Sivagnanasundram Memorial Lecture held on March 30, 2023 at the Hoover Auditorium of the Faculty of Medicine, University of Jaffna. The memorial lecture on

"Tat Tvam Asi und Dasein: Eastern Concept of Self in Western Practice of Psychotherapy - A Historical Sketch" was delivered by Prof. Gamini Hapuarachchi, Professor of Philosophy, Department of Philosophy, University of Kelaniya.



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# ACTIVITIES

# Urology Day



Department of Surgery, Faculty of Medicine, University of Jaffna and Sri Lanka Association of Urological Surgeons (SLAUS) in Collaboration with Northern Chapter of College of Surgeons of Sri Lanka (CSSL) organized a Urology Day in Jaffna on

January 16, 2023. Theme for the Urology Day was "Uplift the Urology care of patients in Northern region". Dr. Suren de Zylva, President/ SLAUS, Dr. Kalana Palliyaguruge, Secretary/ SLAUS, Dr. T Sathiyamoorthy, Director/ Teaching Hospital, Jaffna, Porf. Surenthirakumaran, Dean/ R Faculty of Medicine, Dr. S Gobishangar, Head/ Department of Surgery and Dr. K Umasankar, President/ Northern Chapter of CSSL graced this occasion. Several activities were conducted to mark the Urology Day. Dr. B Balagobi, Senior Lecturer and Specialist Urological Surgeon was the course director for the workshops.

#### **Advanced PCNL & RIRS Workshop**

A workshop on advanced mini percutaneous nephrolithotomy (PCNL) and retrograde intrarenal surgery (RIRS) was conducted on January 16, 2023 at Teaching Hospital, Jaffna. Experts and trainees from all parts of the country participated in the workshop.



## Symposium on "Urology for Nurses"

The SLAUS in collaboration with the Department of Surgery, Faculty of Medicine, University of Jaffna and Northern Chapter of CSSL conducted a workshop on "Urology for Nurses" on January 16, 2023 at Teaching Hospital, Jaffna.



## **Cycling Awareness Programme**

The Welfare Society of Teaching Hospital, Jaffna conducted a Cycling Awareness Programme for health staff and public on January 22, 2023. A cycle race was organized to increase the awareness of a healthy lifestyle among staff and public. Academics of Faculty of Medicine also participated in the cycle race.



## Peer Support Group Workshop

A workshop on "How to be an effective helper and befriender" was organized on February 24, 2023 at the Faculty of Medicine. Workshop was jointly organized by the Students' Wellbeing Centre and Department of Psychiatry. Forty students from 41<sup>st</sup>, 42<sup>nd</sup>, 43<sup>rd</sup>, and 44<sup>th</sup> batches participated in the workshop. The workshop was conducted by Prof. Rachel Tribe, Professor of Psychology and Social Change from School of Psychology, University of East London.



### Basic Surgical Skills course by Royal College of Surgeons, England

The Faculty of Medicine, University of Jaffna, is an approved Centre by Royal College of Surgeons (RCS), England to conduct Basic Surgical Skills (BSS) and Core Laparoscopy surgery (CLS) courses and it is the only Centre in Sri Lanka approved by RCS England to conduct these courses.

Department of Surgery, Faculty of Medicine organized the RCS-BSS course on the February 14 & 15, 2023. Nine postgraduate surgical trainees (senior registrars and registrars) attended the course and were successful at the assessment examination at the end of the course. They were awarded with the certificates from the Royal College of Surgeons of England. Prof. S Rajendra is the Course Director for RCS – BSS and CLS courses. The teaching faculty for these courses consisted of Specialist Surgeons from Teaching Hospital, Jaffna and Base Hospitals Kinniya and Thambuthegama.



### Activities by Department of Paediatrics

#### Autism awareness workshop to midwives

Four workshops were conducted to the midwives covering all the MOH areas of Jaffna District. Nearly 220 midwives participated in the workshops conducted in February 6, 7, 20 and 21, 2023. Prof M G Sathiadas along with the Mathavam centre conducted these workshops.



#### Workshop on Nutrition Evaluation to Medical Officers of Health

In view of early identification and early intervention for children with nutritional problems, two workshops were conducted to the Doctors in Northern Province. The Workshop was conducted with the help of the Provincial Director of Health. Prof M G Sathiadas and Dr. T Sathees were the resource persons for these workshops. A total of 54 doctors participated in these workshops conducted on February 21, and 22, 2023 in Kilinochchi and Jaffna.



#### HORIZON



#### **Outreach activities**

In view of the current economic crisis several children aged under five years were in danger of undernutrition. To identify these children several outreach clinics were conducted in the Jaffna district. Two clinics were conducted in Kayts in January and February. Another two clinics were conducted in Kopay MOH area in March 2023. A total of 230 children were screened for severe and moderate acute malnutrition. Prof. M G Sathiadas along with doctors attached to the University Paediatric Unit conducted these outreach Nutrition Evaluation Clinics. The 40<sup>th</sup> batch medical students and nursing students from the Faculty of Allied Health Sciences helped in these clinics.





Debate on "Individual learning or learning as a group, which is effective way of learning in medical faculty"



A debate on "Individual learning or learning as a group, which is effective way of learning in medical faculty" was jointly organized by Personal Professional Development Stream and Students' Wellbeing Centre on March 20, 2023 at the Hoover Auditorium.

Students from 45<sup>th</sup> batch participated in the debate.



# HALL OF FAME

## Awards for the First Examinations for Medical Degrees

The following awards for the First Examinations for Medical Degrees were awarded to the 40<sup>th</sup> batch students at the 390<sup>th</sup> meeting of the Faculty Board held on February 8, 2023.

#### R. Kanagasuntheram Gold Medal for Anatomy

Umashangar Sahana

#### Murugesar Thambiah gold medal for Biochemistry

Niluja Mahadevan Kopithah Pavalakumaran Rahavi Rahavan

#### Charles Kanagasunderam Memorial Gold Medal for the Physiology

Uthayakumar Jathushan Nalendran Jeevidhan Umashangar Sahana



# **FEATURE ARTICLES**

### The digitalization of data of subfertile couples: A perspective of comprehensive fertility care in a lower middle-income country

#### Dr. S Raguraman

Senior Lecturer, Department of Obstetrics and Gynaecology, University of Jaffna

#### Introduction

The World Health Organization (WHO) recognizes subfertility as a public health issue due to its physical, psychological, financial, and social impact on individuals, families, and community. The prevalence of subfertility ranges from 3.5%-16.7 % in low- and middleincome countries (LMIC). The prevalence of subfertility differs based on many factors, including socio-demographic and economic status, cultural factors, and available healthcare facilities. Further, a demographic health survey conducted in India revealed that infertility rates are increasing in Southern India. Existing data suggest that the prevalence of subfertility in Sri Lanka is also on the rise. As an initial step to determine the burden of subfertility, we are in the process of conducting a community survey in the Jaffna District to estimate the prevalence and associated risk factors of subfertility using an electronic questionnaire. It could be the first step in providing information about the burden of subfertility in Northern Sri Lanka to healthcare providers and recipients.

#### Current status of fertility care in Sri Lanka

In the primary health care system, public health midwives (PHM) under each Medical Officer of the Health area maintain the eligible couples register, and they are expected to identify subfertile couples and refer them to primary or tertiary care centers. On the other hand, a basic investigatory workup is carried out in gynaecological clinics in most of the public sector hospitals by a specialist in Obstetrics and Gynecology. However, only certain hospitals have dedicated clinics for subfertile couples, and a few specialists in subfertility are currently available in Sri Lanka. Although basic fertility care such as ovulation induction, subfertility-related surgeries, sperm processing and intrauterine insemination (IUI) is available in most of the tertiary hospitals, advanced fertility treatment, such as assisted reproductive technology (ART) is only available in the private health sectors in Sri Lanka.

#### **Challenges in fertility care**

The primary health system in Sri Lanka is under pressure from the increasing burden of maternal and child health care, infectious disease, and non-communicable diseases. Therefore, prioritizing fertility care is challenging. Furthermore, there is no established referral system for fertility-related problems from primary health care to tertiary health facilities. In addition, specialized clinics for fertility care and the availability of specialists in subfertility are limited even in many tertiary care hospitals. As ART facilities are not available in the government sector, needy couples depend solely on private sector for advanced fertility treatment, which is a major limitation for economic access to fertility care in Sri Lanka.

#### Way forward in fertility care

A fertility care model expanding from the primary health care system to the tertiary care system might be a realistic and comprehensive way to overcome these challenges in a LMIC like Sri Lanka. Comprehensive fertility care comprises community-based fertility care, an appropriate referral system, helpline services to the needy population, initiation of timely specialized care for needed couples and low-cost ART services. The WHO has recommended using community health care workers (CHCWs) to facilitate health care delivery. Community-based fertility care is an initial cost-effective step that could be easily carried out with the help of trained CHCWs to facilitate fertility care service. The CHCWs will enable the primary healthcare team to identify couples who need fertility treatment. A well-established referral system will help to link the primary and tertiary care systems and prevent delays in initiating treatment for needy couples. Health education, improving fertility awareness and continuity of holistic fertility care could be achieved with the helpline system.

Furthermore, an appropriate data management system is necessary to accomplish comprehensive fertility care. Digitalizing the data of subfertile couples will be the initial step in this mission.

# Electronic health records and comprehensive fertility care

Electronic health records (EHRs) provide easy and quick access to patient information and a better quality of care. The EHRs allow healthcare providers to share patients' clinical information and collaborate in making diagnosing and treating patients. It reduces the need for manual data entry, paper-based systems, and other manual processes, which can save time, improve data access, cut costs, and improve environmental health. Electronic health records also facilitate healthcare providers in analyzing patient data and identifying fertility-related trends. Therefore, digitizing the data of subfertile couples enables efficient and effective delivery of compressive fertility care.

Estimating the burden of subfertility and its associated factors is the first step in planning the fertility care model, which is easily achievable with digital data. Using the EHRs, the potential fertility issues could be mapped, and community-level fertility care could be initiated with the help of CHCW. Linking the primary care data with tertiary care or other levels of health care will ensure continuity of care and provide better outcomes. Meanwhile, EHRs will also allow the helpline system to function efficiently in several ways, such as providing appropriate patient information, monitoring continuity of care and improving cost-effectiveness by cutting down hospital visits and unnecessary investigations. Digital platforms can store large amounts of data, which makes it easier to access and analyze the data. Digitalizing the data also reduces the likelihood of errors and improves accuracy. Therefore, the digitalization of the data of subfertile couples would play a pivotal role in delivering comprehensive fertility care and research and interventions related to fertility.

#### Conclusion

In the future, many potential opportunities in fertility care will open with the arrival of new technologies. The initiation of digitalization of data of subfertile couples is a crucial element in making these opportunities realistic. Since it is an evolving concept in the LMICs, continuous education to fertility specialists, financial, logistics and technical support, possible smallscale initiation of health records digitalization and research would aid in achieving comprehensive fertility care in future.

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### Is Screen Time Hindering Children's Psychosocial Development?

#### Mrs. Mathanki Sutharsan

Nursing Officer, Department of Psychiatry, University of Jaffna

In today's digital age, children have easy access to a wide range of technological devices. While technology can be an effective tool for learning and entertainment, excessive screen time can have a detrimental impact on a child's psychosocial development. Excessive internet use has negative effects that are obvious and detrimental, ranging from sleep deprivation, increased depression, and skipping school to family conflict. In this article, we will delve into the negative effects of screen time children's psychosocial development, on highlight the benefits of limiting screen time, and offer practical advice to help parents limit screen time and promote healthy psychosocial development.

Attention span is a vital skill that children develop during early childhood, which enables them to focus on tasks, follow instructions, and learn new things. Unfortunately, excessive screen time can negatively affect attention span. Children's physical health may be impacted by too much time spent in front of a screen. The usage of mobile devices in the hours before bed and in the morning, having a TV in the bedroom, and not being interested in reading books other than textbooks were all noted as potential risk factors for excessive screen time (1). Reduced study time brought on by screens is linked to subpar academic results. Children who use screens frequently experience behavioral changes (2).

Social skills are another crucial aspect of psychosocial development. Children learn how to interact with others through face-to-face communication, and excessive screen time can hamper this process. Children who spend more time on screens have fewer opportunities for face-to-face social interaction, leading to social isolation and loneliness. A study published in the Journal of Child Psychology and Psychiatry discovered that children who spend more time on screens are more likely to encounter peer problems and find it challenging to make friends (3).

Emotional regulation is also a critical aspect of psychosocial development. Children learn how to regulate their emotions through interactions with their caregivers and peers. However, excessive screen time can disrupt this process. Constant use of electronics like smartphones, laptops, and televisions can have a negative impact on mental health. For instance, it can increase stress and anxiety and lead to a variety of sleep problems in both children and adults.

Among the effects on physical health we observe are risk factors for obesity and cardiovascular diseases, such as hypertension, poor stress management, low HDL cholesterol, and insulin resistance. Suicidal thoughts and depressive symptoms, which are linked to digital device dependence, screen time-induced poor sleep quality, and content-influenced negativity, are among the psychological health impacts (4).

Limiting screen time can have numerous benefits for children's psychosocial development. By reducing screen time, children have more opportunities for face-to-face social interaction, physical activity, and imaginative play. This can help to improve attention span, promote emotional regulation, and improve overall mental health.

Limiting screen time can also have a positive impact on physical health. Children who spend more time on screens are at a higher risk for obesity, sleep problems, and other health issues. By promoting physical activity and reducing screen time, parents can help their children to develop healthy habits that will benefit them throughout their lives.

#### **Tips for Limiting Screen Time:**

**Set Limits:** Explain to your child the importance of limiting screen time and set specific limits on how much time they can spend on screens each day. The American Academy of Pediatrics recommends that children aged 2-5 have no more than one hour of screen time per day, and that children aged 6 and older have consistent limits on the amount of screen time they have each day.

#### Horizon

*Monitor Content:* Ensure that the content your child is watching or playing is ageappropriate and educational. Encourage your child to engage in interactive activities that promote learning and creativity.

**Encourage Physical Activity:** Encourage your child to engage in physical activity and outdoor play to promote healthy development. Participate in family activities such as walking, biking, and swimming.

**Create Tech-Free Zones:** Establish techfree zones in your home, such as the dinner table or the bedroom, to promote face-to-face communication and reduce screen time.

*Be a Good Role Model:* Limit your own screen time and model healthy tech habits for your child.

If your child has already been exposed to excessive screen time, there are ways to help them recover and promote healthy psychosocial development.

There are many ways to help the children to recover from excessive screen time including encouraging them to engage in hobbies and activities that don't involve screens. Such activities include playing a musical instrument, practicing a sport, reading, or writing. By promoting activities that stimulate the mind and promote creativity, children can develop a variety of skills and interests that can help them in all areas of their lives.

It's important to note that limiting screen time doesn't mean completely eliminating it. Screens can be a valuable tool for learning and entertainment, and in moderation, they can be a healthy part of a child's life. The key is to find a balance that works for each individual child and their family.

Parents should also be aware of the potential negative effects of screens on their own mental health. A study published in the Journal of Child and Family Studies found that parents who spent more time on screens had more difficulty regulating their emotions and were more likely to experience symptoms of depression and anxiety(5). This In conclusion, limiting screen time can have numerous benefits for children's psychosocial development, including improved attention span, social skills, emotional regulation, and physical health. By setting clear limits, monitoring content, encouraging physical activity, creating tech-free zones, and being a good role model, parents can promote healthy habits and help their children develop into well-rounded individuals. If a child has already been exposed to excessive screen time, promoting face-to-face interaction, creative play, and setting clear boundaries can help them recover and thrive.

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# **UPCOMING EVENTS**

# June 2023

FMTA Get Together Dr. N Sivarajah Memorial Lecture Undergraduate Research Symposium

# July 2023

Curriculum Revision Workshop

Contact Us: Faculty of Medicine, University of Jaffna Adiyapatham Road, Kokuvil. Sri Lanka Email: newsletter@med.jfn.ac.lk

