

Dr. Ananda Perera
MD,DFM,FCGP,MBBS
Specialist in Family Medicine
Board Certified Family Physician

ACADEMIC QUALIFICATIONS

MBBS Faculty of Medicine, University of Colombo

- 1.DFM Postgraduate Institute of Medicine Colombo**
- 2.MD in Family Medicine**
- 3.Board Certified Specialist in Family Medicine**
- 4. Fellow of the College of General Practitioners in Sri Lanka**

PROFESSIONAL AWARDS

- 1. E.M.WIJERAMA Award - at the 103 rd Annual Scientific Sessions of the Sri Lanka Medical Association 1990.**
- 2. SIR FRANK GUNASEKARA AWARD - at the 104th Annual Scientific Sessions of the Sri Lanka Medical Association 1991.**
- 3. AWARD OF 1992 GOLD MEDAL OF SRI LANKA MEDICAL ASSOCIATION for BATTERED WOMAN SYNDROME : A PERSPECTIVE FROM GENERAL PRACTICE.**
- 4. DR. CYRIL WAAS MEMORIAL ORATION GOLD MEDAL for the paper on DEPRESSION IN GENERAL PRACTICE : PRESENTING SYMPTOMS.**
- 5. Senior lecturer of the Faculty of Teachers of College of General Practitioners of Sri Lanka**
- 6. ICBMB 2023: XVII. International Conference on Bioinformatics, Biostatistics and Medical Informatics hereby certifies that ANANDA PERERA has presented an outstanding work entitled "A Comparison of Dietary Quality and Nutritional Adequacy of Meal Plans of a Diet Prescription Generator Web App against the Australian Guidelines to Healthy Eating"**

RESEARCH PAPERS

- 1. Psychosocial problems : Their extent and nature in primary care - Paper presented at the 12th Annual Scientific Sessions of the Kandy Society of Medicine.**
- 2. Depressive thoughts in general practice attenders - Paper presented at 103rd Anniversary Scientific Sessions of the Sri Lanka Medical Association.**
- 3. Somatoform disorders : Their extent and nature in general practice - Paper presented at 103rd Anniversary Scientific Sessions of the Sri Lanka Medical Association.**
- 4. Morbidity data of an urban general practice in Sri Lanka - Paper presented at the 104th Annual Academic Sessions of the Sri Lanka Medical Association.**
- 5. Social correlates of general practice attenders - Paper presented at the 104 Annual Academic Sessions of the Sri Lanka Medical Association.**
- 6. Reliability and factorial structure of the sinhala version of GHQ-S - Paper presented at the 104th Annual Academic Sessions of the Sri Lanka Medical Association.**
- 7. A correlational analysis of primary care morbidity - Paper presented at the 104th Annual Academic Sessions of the Sri Lanka Medical Association.**
- 8. A survey of the type of care provided in an urban general practice in Sri Lanka - Paper presented at the 16th Anniversary Sessions of the College of General Practitioners in Sri Lanka.**
- 9. Common ethical problems encountered in General Practice - Paper presented at the 16th Anniversary Sessions of the College of General Practitioners in Sri Lanka.**
- 10. Abnormal illness behavior : The concept and its clinical relevance - Paper presented at the 14th WONCA World Conference.**
- 11. PROFYLAX - Presentation of a computer program to deliver preventive care at the 14th WONCA World Conference.**
- 12. PRESCRIBER - Presentation of a computer program to help family physicians to prescribe rationally at the 14th WONCA World Conference.**

13. **VERTIGO** - Presentation of a computer program to help family physicians diagnose the cause of vertigo at the 14th WONCA World Conference.
14. **HEADACHE** - Presentation of a computer program to diagnose the cause of headache in patients at the 14th WONCA World Conference.
15. Can computerized ICPC be used in the routine daily work family practice ? - Paper presented at The 3rd European Congress on Family Medicine.
16. Definition of a family physician : Critique of WONCA statement - Paper presented at The 3rd European Congress on Family Medicine.
17. Royal College of General Practitioners Symposium on International Perspectives in Medical Education - As the Sri Lankan representative in September 1996 London.
18. Simulation of medical consultation using PROLOG - A case study in expert systems - Paper presented at the 17th IT Conference of Sri Lanka 1998.
19. Hypothesis Generator and a tester - A case study in expert systems - Paper presented at the 1st Scientific sessions of the Health Informatics Society of Sri Lanka 1999.
20. Causes of headache in a Sri Lankan General Practice - The Ceylon Medical Journal 2001;46;2;71
21. Demonstration of a Telemedicine Application Which Helps People To Diagnose A Medical Problem And Then Take Appropriate Health Care - Paper Presented at the INFOTEL Lanka 2002.
22. Validation and Reliability of a Internet based primary care diagnostic system - Paper presented at WONCA-MESAR Conference 2002
23. Relevance of Telemedicine in the context of primary care in developing countries - Paper presented at WONCA-MESAR Conference 2002
24. Ananda Perera and KNAP De Silva. Feasibility of using electronic medical records in a rural private general practice, Sri Lanka. Paper presented at the International Symposium at Kothalawala Defence Accademy 2015
25. Perera KCP, Perera BA, De Silva AP. Frequency and nature of the cause of headache in children attending a primary care physician. Paper presented at SLMA Scientific Sessions 2016
26. Perera A, Peries TJS, Perera AAMMSL. Demand for Respiratory Care in Sri Lankan Primary Care.
27. Paper presented at 1st IPCRG South Asian Scientific Conference Held at Galadari Hotel Sri Lanka.
28. Perera A, Peries TJS, Perera AAMMSL. Morbidity Spectrum of Respiratory Diseases seen in Primary Care.
29. Paper presented at 1st IPCRG South Asian Scientific Conference Held at Galadari Hotel Sri Lanka.

- 31. Perera A, Peries TJS, Perera AAMMSL. Diagnostic Reasoning of Sri Lankan Primary Care Doctors in the Diagnosis of Respiratory Diseases.**
- 32. Paper presented at 1st IPCRG South Asian Scientific Conference Held at Galadari Hotel Sri Lanka.**
- 33. Perera A, Peries TJS, Perera AAMMSL. How to Improve the Diagnosis of Respiratory Diseases in Primary Care Doctors.**
- 34. Paper presented at 1st IPCRG South Asian Scientific Conference Held at Galadari Hotel Sri Lanka.**
- 35. Perera A, Peries TJS, Perera AAMMSL. Validation of a Expert System for Respiratory Disease Diagnosis in Primary Care.**
- 1. STOPPED HERE**
- 25.**
- 26. Paper presented at 1st IPCRG South Asian Scientific Conference Held at Galadari Hotel Sri Lanka. (Submitted for Publication in npj International Primary Care Respiratory Journal)**
- 27. Arsakula Perera, Ananda Perera. Evaluation of willingness to use mobile phones and mobile phone based health applications in healthcare in a primary care patient population in Sri Lanka. Paper selected for presentation at the 50th Anniversary Society of Teachers of Family Medicine USA Annual Spring Conference, San Diego, California 2016**
- 28. Rupasinghe PJKMS, Perera A, Vithane C, Senarath U. Factors affecting adherence to inhaled corticosteroids use at general practice in Gampaha District – A descriptive cross sectional study. Sri Lankan Family Physician 2017;33;1-7**
- 39. Invited reviewer of the scientific papers at the annual scientific conference of the American Medical Informatics Association for last 3 years in succession**
- 40. Perera A. CAMEOS - Computer Assisted Medical Evaluation of Symptoms. Submission shortlisted for the Commonwealth Digital Health Award under the category of Telemedicine by the Health Informatics Society of Sri Lanka on 11th and 12th October 2018 at the Cinnamon Grand Hotel, Colombo, Sri Lanka.**
- 41. Ananda Perera. DIAGNOSTIC ACCURACY AND VALIDATION OF AN ADVANCED SYMPTOM CHECKER FOR MEDICAL SELFCARE. Abstract ID: 1018. Paper selected for the APAMI 2018 - 10th Biennial Conference of the Asia Pacific Association for Medical Informatics Transforming healthcare through innovation in Digital Health Cinnamon Grand, Colombo, Sri Lanka on 11th and 12th October 2018.**

42. Jayasundara, DMCS1. Perera, AAMBA2. Senanayake, HM1. Colonne, S.1
REDUCING EMERGENCY CAESAREAN SECTIONS, IS IT A POSSIBILITY
52nd Annual Scientific Congress of the Sri Lanka College of Obstetricians and
Gynaecologists held at Galadari Hotel, Colombo, Sri Lanka on 9th-11th August
2019.

43. Jayasundara, DMCS1. Perera, AAMBA2. Senanayake, HM1. Colonne, S.1
IS CAESAREAN SECTION SAFER THAN NORMAL VAGINAL DELIVERY
52nd Annual Scientific Congress of the Sri Lanka College of Obstetricians and
Gynaecologists held at Galadari Hotel, Colombo, Sri Lanka on 9th-11th August
2019.

44. Jayasundara, DMCS1. Perera, AAMBA2. Senanayake, HM1. Colonne, S.1
FREQUENCY OF MATERNAL REQUEST AS A CAUSE FOR REPEAT
CAESAREAN SECTION IN PAST ONE SECTION WOMEN
52nd Annual Scientific Congress of the Sri Lanka College of Obstetricians and
Gynaecologists held at Galadari Hotel, Colombo, Sri Lanka on 9th-11th August
2019.

45. Jayasundara, DMCS1. Perera, AAMBA2. Senanayake, HM1. Colonne, S.1
DESIGN OF AN INFORMATION TECHNOLOGY TOOL FOR QUALITY
IMPROVEMENT IN OBSTETRICS
52nd Annual Scientific Congress of the Sri Lanka College of Obstetricians and
Gynaecologists held at Galadari Hotel, Colombo, Sri Lanka on 9th-11th August
2019.

46. Jayasundara, DMCS1. Perera, AAMBA2. Senanayake, HM1. Colonne, S.1
AUTOMATION OF OBSTETRIC AUDITS IN A TEACHING OBSTETRIC UNIT
OF A TERTIARY CARE HOSPITAL IN SRILANKA
52nd Annual Scientific Congress of the Sri Lanka College of Obstetricians and
Gynaecologists held at Galadari Hotel, Colombo, Sri Lanka on 9th-11th August
2019.

47. A. Perera. Demonstration and Validation of an Advanced Symptom Checker. In
the IEEE Xplore : 11 June 2020 edition. (DOI: 10.1109/NITC48475.2019.9114500)

48. De Silva MP, Jayasundara DMCS, Jayawardena IA, Perera AAMBA. Use of Robsons Classification in Understanding and Improving Caesarean Section Rates in a Tertiary Care Unit in Colombo Sri Lanka. Sri Lanka Journal of Obstetrics and Gynaecology Supplement Issue September 2022.

49. Chandana Jayasundara, Ananda Perera et al. Ongoing research project : ERC reference number EC-22-051 (Version 3.0)

A Personal Health Record for every mother baby DYAD- A growth oriented PHR (GO-PHR): an Implementation and Feasibility study”

50. Chandana Jayasundara, Ananda Perera et al. Ongoing research project ERC reference number EC-22-054 (Version 2.0)

Electronic Healthy Life Clinic: A multisite descriptive study on feasibility and implementation through the use of a Personal Health Record.

51. Chandana Jayasundara, Ananda Perea et al. Ongoing research project. EC-22-055

An electronic bed head ticket (eBHT) for Sri Lankan hospitals – a study to assess its feasibility and implementation fidelity at the Dental Institute, Colombo.

52. Ananda Perera. Paper presented at the Conference: Bioinformatics, Biostatistics and Medical Informatics, February 2023 in Melbourne.

A Comparison of Dietary Quality and Nutritional Adequacy of Meal Plans of a Diet Prescription Generator Web App against the Australian Guidelines to Healthy Eating.

53. Ananda Perera. Paper presented at the Conference: Bioinformatics, Biostatistics and Medical Informatics, February 2023 in Melbourne.

Proof of Concept Design and Development of a Computer-Aided Medical Evaluation of Symptoms Web App: An Expert System for Medical Diagnosis in General Practice

HONORARY APPOINTMENTS

- 1. Visiting Lecturer in the Department of Family Medicine Kelaniya Campus University of Sri Lanka from 2005 upto date**
- 2. Visiting Lecturer for the DFM trainees from year 2005 upto date**

- 3. Visiting Lecturer for the MD trainees from year 2008**
- 4. Council member of the Primary Care Respiratory Group Sri Lanka**
- 5. Council member of the Primary Care Diabetes Group Sri Lanka**
- 6. Current President of the Primary Care Diabetes Group Sri Lanka**
- 7. Designer, developer and webmaster of the PCDG web site at [PRIMARY CARE DIABETES GROUP HOME](#)**
- 8. Designer, developer and webmaster of the PCRG web site at [PRIMARY CARE RESPIRATORY GROUP HOME](#)**
- 9. Designer, developer and webmaster of the web site at [PRIMARY CARE POINT OF CARE SOFTWARE](#)**
- 10. Designer, developer and webmaster of the web site at [FREE 8 ONLINE COURSES FOR PGIM TRAINEES](#)**
- 11. Designer AND developer of an Electronic Medical Record for Primary Care in Sri Lanka - currently used by PGI trainees and ongoing research project**
- 12. Examiner for DFM examination conducted by the PGIM from year 2005 to 2020**
- 13. Examiner for MD examination conducted by the PGIM from year 2005 to 2020**
- 14. Member of the Board of Study for Family Medicine from 2011 - 2014**
- 15. Member of the curriculum committee of the BOS of FM for the new curriculum for DFM trainees of the PGIM**
- 16. Member of the curriculum committee of the BOS of FM for the new curriculum for MD trainees of the PGIM**
- 17. Member of the curriculum committee of the BOS of FM for the new curriculum for DFM Online of the PGIM**
- 18. Course Coordinator for the Diploma in Family Medicine Online program conducted by the Postgraduate Institute of Medicine University of Colombo Sri Lanka**
- 19. Ex-CO member of the Independent Medical Practitioners' Association of Sri Lanka from 2015 uptodate**
- 20. Secretary of the Independent Medical Practitioners' Association of Sri Lanka 2018-2019**
- 21. President of the Independent Medical Practitioners' Association of Sri Lanka 2019-2021**
- 22. Immediate Past President of the Independent Medical Practitioners' Association of Sri Lanka**
- 23. Honorary Digital Health Advisor to the Ex-Co of the Independent Medical Practitioners' Association of Sri Lanka.**
- 24. Honorary Digital Health Advisor to the MOBIOUS (Pvt) Limited**

- 25. Honorary Digital Health Advisor to the BIOSOFT SYSTEMS (Pvt) Ltd.**
- 26. Reviewer of scientific papers submitted to the American Medical Informatics Association scientific sessions consecutively for 5 years until 2020**
- 27. Member of the Expert Panel for the WHO Post COVID-19 Condition Case Definition for Children and Young People**

COPYRIGHT OWNED ELECTRONIC PUBLICATIONS

ELECTRONIC PUBLICATIONS WITH FULL COPYRIGHT OWNERSHIP

- 1. Long Corona Expert System developed for the LCOMR project. Access at -
<https://247econsult.net/dhc/qn.php#loncor> (Password is not required to run the program)**
- 2. Corona Convalescent Diet for Recovery developed for the LCOMR project.
Access at -
<https://247econsult.net/dhc/easyDiets-AID-1600.php>
<https://247econsult.net/dhc/easyDiets-AID-2200.php>**
- 3. An AI system using Expert System technology for self assessment of Emotional Intelligence
<https://247econsult.net/dhc/qn.php#meheas>**
- 4. Symptom Checker for community residents. Access at -
<https://247econsult.net/sc/comeosSC.php>**

5. A Personal Health Record. Access at -
<https://247econsult.net/phr/phr.php>

6. Personal Risk Profiler. Access at
https://247econsult.net/sx_chkr/hrds.php

7. Calculate your risk of Death according to the WHO/ISH risk calculators. Access at -

https://247econsult.net/sx_chkr/havasa.php

8. Assessment of All Cause Mortality. Access at -
https://247econsult.net/sx_chkr/ayubo.php

9. Chronic Disease Manager - Self Assessment. Access at -
https://247econsult.net/sx_chkr/cdmmp.php

10. Dieting Selfcare - easyDiet program. Access at -
<https://247econsult.net/diets/easyDiets.php>

**ALL THE ABOVE PROGRAMS ARE LOCATED AT THE FOLLOWING
GENERAL URL :**

<https://247econsult.net/dhc/digiHealth.html>

**11. CAMEOS - P Computer Assisted Medical Evaluation of Symptoms for
Physicians. Access at**

<https://247econsult.net/dhc3/cocam.php>

This is a diagnostic system for General Practitioners

12. Antibiotic Expert. Access at -

<https://247econsult.net/dhc3/comeosBI.php>

**This is a diagnostic system for the most common bacterial infections in
Community where an antibiotic is indicated. Expected**

users are General Practitioners

13. Surgical Problems Evaluator - Access at -

<https://247econsult.net/dhc3/comeosSur.php>

Diagnostic system to help General Practitioners diagnose common surgical problems in General Practice

14. CAMEOS - Child. Access at -

<https://247econsult.net/dhc3/comeosPaed.php>

Differential Diagnosis of paediatric problems in primary care

15. Development Screener. Access at -

<https://247econsult.net/dhc3/comeosDS.php>

Assessment of the development milestones of children

16. Paediatric Psychiatric Differential Diagnosis. Access at -

<https://247econsult.net/dhc3/comeosPaedPsy.php>

17. Mental Health Expert System. Access at -

<https://247econsult.net/dhc3/comeosPsych.php>

18. An AI system using Expert System technology for self assessment of Common Symptoms in Pregnancy

<https://247econsult.net/dhc3/comeosPG.php>

19. RobsApp. Access at -

<https://digayu.com/anachanrob.php>

This is a webapp designed based on an algorithm described by the WHO to classify all women admitted to an obstetric unit for delivery.

This program generates an audit report for the unit where the data entry was done. Currently this program is being used in a multisite

study conducted by the Department of Obstetrics and Gynaecology of the Faculty of Medicine of the University of Colombo Sri Lanka.

**20. Drug Index and Drug Formulary. Access at -
<https://247econsult.net/dfpi/isdtForm.php#avasanpit>**

**21. Help Files for all the digital health products designed and developed by me :
<https://247econsult.net/edu/>**

22. Diet Engine Producing Meal PLans for 5 countries in their own cuisine

**WRITING AN AUSTRALIAN MEAL PLAN FOR WEIGHT LOSS, WEIGHT GAIN, WEIGH MAINTENANCE, MANY DISEASE SPECIFIC DIET PLANS
<https://247econsult.net/diets/aus/ausDietReq.html>**

**WRITING AN INDIAN MEAL PLAN FOR WEIGHT LOSS, WEIGHT GAIN, WEIGH MAINTENANCE, MANY DISEASE SPECIFIC DIET PLANS
<https://247econsult.net/diets/india/indDietReq.html>**

**WRITING AN US MEAL PLAN FOR WEIGHT LOSS, WEIGHT GAIN, WEIGH MAINTENANCE, MANY DISEASE SPECIFIC DIET PLANS
<https://247econsult.net/diets/us/usDietReq.html>**

**WRITING AN UK MEAL PLAN FOR WEIGHT LOSS, WEIGHT GAIN, WEIGH MAINTENANCE, MANY DISEASE SPECIFIC DIET PLANS
<https://247econsult.net/diets/uk/ukDietReq.html>**

**WRITING AN SRI LANKAN MEAL PLAN FOR WEIGHT LOSS, WEIGHT GAIN, WEIGH MAINTENANCE, MANY DISEASE SPECIFIC DIET PLANS
<https://247econsult.net/diets/sl/slDietReq.html>**

23. Self Dieting for those who want the ultimate convenience, comfort, crednetials and the cost efficacy

<https://247econsult.net/diets/easyDiets.php>

24. An AI system using Expert System technology for self assessment of Emotional Intelligence

<https://247econsult.net/dhc/qn.php#meheas>

25. An AI system using Expert System technology for self assessment of Mental Health Problemes

<https://247econsult.net/dhc3/comeosPsych.php>

26. An AI system using Expert System technology for self assessment of Common Symptoms in Pregnancy

<https://247econsult.net/dhc3/comeosPG.php>

27. Electronic formulary and the Drug index for presrcribers, patients, physicians and pharmaceutical industry

Entire system with the e_Prescriber Functionality is shown at this ur :

<https://247econsult.net/dfpi/isdtForm.php#avasanpit>