

CURRICULUM VITAE - Dr Sachith Mettananda

1. Personal data

- Full Name: Doluweera Sachith Gopeetha Mettananda
- Date of Birth: 16 December 1977
- Nationality: Sri Lankan
- Email: sachithmetta@yahoo.com,
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- Web page: <http://medicine.kln.ac.lk/depts/paediatrics/dr-mettananda>
- Google scholar profile: <https://scholar.google.com/citations?user=hxhSO40AAAAJ&hl=en>
(h-index – 11; Citations - 525)
- Research Gate profile: https://www.researchgate.net/profile/Sachith_Mettananda
(ResearchGate Score – 27.55)
- ORCID ID: 0000-0002-0760-0418

2. Current Positions

- Consultant Paediatrician – University Paediatrics Unit and Paediatric Thalassaemia Centre, Colombo North Teaching Hospital, Ragama, Sri Lanka
- Senior Lecturer in Paediatrics – Department of Paediatrics, Faculty of Medicine, University of Kelaniya, Sri Lanka

3. Primary and Secondary Education

- Royal College, Colombo (1983-1996)
- G.C.E. (O/L) (1993) – Distinctions for all 8 subjects
- G.C.E. (A/L) (1996) – ‘A’ pass for all subjects (Physics, Chemistry, Zoology & Botany)
 - ◆ Obtained second best results in Sri Lanka

4. Academic and Professional Qualifications

- **MBBS (Colombo) (2004)**
 - ◆ First Class Honours
 - ◆ The Sir Andrew Caldecott Gold Medal for the best performance in Final MBBS
 - ◆ Distinctions (9) for Paediatrics, Clinical Medicine, Surgery, Psychological Medicine, Physiology, Biochemistry, Microbiology, Parasitology, Forensic Medicine
 - ◆ 2nd in All Island Merit List for Medical Internship in Sri Lanka (2004)

- **DCH (Colombo) (2007)**
 - ◆ SLCP Gold Medal for the best Performances in DCH

- **MD (Paediatrics) (Colombo) (2010/11)**
 - ◆ Placed first in order of merit in both Part I and Part II Examinations

- **Board Certified Specialist in Paediatrics (w.e.f. 05 Jan 2013)**

- **Doctor of Philosophy [DPhil] (Oxford) (2015)**
 - ◆ At Weatherall Institute of Molecular Medicine, University of Oxford, UK
 - ◆ Fully funded by a Commonwealth Scholarship awarded by the Commonwealth Scholarship Commission in the UK
 - ◆ Thesis title: Ameliorating β -thalassaemia by manipulating expression of the α -globin gene

5. Professional Registrations and Memberships

1. GMC UK – Full Registration (Reg No: 7307749) (2012 to 2015)
2. SLMC – Full Registration (Reg. No: 21205) (2006-to date)
3. Sri Lanka College of Paediatricians – Life Member (2011-to date)
4. Sri Lanka Medical Association – Life Member (No. L/1557/3) (2006-to date)

6. Awards, Scholarships and Grants

6.1 *Academic/Professional Awards*

1. Sir Andrew Caldecott Gold Medal for the best performance in Final MBBS – Faculty of Medicine, University of Colombo (2004)
2. Joseph Nalliah Arumugam Memorial Scholarship for the Final MBBS – Faculty of Medicine, University of Colombo (2004)
3. Professor K.N. Seneviratne Prize in Physiology – Faculty of Medicine, University of Colombo (2004)
4. Professor Channa Wijesinghe Medal for Psychiatry – Faculty of Medicine, University of Colombo (2004)
5. 2nd in All Island Merit List for Medical Internship in Sri Lanka (2004)
6. Sri Lanka College of Paediatrician Gold Medal for the best Performances in DCH (2007)
7. Senior Hulme Scholarship awarded by Brasenose College, University of Oxford in recognition of the academic excellence (2013/14 and 2014/15)
8. Selected as Young Physician Leader (YPL) for the World Health Summit 2016 by National academy of Science in Sri Lanka and Inter Academy Partnership

6.2 *Research Awards*

1. President's Award for scientific publications – 2011, 2015 and 2016
2. Ten Outstanding Young Persons (TOYP) Award 2016 in Medical Research – Awarded by Junior Chamber International of Sri Lanka
3. HKT Fernando Prize – Sri Lanka Medical Association Annual Sessions (2006) for the paper titled 'Incidence of occult carcinoma in benign thyroid disease: The role of Total Thyroidectomy'
4. Professor Geoff Ebrahim Award for the Best Paper in Tropical Paediatrics in the 15th Annual Scientific Congress of the Sri Lanka College of Paediatricians (2012) for the paper titled 'Iron deficiency anaemia in late infancy - who are at risk?'
5. Professor C.C De Silva Oration 2016 at the 19th Annual Scientific Congress of the Sri Lanka College of Paediatricians (2016); Title – 'Thalassaemia: In a quest towards an ultimate cure'
6. Sir Frank Gunasekera Award for the best paper in Community Medicine at the 130th Anniversary International Medical Congress of the Sri Lanka Medical Association (2017) for the paper titled 'An island-wide hospital based epidemiological survey of haemoglobinopathies and an assessment of standards of care in 23 centres'
7. E.M. Wijerama Award for the best paper presented at the 131st Annual International Medical Congress of the Sri Lanka Medical Association (2018)

for the paper titled 'Anaemia among women in child-bearing age: contributions of alpha- and beta-thalassaemia'

8. S.E. Seneviratna Award for the paper presented at the 132nd Annual International Medical Congress of the Sri Lanka Medical Association (2019) for the paper titled '20 year follow up and survival analysis in a cohort of patients with haemoglobin E beta-thalassaemia'
9. Professor Sir Nicholas Attygalle Award for the paper presented at the 132nd Annual International Medical Congress of the Sri Lanka Medical Association (2019) for the paper titled 'Identifying haemoglobinopathy traits and iron deficiency in Sri Lanka using the dichlorophenolindophenol (DCIP) and one-tube osmotic fragility (OF) tests and measurement of red cell zinc protoporphyrin (ZPP)'
10. Selected as one of the top ten finalist in the 2016 best journal article prize by the Commonwealth Scholarship Commission in the UK for the paper titled ' α -Globin as a molecular target in the treatment of β -thalassemia' published in *Blood*.
11. Vice Chancellor's Award for bringing honour to the University of Kelaniya by winning prestigious national or international awards – 2012, 2017, 2018 and 2019
12. Vice Chancellor's Award for the Most Outstanding Researcher in the Faculty of Medicine, University of Kelaniya – 2017 (1st Place)
13. Vice Chancellor's Award for the Most Outstanding Young / Early Career Researcher in the Faculty of Medicine, University of Kelaniya – 2017 (1st Place), 2018 (2nd Place) and 2019 (1st Place)
14. Vice Chancellor's Award for the recipient of the highest amount of external research grants in the Faculty of Medicine, University of Kelaniya – 2017 and 2018
15. Vice Chancellor's Award for The Researcher with the Highest Number of Publications in Indexed Journals in the Faculty of Medicine, University of Kelaniya – 2019
16. University of Kelaniya Senate honours for publishing in high impact journals – 2015, 2016, 2017, 2018 and 2019

6.3 Grants and Scholarships

1. Commonwealth Medical Electives Bursary Award 2004/2005 by the Commonwealth Foundation in UK; tenable at Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, India (2004) (Value – GBP 1000).
2. ICP 2007 Japan Travel Fellowship – At the 25th International Congress of Paediatrics, Athens, Greece (2007) (Value – USD 800).
3. Commonwealth Scholarship Award for DPhil degree tenable at University of Oxford, United Kingdom – Awarded by Commonwealth Scholarship Commission in the UK (2012-15) (Value – Over GBP 150000)

4. WIMM Student Travel Fund Award – At Gordon Research Conference: Red Cells (2015) (Value – GBP 1000)
5. Early Career Travel Fellowship – At the Tenth Cooley’s Anaemia Symposium (2015) (Value – USD 1500)
6. Start-up grant through the Medical Research Council Discovery Award to the University of Oxford - project titled 'Co-inheritance of α -thalassaemia among patients with β -thalassaemia'(Value – GBP 60000)
7. Global Challenges Research Fund Networking Grant awarded by the Academy of Medical Sciences, UK - project titled 'Establishment of a collaborative network of clinicians and scientists working on novel genetic-based therapies for beta-thalassaemia'. (Value – GBP 24500)
8. Investigator Driven Research Grant awarded by the National Research Council of Sri Lanka (NRC Grant 18-030) – project title 'Foetal haemoglobin induction as a treatment for β -thalassaemia'. (Value – LKR 5,000,000)

7. **Appointments held**

- Junior Research Assistant – Postgraduate Institute of Science, University of Peradeniya, Sri Lanka (July 1997 – May 1998)
- Demonstrator – Department of Paediatrics, Faculty of Medicine, University of Colombo, Sri Lanka (April 2004 – April 2005)
- Intern Medical Officer – Surgery and Paediatrics, Colombo North Teaching Hospital, Ragama, Sri Lanka (May 2005- May 2006)
- Senior House Officer – University Paediatric Unit, Colombo North Teaching Hospital, Ragama, Sri Lanka (May 2006 – Sep 2007)
- Registrar in Paediatrics – District General Hospital, Gampaha, Sri Lanka (Oct 2007 – Dec 2007)
- Registrar in Paediatrics – District General Hospital, Negombo, Sri Lanka (Jan 2008 – Sep 2008)
- Registrar in Paediatrics – University Paediatric Unit, Colombo North Teaching Hospital, Ragama, Sri Lanka (Oct 2008 – Sep 2009)
- Registrar in Paediatrics – University Paediatric Unit, Lady Ridgeway Children’s Hospital, Colombo, Sri Lanka (Oct 2009 – Feb 2011)
- Senior Registrar in General Paediatrics – University Paediatric Unit, Colombo North Teaching Hospital, Ragama, Sri Lanka (Mar 2011 – Sep 2012)
- Trust Doctor in Paediatric Haematology – Oxford Children’s Hospital, Oxford University Hospitals NHS Trust, Oxford, UK (Apr 2013 – Dec 2013)
- Specialty Doctor in Paediatrics – Oxford Children’s Hospital, Oxford University Hospitals NHS Trust, Oxford, UK (Jan 2014 – Oct 2015)

8. Research and Publications

8.1 **Research Papers Published in Peer-reviewed Journals (in chronological order)**

1. De Silva KSH, Mettananda DSG, Athauda Thamara. 'Some socio-demographic and health aspects of mothers in a Paediatric ward'. *Sri Lanka Journal of Child Health* 2005; 34: 114-9.
2. Senanayake MP, Mettananda DSG. 'Standards Medical Students Set for Themselves when Preparing for the Final MBBS Examination'. *Annals Academy of Medicine Singapore* 2005; 34: 483-5.
3. Mettananda DSG, Wickramasinghe VP, Kudalugoda Arachchi J, Lamabadusuriya SP, Ajanthan R, Kottahachchi D. 'Suitability of selection criteria as a measure of outcome of medical graduates: University of Colombo'. *The Ceylon Journal of Medical Sciences* 2006; 49: 1-12.
4. DSG Mettananda, Aswini D Fernando. 'A child with Morquio syndrome and mixed mitral valve disease'. *Ceylon Medical Journal* 2008; 53: 24-5.
5. Shaman Rajindrajith, Niranga Devanarayana, Sachith Mettananda, Priyantha Perera, Sanofer Jasmin, Udara Karunarathna, Deshan Adihetty, Ruwan Goonewardena. Constipation and functional fecal retention in a group of school children in a district in Sri Lanka. *Sri Lanka Journal of Child Health* 2009; 38: 60-4.
6. Ranil Fernando, DSG Mettananda, L Kariyakarawana. 'Incidental occult carcinomas in total thyroidectomy for benign diseases of the thyroid'. *Ceylon Medical Journal* 2009; 54: 4-6.
7. Rajindrajith Shaman, Mettananda Sachith, Adihetti Deshan, Gunawardena Ruwan, Devanarayana Niranga Manjuri. 'Neonatal mortality in Sri Lanka: timing, causes and distribution'. *The Journal of Maternal-Fetal & Neonatal Medicine* 2009; 22(9):791-6.
8. Ranawaka PRD, Abayasuriya KC, Mettananda DSG, Abrew K de, Wijesuriya M. 'Clinical profile of type 2 diabetes mellitus in relation to the body mass index'. *Ceylon Journal of Medical Sciences* 2010; 53: 23-35.
9. Manouri P Senanayake, DSG Mettananda, Sudharma Vidyathilake. 'Profound thrombocytopenia and generalized hyperpigmentation following pyrimethamine use'. *Sri Lanka Journal of Child Health* 2011; 40: 134-5.
10. DSG Mettananda, KSH de Silva. 'Pseudohypoadosteronism type 1 in an infant'. *Ceylon Medical Journal* 2011; 56:71-2.
11. J Wanigasinghe, SG Mettananda, DS Kodikara Arachchi. A case of Kleine-Levin syndrome. *Ceylon Medical Journal* 2011; 56:132-3.
12. Rajindrajith Shaman, Mettananda Sachith, Devanarayana Niranga Manjuri. 'Constipation during and after the civil war in Sri Lanka: a Paediatric Study'. *Journal of Tropical Paediatrics* 2011; 57: 439-43.
13. Devanarayana NM, Mettananda S, Liyanarachchi C, Nanayakkara N, Mendis N, Perera N, Rajindrajith S. 'Abdominal pain predominant functional gastrointestinal diseases in children and adolescents: prevalence,

- symptomatology and association with emotional stresses'. *Journal of Pediatric Gastroenterology and Nutrition* 2011; 53: 659-65.
14. Senanayake MP, Mettananda S, De Silva MVC. 'Pulmonary Langerhans cell histiocytosis masquerading as tuberculosis in an infant'. *Annals of Tropical Paediatrics: International Child Health* 2011; 31(4): 357-61.
 15. Perera P, Mettananda S. 'A Sri Lankan infant with vaccine associated acute flaccid paralysis'. *Ceylon Medical Journal* 2012; 57: 42-3.
 16. Manouri P Senanayake, DSG Mettananda. 'Metastatic calcification: Be watchful when renal failure complicates renaltubular acidosis'. *Sri Lanka Journal of Child Health* 2012; 41: 148.
 17. Wanigasinghe J, Mettananda S, De Silva K S, Gunethilake S. 'Multiple subcutaneous folds in oculocerebrorenal syndrome of Lowe'. *Ceylon Medical Journal* 2013; 58(1): 37-38.
 18. Sachith Mettananda, Asvini D Fernando, Nimasari Ginige. 'Posterior reversible encephalopathy syndrome in a survivor of valproate-induced acute liver failure: a case report'. *Journal of Medical Case Reports* 2013, 7:144.
 19. Priyantha Perera, Meranthi Fernando, Sachith Meththananda, Rohini Samaranayake. Pattern of physical growth during first six months of life among a cohort of babies living in Gampaha district, Sri Lanka. *Health* 2013 Vol.5, No.8A4, 23-28.
 20. K Goto, B Kumarendran, S Mettananda, D Gunasekera, Y Fujii, S Kaneko. 'Analysis of effects of meteorological factors on dengue incidence in Sri Lanka using time series data'. *Plos One* 2013; 8 (5), e63717.
 21. Priyantha Perera, Meranthi Fernando, Sachith Meththananda, Rohini Samaranayake. Accuracy of Measuring Axillary Temperature Using Mercury in Glass Thermometers in Children under Five Years: A Cross Sectional Observational Study. *Health* 2014 Vol.6, 2115-20.
 22. Priyantha Perera, Meranthi Fernanado, Nayomi Ranathunga, Wikum Sampath, Rohini Samaranayake, Sachith Meththananda. Growth parameters of Sri Lankan children during infancy: A comparison with world health organization multicentre growth reference study. *Journal of Human Growth and Development* 2014; 24(1): 11-15.
 23. Cheng-Tao Yang, Anna French, Pollyanna Agnes Goh, Alistair Pagnamenta, Sachith Mettananda, Jenny Taylor, Sam Knight, Amit Nathwani, David J. Roberts, Suzanne M. Watt and Lee Carpenter. Human induced pluripotent stem cell derived erythroblasts can undergo definitive erythropoiesis and co-express gamma and beta globins. *British Journal of Haematology* 2014; 166 (3): 435-48.
 24. P R D Ranawaka, C K Abeysekera, M P Gamage, O R Illangasekara, G R C Silva, D S G Mettananda, T Pathmanathan, A S Abeyagunawardena. Psychosocial outcomes of children and parents after renal transplantation. *Sri Lanka Journal of Child Health* 2015; 44(1): 38-44.
 25. Sachith Mettananda, Richard Gibbons, Douglas Higgs. α -Globin as a molecular target in the treatment of β -thalassemia. *Blood* 2015; 125(24): 3694-701.

26. Sachith Mettananda, Richard Gibbons, Douglas Higgs. Understanding α -globin gene regulation and implications for the treatment of β -thalassemia. *Annals of the New York Academy of Sciences* 2016; 1368(1): 16-24.
27. Randula Ranawaka, Kosala Karunaratne, DSG Mettananda. Attention-Deficit Hyperactivity Disorder in Childhood Epilepsy. *Journal of Neurology, Neurological Sciences and Disorders* 2016. 2(1): 004-006.
28. Sachith Mettananda, Christopher A. Fisher, Jackie A. Sloane-Stanley, Stephen Taylor, Udo Oppermann, Richard J. Gibbons, and Douglas R. Higgs. Selective silencing of α -globin by the histone demethylase inhibitor IOX1: A potentially new pathway for treatment of β -thalassemia. *Haematologica* 2017; 102: e80-e84.
29. S Mettananda, DGH de Silva. Anaemia in children: are we using the correct prevention strategies? *Ceylon Medical Journal* 2017; 62: 73-76.
30. Sachith Mettananda, Chris A. Fisher, Deborah Hay, Mohsin Badat, Lynn Quek, Kevin Clark, Philip Hublitz, Damien Downes, Jon Kerry, Matthew Gosden, Jelena Telenius, Jackie A. Sloane-Stanley, Paula Faustino, Andreia Coelho, Jessica Doondeea, Batchimeg Usukhbayar, Paul Sopp, Jacqueline A. Sharpe, Jim R. Hughes, Paresh Vyas, Richard J. Gibbons & Douglas R. Higgs. Editing an α -globin enhancer in primary human hematopoietic stem cells as a treatment for β -thalassemia. *Nature communications* 2017; 8: 424. (DOI: 10.1038/s41467-017-00479-7).
31. Sachith Mettananda. Thalassaemia: In a quest towards an ultimate cure. *Sri Lanka Journal of Child Health* 2017; 46(3): 203-10.
32. Sachith Mettananda, Harendra de Silva. Periodic deworming practice in Sri Lanka: Is it based on evidence, misconceptions or commercialism? *Sri Lanka Journal of Child Health* 2017; 46(4): 307-311.
33. S Mettananda, DGH de Silva. Re: Anaemia and iron deficiency in pregnant women attending an antenatal clinic in a Teaching Hospital in Southern Sri Lanka. *Ceylon Medical Journal* 2017; 62: 255.
34. Premathilaka LHRA, Lakmini MS, Thamal Dharshana LG, Nawaratne SB, Mettananda S, De Silva ST, Premawardhena AP. Stroke in sickle beta thalassaemia - a case report highlighting pitfalls in management in a low prevalence country. *Sri Lanka Journal of Medicine* 2017; 26(2): 55-57.
35. Sachith Mettananda, Douglas Higgs. Molecular basis and genetic modifiers of thalassaemia. *Hematology/Oncology Clinics of North America* 2018; 32 (2): 177–191.
36. Sachith Mettananda, Kevin Clark, Chris A. Fisher, Jackie A. Sloane-Stanley, Richard J. Gibbons, Douglas R. Higgs. Phenotypic and molecular characterization of a serum-free miniature erythroid differentiation system suitable for high throughput screening and single cell assays. *Experimental Hematology* 2018; 60: 10–20.
37. Chamara Jayamanne, Lakkumar Fernando, Sachith Mettananda. Chiari malformation type 1 presenting as unilateral progressive foot drop: a case report and review of literature. *BMC Pediatrics* 2018; 18: 34.

38. Sachith Mettananda, K Phirarthana, Dhananja Namalie. *Streptococcus bovis*: a case report of an unusual aetiology of meningitis in a neonate with Down syndrome. *Journal of Medical Case Reports* 2018; 12: 93.
39. Sachith Mettananda. Management of thalassaemia. *Sri Lanka Journal of Child Health* 2018; 47(2): 159-165.
40. Tharindi Suriapperuma, Ravindu Peiris, Chamila Mettananda, Anuja Premawardhena, Sachith Mettananda. Body iron status of children and adolescents with transfusion dependent β -thalassaemia: Trends of serum ferritin and associations of optimal body iron control. *BMC Research Notes* 2018; 11: 547.
41. Chamara Jayamanne, Sajith Sandamal, Kasun Jayasundara, Mayoorathy Saravanabavanathan, Sachith Mettananda. Child presenting with acute adrenal crisis: a case of Smith-Lemli-Opitz Syndrome. *Journal of Medical Case Reports* 2018; 12: 217.
42. Sachith Mettananda. Thalassaemia: Current research may provide a cure for it in the future. *Sri Lanka Journal of Child Health* 2018; 47(4): 372.
43. Sachith Mettananda, Marius Suranjan, Roshale Fernando, Tiran Dias, Chamila Mettananda, Rexan Rodrigo, Lakshman Perera, Richard Gibbons, Anuja Premawardhena, Douglas Higgs. Anaemia among females in child-bearing age: Relative contributions, effects and interactions of α - and β -thalassaemia. *PLoS One* 2018; 13(11): e0206928.
44. Sachith Mettananda, Hashan Pathiraja, Ravindu Peiris, Nethmi Wickramarathne, Dayananda Bandara, Udaya de Silva, Chamila Mettananda, Anuja Premawardhena. Blood transfusion therapy for β -thalassaemia major and haemoglobin E β -thalassaemia: Adequacy, trends and determinants in Sri Lanka. *Pediatric Blood and Cancer* 2019; 66: e27643.
45. Anuja Premawardhena, Roshanthi Fernando, Sumudu Kumarage, Nilanga Nishad, Dilith Goonatileke, Ishari de Silva, Sachith Mettananda. Place for elective cholecystectomy for patients with severe thalassaemia: A retrospective case control study. *BMC Research Notes* 2019; 12: 245.
46. Gihan Samarasekara, Sachith Mettananda, Pushpa Punchihewa. Analysis of nutritional status and factors associated with undernutrition in children aged 6-59 months in a rural area of Sri Lanka. *Sri Lanka Journal of Child Health* 2019; 48 (2): 105-110.
47. Angela Allen, Shiromi Perera, Luxman Perera, Rexan Rodrigo, Sachith Mettananda, Agnes Matope, Ishari Silva, Nizri Hameed, Christopher Fisher, Nancy Olivieri, David Weatherall, Stephen Allen, Anuja Premawardhena. A "one-stop" screening protocol for haemoglobinopathy traits and iron deficiency in Sri Lanka. *Frontiers in Molecular Biosciences* 2019; 6: 66.
48. Anuja P Premawardhana, Rasnayaka Mudiyanse, Shamila T De Silva, Nilam Jiffry, Udaya Nelumdeniya, Udaya de Silva, Sanath P Lamabadusuriya, K Pushpakumara, Randima Dissanayaka, M Jansz, I Rifaya, Upul Navarathne, V Thirukumaran, Mahinda Arambepola, Wijesundara Dayanada Bandara, U Vaidyanatha, Devan Mendis, K Weerasekara, Nalika De Silva, DK Shantha Kumara, Sujeeva D Amarasekara, KK Hemantha, MACM Refai, Ishari Silva, Nizri Hameed, F Rajiyah, Sachith Mettananda, Angela Allen, David J Weatherall,

- Nancy F Oliveri. A nationwide survey of hospital-based thalassaemia patients and standards of care and a preliminary assessment of the national prevention program in Sri Lanka. *PLoS One* 2019; 14(8): e0220852.
49. Kanchana Uyangoda, Phirarthana Kamalanathan, Sachith Mettananda. Familial glucocorticoid deficiency presenting with hyperpigmentation, gigantism and motor development delay: a case report. *Journal of Medical Case Reports* 2019; 13: 280.
 50. Sachith Mettananda, Hashan Pathiraja, Ravindu Peiris, Dayananda Bandara, Udaya de Silva, Chamila Mettananda, Anuja Premawardhena. Health related quality of life among children with transfusion dependent β -thalassaemia major and haemoglobin E β -thalassaemia in Sri Lanka: a case control study. *Health and Quality of Life Outcomes* 2019; 17:137.
 51. Sachith Mettananda, Nirmani Yasara, Christopher A. Fisher, Stephen Taylor, Richard Gibbons, Doug Higgs. Synergistic silencing of α -globin and induction of γ -globin by histone deacetylase inhibitor, vorinostat as a potential therapy for β -thalassaemia. *Scientific Reports* 2019; 9:11649.
 52. AS Athapathu, ERS Bandara, AAHS Aruppala, KMAU Chandrapala, Sachith Mettananda. A child with Gradenigo syndrome presenting with meningism: a case report. *BMC Pediatrics* 2019; 19: 350.
 53. Anuja P. Premawardhena, Shamila T. De Silva, M. D. Dilith C. Goonatilleke, Dileepa S. Ediriweera, Sachith Mettananda, B. K. Rexan P. Rodrigo, Angela Allen, David J. Weatherall. Marriage patterns of Sri Lanka and prevalence of consanguinity related births in patients with thalassaemia: a cross-sectional descriptive analysis. *Journal of Biosocial Science* 2019; (in press).
 54. Sajani Galappaththi, Shaman Rajindrajith, Sachith Mettananda. Congenital intrahepatic portosystemic shunt presenting with muco-cutaneous bleeding. *Sri Lanka Journal of Child Health* 2019; (in press).
 55. Sachith Mettananda, Senani Williams. Clinical and laboratory evaluation of childhood anaemia. *Sri Lanka Journal of Child Health* 2019; (in press).
 56. Sachith Mettananda. Devising a cure for β -thalassaemia by targeting α -globin. *The Sri Lanka Journal of Haematology* 2019; (in press).

8.2 Book Chapters

1. DSG Mettananda, DGH de Silva, YC Jayasinghe, TRW Rodrigo, A Pathmeswaran, APSD Abeysinghe. 'A study on adolescent sexual and violent behaviour, drugs and alcohol abuse and its relationship to the past experiences'. In *A Collection of Research Papers on Adolescent Sexual and Reproductive Health* 2008. (ISBN 978-955-1214-23-4). Faculty of Medicine-University of Kelaniya: Ragama; 91-119.
2. Sachith Mettananda. 'Iron-deficiency Anaemia (*Sinhala*)'. In *Weda Sisu Denumai Suwabara Diviyay* 2016. (ISBN 978-955-4563-80-3). Faculty of Medicine-University of Kelaniya: Ragama; 51-2.

8.3 Thesis

1. Mettananda DSG. Ameliorating β -thalassaemia by manipulating expression of the α -globin gene. Oxford: University of Oxford; 2015. 224 pages.

8.4 Research Papers Presented in Scientific Meetings and Published as Abstracts (in chronological order)

1. Mahamithawa UD, Rathnaweera DH, Mettananda DSG. 'Hospital diet: Is it child friendly?'. *Proceedings of The Sri Lanka College of Paediatricians – 8th Annual Scientific Congress 2004*, 31-32. (SFP-03)
2. De Silva KSH, Mettananda DSG, Athauda GATK. 'Some socio-demographic and health aspects of mothers in a Pediatric ward'. *Proceedings of The Sri Lanka College of Paediatricians – 8th Annual Scientific Congress 2004*, 52-53. (FP-15)
3. Senanayake MP, Mettananda DSG. 'Standards medical students set for themselves in preparing for the Final MBBS Examination'. *Assessment Tips – Abstracts of the 2nd Asia Pacific Medical Education Conference, December 7th – 10th 2004*. 101.
4. Mettananda DSG, Munasinghe KK, Munavir FR, Lankathilake KN. 'Sport: will it reduce stress?' *Proceedings of The Student Scientific Sessions 2004, Faculty of Medicine, Colombo*, 49. (OP-29)

Award of Excellence - Best research presentation in Session –5

5. Mahamithawa UD, Mettananda DSG, Senanayake MP, Lamabadusuriya SP 'Correlation between Continuous and Final Assessment marks in a student-centered restructured curriculum'. SDC/SLAIHEE March 2005 Conference on Improving Higher Education Effectiveness in Sri Lanka.
6. Senanayake MP, Mettananda DSG. 'Caring for a disabled child at home: Parental perceptions'. *Proceedings of The Sri Lanka College of Paediatricians – 9th Annual Scientific Congress 2005*, 27. (FP-04)
7. Mahamithawa UD, Mettananda DSG, Senanayake MP, Lamabadusuriya SP. 'Continuous assessment of medical students: How useful is it?'. *Proceedings of The Sri Lanka College of Paediatricians – 9th Annual Scientific Congress 2005*, 39. (FP-16)
8. Senanayake MP, Mettananda DSG. 'Computer usage by more recently qualified paediatricians and postgraduate trainees in Sri Lanka'. *Proceedings of The Sri Lanka College of Paediatricians – 9th Annual Scientific Congress 2005*, 41. (FP-18)
9. Fernando R, Mettananda DSG, Kariyakarawana L. 'Incidence of occult carcinoma in benign thyroid disease: The role of Total Thyroidectomy'. *Ceylon Medical Journal 2006*; 51 (suppl. 1): 17. (OP-22)
10. Mettananda DSG, Munasinghe KK, Munavir FR, Lankathilake KN. 'Sport: will it reduce stress of medical education?'. *Ceylon Medical Journal 2006*; 51 (suppl. 1): 36. (PP-2)
11. Fernando R, Coomaraswamy W, Mettananda DSG, Umasankar K. 'Clinical features of Chronic Lymphocytic Thyroiditis: are they different in our patients'.

Programme & Abstracts – 10th Congress of Asian Association of Endocrine Surgeons 2006. P 81.

12. Fernando R, Mettananda DSG, Kariyakarawana L. 'Incidence of occult carcinoma in benign thyroid disease: The role of Total Thyroidectomy'. *Programme & Abstracts – 10th Congress of Asian Association of Endocrine Surgeons 2006. P 82.*
13. DSG Mettananda, DGH de Silva, YC Jayasinghe, TRW Rodrigo, A Pathmeswaran, APSD Abeysinghe. 'A study on adolescent sexual and violent behaviour, drugs and alcohol abuse and its relationship to the past experiences'. *Research Seminar on Adolescent Reproductive and Sexual Health 2007, Faculty of Medicine, University of Kelaniya.*
14. S Rajindrajith, N Devanarayana, S Mettananda, P Perera, S Jasmin, U Karunarathne, D Adihetty, R Goonewardena. 'Constipation in Sri Lankan school children of 10 to 16 years: how big the problem is?'. *25th International Congress of Paediatrics, Athens, Greece. 2007. (PP 0255)*
15. S Mettananda, D Adihetty, R Goonewardena, N Devanarayana, S Rajindrajith. 'Readmission of neonates after discharge: a case controlled study'. *25th International Congress of Paediatrics, Athens, Greece. 2007. (PP 0641)*
16. Mettananda KCD, Mettananda DSG, Weerasinghe A., Pallewela N., Pathiraja C., Nawarathne S. Comparison of temporal detail resolving ability of eye between two samples of auditory deprived and normal children. *Ceylon College of Physicians 2007.*
17. Rajindrajith S, Mettananda DSG, Adihetty D, Goonawardena R, Devanarayana NM. 'Neonatal mortality in Sri Lanka: timing, causes and distribution'. *Proceedings of The Sri Lanka College of Paediatricians – 11th Annual Scientific Congress 2008, 87. (OP-38)*
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9. Guest Lectures and Presentations

1. SLMA Monthly Clinical Meeting – Presentation on ‘A child with elevated serum creatinine levels’ (2010)
2. Sri Lanka College of General Practitioners: Continuing Professional Development Programme – Lecture titled ‘The growing child in general/family practice’ (2011)

3. Gastrointestinal Case Presentation – *14th Annual Scientific Congress of the Sri Lanka College of Paediatricians* (2011)
4. Presentation titled 'Ameliorating β -thalassaemia by manipulating expression of the α -globin gene: The search for a target pathway' at the MHU Away Day 2013 (University of Oxford) (2013)
5. Plenary Lecture at the Young Researchers' Symposium – 2015 held at Faculty of Medicine, University of Kelaniya (2015). Title: Management of thalassaemia beyond transfusion and chelation: search for cure
6. Resource Person- Sri Lanka College of Haematologists Clinical training (2016)
7. Guest Lecture titled 'The Growing Child' at the Midwife training workshop in the Biyagama MOH area (2016)
8. Presentation titled 'Emerging Therapies for Thalassaemia' at the Joint Precongress workshop of Sri Lanka College of Paediatricians and Sri Lanka College of Haematologists (2016)
9. Resource Person - Sri Lanka College of Paediatricians MCQ Course. Topic - Haematology (2016)
10. Resource Person - Workshop on Clinical Component of MBBS Exam organized by the University Grants Commission (2016)
11. Guest Lecture titled 'Microcytic anaemia in children' at the Monthly Clinical update of Sri Lanka College of Paediatricians (2017)
12. Resource Person – Regional Scientific Sessions (Jaffna) of Sri Lanka College of Paediatricians. Lecture titled 'Microcytic anaemia in children' (2017).
13. Resource Person – Regional Scientific Sessions (Chilaw) of Sri Lanka College of Paediatricians. Lecture titled 'Management of Thalassaemia: Past, Present and Future' (2017).
14. Resource Person - Sri Lanka College of Paediatricians MCQ Course. Topic- Haematology (2017)
15. Resource Person - 6th Global Congress for Consensus in Paediatrics and Child Health and 20th Annual Scientific Congress of the Sri Lanka College of Paediatricians. Lecture titled 'A novel concept for the management of thalassaemia' (2017).
16. Resource Person – Regional Scientific Sessions (Batticaloa) of Sri Lanka College of Paediatricians. Lecture titled 'A rational approach to anaemia in children' (2018).
17. Resource Person – 131st International Anniversary Medical Congress of the Sri Lanka Medical Association. Lecture titled 'Emerging therapies for beta-thalassaemia' (2018).

18. Resource Person – CME Programme of Colombo North Clinical Society. Lecture titled 'A rational approach to childhood anaemia' (2018).
19. Resource Person – National Thalassaemia Conference organised by the Kandy Society of Medicine and the Ministry of Health. Lecture titled 'Clinical evaluation of a child with anaemia' (2019).
20. Resource Person – Therapeutic Update Lecture series organised by the Sri Lanka Medical Association. Lecture titled 'Iron deficiency anaemia in children' (2019).
21. Resource Person – Regional Scientific Sessions (Badulla) of Sri Lanka College of Paediatricians. Lecture titled 'Childhood anaemia: Getting your diagnosis right' (2019).
22. Plenary Lecture – 11th Annual Scientific Sessions of the Galoya Nimna Clinical Society. Lecture titled 'Troubleshooting in Thalassaemia'(2019).
23. Resource Person – Haem-Icon 2019, 20th Annual Academic Sessions of Sri Lanka College of Haematologists. Lecture titled 'Alpha-globin enhancer genome editing as a treatment for beta-thalassaemia' (2019).

10. Editorial Board Member / Reviewer of Journals

10.1 Editorial Board Member

1. Editorial Board Member – *Ceylon Medical Journal* (Aug 2019-todate)
2. Editorial Board Member – *Sri Lanka Journal of Child Health* (Nov 2018-todate)
3. Editorial Board Member – *Medical Case Reports* (2014- to date)

10.2 Reviewer

1. Reviewer – *Medical Education* (2007)
2. Reviewer – *International journal of medicine and medical sciences* (2014)
3. Reviewer – *Saudi Medical Journal* (2015)
4. Reviewer – *BMJ Case Reports* (2015)
5. Reviewer – *BMC Research Notes* (2016)
6. Reviewer – *Sri Lanka Journal of Child Health* (2016-2018)
7. Reviewer – *Journal of Tropical Paediatrics* (2016, 2018)
8. Reviewer – *Journal of Child Science* (2017)
9. Reviewer – *Science Translational Medicine* (2018)
10. Reviewer – *BMC Pregnancy and Child Health* (2018)
11. Reviewer – *Medical Science Monitor* (2019)
12. Reviewer – *Drug Design, Development and Therapy* (2019)
13. Reviewer – *Scientific Reports* (2019)

11. National Level Positions

1. Member of National Thalassaemia Council of Sri Lanka (2016- to date)
2. Council Member – Sri Lanka College of Paediatricians (2016/17 and 2017/18)
3. Member (Nominee from the University of Kelaniya) – National Health Research Council of Sri Lanka (2017 and 2018)
4. Member of the National Thalassaemia Screening Programme (2017-to date)
5. Member – National guideline committee on deworming of children and Pregnant mothers in community setting (Aug 2017 – to date)
6. Founder Secretary – Rare Disease Forum of the Sri Lanka College of Paediatricians (2017/18 and 2018/19)
7. Member – Subcommittee on Updating the Daft National Policy on Human Genetic Material and Data for Sri Lanka (2019-)

12. University Level Positions

1. Academic Advisor on Career Guidance – Faculty of Medicine, University of Kelaniya. (2015/16, 2016/17, 2017/18 and 2018/19)
2. Member of the Advisory Panel – Research Support Centre/ Faculty of Medicine, University of Kelaniya (2018)
3. Coordinator of the MCQ Bank – Faculty of Medicine, University of Kelaniya. (2018)
4. Member of the Ethics Committee – Faculty of Medicine, University of Kelaniya. (2019 Aug- to date)

13. Clinical Trial Experience

1. Co-investigator in DEN-301 clinical trial (2016-2018)
2. Principal investigator of the clinical trial - Efficacy and safety of oral hydroxyurea in transfusion dependent beta-thalassaemia: a randomized double-blind placebo-controlled clinical trial [SLCTR/2018/024] (2018-to date)

14. Organizing CPD Activities

1. Co-organized a pre-congress workshop on Paediatric Haematology on behalf of Sri Lanka Colleges of Paediatricians and Haematologists – 22nd September 2016
2. Organized a Symposium on Rare Diseases on the Rare Disease Day - 28th February 2017
3. Career Guidance Seminar for Medical Undergraduates of the Faculty of Medicine- University of Kelaniya (2017)
4. Organized a Research Symposium on Rare Diseases on the Rare Disease Day - 28th February 2018

5. Organized a Research Symposium on Rare Diseases on the Rare Disease Day - 28th February 2019
6. Career Guidance Seminar for Medical Undergraduates of the Faculty of Medicine- University of Kelaniya (2019)

15. Extra-Curricular Activities and Leadership Experience

1. President's scout, Troop Leader and Assistant Scout Leader - Royal College, Colombo (1991-1996)
2. Senior Prefect and House Captain (Reed House) - Royal College, Colombo (1994-1996)
3. Represented Sri Lanka as a senior scout at "City of Bangkok – 7th Jamboree" in Bangkok, Thailand (1994)
4. Batch Representative of 97/98 batch, Faculty of Medicine, University of Colombo (2000/01)