

($p=0.01$) only in the physical health domain but not in others (Psychological, social relationships and environment). In non-diabetic subjects undergoing CABG the quality of life had significantly increased in all four domains ($p=0.01$, $p=0.01$, $p=0.05$, $p=0.003$ respectively).

Conclusions

The overall quality of life had a significant increment after CABG than PTCA in non-diabetic subjects, but there was no such increment in diabetic subjects. Quality of life in the physical health domain significantly increased in diabetic and non-diabetic patients both after PTCA and CABG. Other domains showed significant increment only in non-diabetic subjects after CABG.

OP9 Patterns of resting heart rate and its correlates among Sri Lankan adults.

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Objectives

Resting heart rate has been shown as an independent risk factor for cardiovascular disease. There is scarcity of data on heart rate in non-Caucasian ethnic groups especially among South Asians. We aimed to study the patterns of heart rate and its correlates among Sri Lankan adults.

Methods

In this cross sectional study a nationally representative sample of 4485 adults was recruited from all provinces excluding the North & East by a multi-stage stratified random cluster sampling method. 12-lead resting ECGs were obtained and coded according to the Minnesota code by two clinicians. Data from a structured interview, medical examination and investigations including OGTT and FBS were recorded. Data were analyzed using SPSS. Pearson's Correlation coefficient(r) was used for comparing resting heart rate with other numerical variables and Chi square test was used for comparing categorical variables.

Results

ECGs of 4344 individuals were analyzed (male- 39.7%, Female-60.3%). Mean age was 45.7 years (male-45.9, female-45.6). Mean resting heart rate was 73.9 beats per minute (bpm) (male-68.9, female-77.8). Heart rate was positively associated with the female sex ($p<0.01$), mean diastolic blood pressure ($r=0.156$), 2 hour-post OGTT blood glucose ($r=0.135$), HDL cholesterol ($r=0.078$), pre-diabetes ($p<0.01$) and hypertension ($p=0.02$). A negative correlation for heart rate was observed with age ($r= -0.065$), weight ($r= -0.092$), waist-hip-ratio ($r = -0.083$) and vigorous physical activity ($r= -0.145$).

Conclusion

Female sex, high mean DBP, high 2hr-post OGTT blood glucose, high HDLC level, pre-diabetes and hypertension were associated with higher heart rate. Increased age, overweight, high-waist-hip ratio, vigorous physical activity level and smoking were associated with lower heart rate.

OP10 Prevalence of defective colour vision among medical students in Faculty of Medicine, Colombo

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Introduction

Though it is not given any significance due to its scarce prevalence in the population, defective colour vision affects an individual, in that he perceives the world in a different spectrum of view. Observations are a fundamental element in medicine in which colour and its changes play a major role for further proceedings.

Objectives

To determine the prevalence of defective colour vision and its reported effects in life of medical students in the Faculty of Medicine, Colombo