



BDS (Peradeniya), MSc Community Dentistry (Colombo), MD Community Dentistry (Colombo), FRSPH (UK)

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Google Scholar:

<https://scholar.google.com/citations?hl=en&user=6TmqiqQAAAAJ>

Research gate:

<https://www.researchgate.net/profile/Drdl-Ratnayake>

LinkedIn:

<https://www.linkedin.com/in/dilini-ratnayake-143211247/>

PERSONAL DATA

Sex: Female

Nationality: Sri Lankan

Marital Status: Married

Children: 3

D R DILINI L RATNAYAKE

Lecturer/Researcher/Public Health Specialist

EDUCATION

MD in Community Dentistry, University of Colombo, Sri Lanka (2023)

MSc in Community Dentistry, University of Colombo, Sri Lanka (2014)

Bachelor of Dental Sciences, University of Peradeniya, University of Peradeniya, Sri Lanka (2011)

Certificate in Teaching in Higher Education, University of Peradeniya

WORK EXPERIENCE HIGHLIGHT

Visiting Research Fellow at the Faculty of Life Sciences and Education, University of South Wales, United Kingdom (2024-2025)

Lecturer, Division of Community Dentistry, Department of Community Dental Health, Faculty of Dental Sciences, University of Peradeniya, Sri Lanka from 15th February 2022 to present

Senior Specialist trainee in Community Dentistry, Family Health Bureau, Ministry of Health (2023)

Officer, Preventive unit, Provincial Director of Health Services offices Central province, Sri Lanka from May 2020-February 2022

Specialist trainee in MD community dentistry April 2017 to May 2020

Senior house officer, University Dental Hospital from September 2015 to April 2017, Grade Dental Surgeon at Ministry of Health, Sri Lanka 2012 onwards

Temporary Lecturer in the Department of Oral Medicine and Periodontology, Faculty of Dental Sciences, University of Peradeniya from October 2011 to November 2012.

SKILLS AND RESEARCH INTEREST

Research Methodology

Advanced applied statistics

Advanced epidemiology

Public Health Program management

Health Promotion

Dental Education

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PROFESSIONAL QUALIFICATIONS

- Completed the training programme in ‘Conducting a Systematic Review of Interventions’ delivered by the Cochrane Interactive Learning programme (Cochrane Innovation Ltd) (2024).
- Completed a training on JBI (Joanna Briggs Institute) Scoping review workshop conducted by the Wales Centre for Evidence Based Care, Cardiff University, Wales, United Kingdom (2024).
- Attended a master class on ‘Conducting systematic reviews and critical literature reviews’ conducted by Community Nursing Research Forum, Nottingham University (2024).
- Obtained training in Advance NVivo software- Qualitative Data Analysis conducted by University of South Wales, Wales, United Kingdom (2024)
- Critical Appraisal Skills Programme (CASP) training (online) (2025)
- Fellow of the Royal Society of Public Health, United Kingdom
- Member of the Advisory Committee of the National Oral Health Survey 2025/2026, Sri Lanka (2025)
- Examiner of the National Oral Health Survey 2025/2026, Sri Lanka (2025)
- Member of the working committee for development of ‘National Guidelines for the Application of Fluoride Varnish for Children Six years and Below’ -coordinated by the Family Health Bureau, Sri Lanka (2023)

- Member of the working committee for development of ‘Guidelines for the Application of Fissure Sealant in the School Health Programme in Sri Lanka’-coordinated by the Family Health Bureau, Sri Lanka (2023)
- Master trainer for the national training programme for the school dental therapists on application and implementation of the fissure sealant and fluoride varnish programmes in school children. Coordinated by the Family Health Bureau, Sri Lanka (2023).
- Member of the National Technical Advisory Committee on prevention and control of oral cancer in Sri Lanka (National Cancer Control Programme)
- Member of the working committee on ‘National Guide on Oral Hygiene Practices for professionals and public health field officers’- Family Health Bureau.
- Global Burden of Diseases Collaborator
- Member of the Ethics Review Committee, Faculty of Dental Sciences, University of Peradeniya
- Secretary, Board of Management, Centre for Research in Oral Cancer, Faculty of Dental Sciences, University of Peradeniya (2026-September onwards)

TEACHING EXPERIENCE

Teaching experience: Undergraduate

Serve as a lecturer in dental public health attached to the Department of Community Dental Health, Faculty of Dental Sciences, University of Peradeniya, Sri Lanka (from 2022 onwards)

Serve as a lecturer in Basic Statistics and Research methods module at the Faculty of Dental Sciences, University of Peradeniya, Sri Lanka (from 2022 onwards)

Served as a trainer for school dental therapists in Sri Lanka-coordinated through Family Health Bureau (2023)

Served as a lecturer for teaching oral health care for field public health midwives in Kandy district

Teaching Experience: Postgraduate

Conducted teaching sessions for candidates of the selection examination for MSc in Community Dentistry- coordinated by the College of Community Dentistry in Sri Lanka (2023 - 2026)

Visiting Lecturer- Postgraduate Institute of Medical Sciences, University of Peradeniya – Course lead (2025 to present) –(Master of Public Health) MPH 503- Critical appraisal, including the use of public health literature to improve public health programs and practice

Visiting Lecturer – Postgraduate Institute of Medicine, University of Colombo
MSc in Community Dentistry- 2026

Internal Examinerships

Invigilator for 5th semester and 7th semester dental undergraduates (Population Oral Health and Basic Statistics and Research Methods courses)– Faculty of Dental Sciences, University of Peradeniya (2022 onwards)

Examiner for the CLR-5 Research Project Examination of the 4th year medical students of the Faculty of Medicine, University of Peradeniya (2025)

Course coordinator

DS2203- Introduction to Clinical Dentistry, Professionalism and ethics- 2nd year dental Undergraduates of the Faculty of Dental Sciences, University of Peradeniya.

DS5104-Research Project-runs through 7th semester to 9th semester dental undergraduates, Faculty of Dental Sciences, University of Peradeniya.

Journal articles:

- **Ratnayake, D.L.**, Nagahawaththa, R.K. & Ekanayake, L. A salutogenic mobile health application for adolescent oral health: development and feasibility study. *BMC Public Health* (2026). <https://doi.org/10.1186/s12889-026-28877-x>
- **Ratnayake, D.L.**, Ekanayake, L. Sense of coherence is associated with daily free sugar consumption and oral health-related quality of life in 15-year-old school children attending government schools in Kandy district, Sri Lanka: a cross-sectional analytical study. *BMC Oral Health* **25**, 1868 (2025). <https://doi.org/10.1186/s12903-025-07260-z>
- **Ratnayake, D. L.**, Richards, W., Ameen, J., Coll, A.-M., & Filipponi, T. (2025). Income inequalities and dental caries in 12-year-olds: An ecological comparison between a high- and a lower-middle-income country. *Oral*, 5(3), 71. <https://doi.org/10.3390/oral5030071>
- Richards, W., **Ratnayake, D.**, Coll, A.-M., Filipponi, T., & Ameen, J. (2025). *The elephant in the room: addressing systemic inequalities in dental healthcare*. *British Dental Journal*, 239(4), 245–248. <https://doi.org/10.1038/s41415-025-9051-2>
- **Ratnayake, D. R. D. L.**, & Ekanayake, L. (2025). Design of a salutogenic mHealth intervention to promote oral health among 15-year-old adolescents in Kandy District: A qualitative study. *Sri Lanka Dental Journal*, 55(1), 13–21.
- **Ratnayake D.R.D.L.**, Richards W., Wilson M., De Silva D, Coll A.M (2025). “Designed to Smile” in Wales and its Implications to Improve Oral Health Care of Children in Sri Lanka: A Desk Review. *Ceylon Journal of Science* 54 (2) 2025: 539-551.
- **D Ratnayake**, RSA Usoof, L Ekanayake (2023). Cross-cultural adaptation and validation of a Sinhalese version of the Sense of Coherence 13-item scale among adolescents in Sri Lanka. *Ceylon Journal of Science* 52(4), 485-493.
- D De Silva, S Ratnapreya, I Perera, WBMCRD Weerasekera, **D Ratnayake** (2025). Cracking the Code: What Drives Dental Students to Specialize? Unveiling the Impact

of Final Year Performance, Gender, and Geography. South-East Asian Journal of Medical Education 18 (2).

- Mirza J.F., Wijayatilake P.V.H.D.K, **Ratnayake D.R.D.L**, Godavitharana A.M.M., Amarasinghe D.K., Thennakoon M.P.D.M., Rajapakse T.N., Fernando P.H.S (2022). Psychiatric morbidity among COVID-19 positive persons in Central Province, Sri Lanka: a cross-sectional study. Sri Lanka Journal of Psychiatry Vol 13(2).
- **Ratnayake D**, Medawela S, Jayasinghe R, Jayathilake S, de Silva D, Sitheequ M. Awareness of risk of cross-infection and infection-control measures among patients attending University Dental Hospital, Peradeniya, Sri Lanka. J Investig Clin Dent. 2017 Mar 31. <https://doi.org/10.1111/jicd.12268>
- Medawela RMSHB and **Ratnayake DRDL**. Human Papilloma Virus: Emerging Risk Factor in Oral Squamous Cell Carcinoma among Asians. J Dental Sci 2017, 2(3): 000132
- RMSHB Medawela, **DRDL Ratnayake**, WAMUL Abeyasinghe, RD Jayasinghe, KN Marambe. Effectiveness of “fill in the blanks” over multiple choice questions in assessing final year dental undergraduates. Educación Médica. <https://doi.org/10.1016/j.edumed.2017.03.010>
- Medawela R M S H B, **Ratnayake D R D L**, Jayasooriya P R, Siriwardene B S M S, Tilakaratne W M, Jayasinghe R D. Malignant transformation of Oral Lichen Planus: The first two cases reported in Sri Lanka and literature review. Sri Lanka Dental Journal 2017; 47(01) 29-37
- Medawela RMSHB, Jayasuriya NSS, **Ratnayake DRDL**, Attygalla AM, Siriwardena BSMS. Squamous cell carcinoma arising from a keratocystic odontogenic tumor: a case report. J Med Case Rep. 2017 Dec 1;11(1):335. <https://jmedicalcasereports.biomedcentral.com/articles/10.1186/s13256-017-1486-x>
- **Ratnayake DRDL**, Medawela RMSHB, Jayasinghe RD, Siriwardena BSMS. *A case report on Actinic cheilitis: a rarer entity among Sri Lankans*. Ceylon Journal of Science 47(2) 2018: 207-209. <http://doi.org/10.4038/cjs.v47i2.7519>
- Medawela R M S H B , **Ratnayake D R D L** , Premathilake L K N , Jayasinghe R D (2021). Attitudes, Confidence in Practices and Perceived Barriers Towards the

Promotion of Tobacco Cessation among Clinical Dental Undergraduates in Sri Lanka. Asian Pac J Cancer Care, 6 (2), 175-179. DOI [10.31557/APJCC.2021.6.2.175-179](https://doi.org/10.31557/APJCC.2021.6.2.175-179)

- Medawela, R.M.S.H.B., **Ratnayake, D.R.D.L.**, Gunathilake, R. (2021). The annual parade of the temple of the tooth as a potential setting for oral cancer awareness in Sri Lanka: an avenue to blend health and culture. *Academia Letters*, Article 4150.
- EASD, Somathunga, DM, Sithara, H, Dissanayaka, **DRDL Ratnayake**, RD, Jayasinghe. (2021). Awareness of Oral Cancer and OPMDs among Patients Attending the University Dental Hospital, Peradeniya, Sri Lanka. Asian Pac J Cancer Care, 6 (1), 47-51. <https://doi.org/10.31557/apjcc.2021.6.1.47-51>

○ **Published abstracts;**

- Coll AM, Filipponi T, Khanom A, Coombes E , **Ratnayake D.** Inequity of access to oral healthcare of people seeking sanctuary: a qualitative study of the perceptions of oral health needs as experienced by asylum seekers & refugees. In: 45th Annual International Nursing and Midwifery Research & Education Conference 2026: Nursing and Midwifery: Transforming Traditions, Evolving Systems, Redefining Healthcare; 2026 Feb 26.
- **Ratnayake DRDL**, Ekanayake SL (2025). Feasibility analysis of the “mymouth” mobile application based on the health model of salutogenesis to improve oral health among 15-yearold adolescents in Kandy district. Proceedings of 38th Annual Scientific Sessions of College of Dentistry & Stomatology
- **Ratnayake DRDL**, Ekanayake SL (2024). Its’ “MyMouth”: Salutogenic approach to promote oral health in adolescents through mHealth. Proceedings of the 7th International Symposium on Salutogenesis. Lodz. Poland.
- Coll AM, Filliponi T, **Ratnayake DL** (2024). A feasibility study to explore case workers’ perceptions of oral health problems experienced by people seeking sanctuary in South Wales. Proceedings of the WISERD annual conference 2024.
- **Ratnayake DRDL**, Ekanayake SL (2022). Sense of coherence, its’ association with oral health and enhancing oral health through sense of coherence in the digital lifeworld among adolescents in Kandy district. Proceedings of 35th Annual Scientific Sessions of College of Dentistry & Stomatology
- Mirza J.F., Wijayatilake P.V.H.D.K., **Ratnayake D.R.D.L.**, Godavitharana A.M.M., AmarasingheD.K., Thennakoon M.P.D.M., Rajapakse T.N., Fernando P.H.S. Exploration of the presence of depression and anxiety among persons recently diagnosed to have Covid-19; A descriptive study. Proceedings of Sri Lanka College of Psychiatrists, 2021
- De Silva P.G.K., Prasanga P.T.S., Wijayathilake H.D.K., **Rathnayaka D.**, Fernando S., Gunawardana D.A. – Trend of overweight and obesity among pregnant mothers at booking visit (before 12 weeks) in Sri Lanka during 2007 to 2017 – Conference paper – Asia Pacific Academic Consortium for Public Health, 2020

- **Ratnayake DRDL**, Wickramathilake S, Ratnayake NC. (2019). 'Walking, working and enlightening my way through: My experience at field training in public health management. Proceedings of the 25th Annual Scientific Sessions of College of Dentistry and Stomatology of Sri Lanka., Kandy.2019
 - **Ratnayake DRDL**, Herath H M U P. (2018). Surveillance of oral cancer and oral potentially malignant disorders in Kandy regional directorate of health services area: A 3year surveillance based on registers for patients with oral cancer and oral potentially malignant disorders in OPD Dental clinics. Annual scientific sessions of SLDA Kandy branch.
1. **D R D L Ratnayake**, R M S H B Medawela, R D Jayasinghe. (2019). Attitudes, confidence in practices and perceived barriers towards promotion of tobacco cessation in the dental setting among clinical dental students in Sri Lanka. Proceedings of 3rd international congress on OPMD, Oral cancer, Smokeless tobacco and Arecanut. 2019: 47
 2. R M S H B Medawela, **D R D L Ratnayake**, H K Amarasinghe, N S S Jayasuriya, R D Jayasinghe, B S M S Siriwardene. Effectiveness of a community based early detection programme for oral cancer using brush biopsy cytology to improve diagnostic accuracy and coverage of the estate population in Kandy district. Proceedings of MORCC Oral Health research symposium. 2018
 3. **Ratnayake D.R.D.L** , Medawela R.M.S.H.B, Sittheequ M.A.M , Jayasinghe R.D, Jayathilake J.A.M.S, De Silva M.D.K Awareness on risk of cross infection and infection control measures among patients attending dental hospital(teaching), Peradeniya, Sri Lanka. Annual Scientific sessions of Sri Lanka Dental Association (Kandy branch-2016)
 4. Medawela R.M.S.H.B, Jayasinghe R.D , Sittheequ M.A.M , Ranasinghe A.W , Pallegama R.W , **Ratnayake D.R.D.L** Effectiveness of occlusal splint therapy on disc interference disorders of the Temporo Mandibular Joint -A Retrospective Study ,At 25th Annual Scientific Sessions-of College of Dentistry and Stomatlogy of Sri Lanka-2013
 5. **RatnayakeD.R.D.L**, Medawela R.M.S.H.B , Sittheequ M.A.M , Jayasinghe R.D. Oral squamous cell carcinoma without clinically evident risk factors: A report of three cases.

Annual Scientific sessions of Sri Lanka Dental Association-2014

6. Medawela R.M.S.H.B, **Ratnayake D.R.D.L**, Marambe K.N, Jayasinghe R.D. Effectiveness of “Fill in the blanks” over multiple choice questions in assessing final year dental undergraduates. Annual Scientific sessions of Sri Lanka Dental Association (Kandy branch-2016) (Recognized as a best oral presentation)
7. Medawela R.M.S.H.B, **Ratnayake D.R.D.L**, Senevirathne D.P.V.K.W, Jayasinghe R.D Utilization of cone beam computed tomography in the dental hospital (teaching) peradeniya: A clinical audit. Annual Scientific sessions of Sri Lanka Dental Association (Kandy branch) -2016
8. R.M.S.H.B. Medawela, **D.R.D.L.Ratnayake**, V.A. Gayathri, J.C.M. Jayasinghe, R.D. Jayasinghe, M.A.M.Sitheequ. Single needle arthrocentesis -approach for the management of anterior disk displacement without reduction: Report of ten cases Annual Scientific sessions of Sri Lanka Dental Association 2016 (Recognized as a best oral presentation)
9. R.M.S.H.B. Medawela, R.D. Jayasinghe, B.S.M.S.Siriwardena **D.R.D.L.Ratnayake**. A case report on Actinic Keratosis: A rarer entity among Sri Lankans. Annual Scientific sessions of Sri Lanka Dental Association 2016
10. Medawela R M S H B, **Ratnayake D R D L** , Wijayatilake H D K, Siriwardane B S M S, Jayasinghe R D . Association between histopathologic and cone beam CT features of oral squamous cell carcinoma involving mandible. The 21st international congress of Dental and Maxillofacial Radiology Kaohsiung, Taiwan- 2017
11. Medawela R M S H B, Jayasuriya NSS, **Ratnayake D R D L**, Attygalla AM, Siriwardene B S M S. A rare case of Squamous cell carcinoma Arising from a Odontogenic Keratocyst: A Case Report. Proceedings of 14th Annual Scientific session of Sri Lanka association of Oral and Maxillofacial Surgeons-2017
12. R M S H B Medawela, **D R D L Ratnayake** , Bhishman Thevarajah (2019) Impairment of motor functions in limbs immediately following cervical spinal injury among male attendees at the accident and emergency service, National Hospital Sri Lanka: A clinical observation of a OMFS registrar. Proceedings of 16th Annual Scientific session of Sri Lanka association of Oral and Maxillofacial Surgeons-2019

Books and book chapters;

1. “Suwa nasana dumkola”- Dr. D.R.D.L. Ratnayake, Prof. R.D.Jayasinghe, Dr. R.M.S.H.B.Medawela ISBN: 978-955-42249-0-2
2. Medawela, S., Ratnayake, D., (2014). Epidemiology of oral cancer and OPMD. In N.S.S. Jayasuriya (Ed.). Management Principles of Oral Squamous cell carcinoma.

Reviewer for Indexed Journals

Reviewed articles on behalf of PLoS One journal, BMC Oral Health (Springer Nature), Scientific Reports (Springer Nature), International Journal of Dentistry (Wiley)

Research Awards

- **Sri Lanka Dental Association Award for the Best Article in the Sri Lanka Dental Journal 2025**
- **Q1 paper award 2025- University Research Council, University of Peradeniya**
- **Proceedings of 38th Annual Scientific Sessions of College of Dentistry & Stomatology of Sri Lanka**

Ratnayake DRDL , Ekanayake SL (2025). Feasibility analysis of the “Mymouth” mobile application based on the health model of salutogenesis to improve oral health among 15-yearold adolescents in kandy district. Proceedings of 38th Annual Scientific Sessions of College of Dentistry & Stomatology (Recognized as the best oral presentation)

- **Effectiveness of “Fill in the blanks” over multiple choice questions in assessing final year dental undergraduates.**

Medawela R.M.S.H.B, **Ratnayake D.R.D.L** , Marambe K.N, Jayasinghe R.D
Annual Scientific sessions of Sri Lanka Dental Association (Kandy branch-2016)
(Recognized as a best oral presentation)

- **Single needle arthrocentesis -approach for the management of anterior disk displacement without reduction: Report of ten cases**

R.M.S.H.B. Medawela, **D.R.D.L.Ratnayake**, V.A. Gayathri, J.C.M. Jayasinghe, R.D. Jayasinghe, M.A.M.Sitheequ

Annual Scientific sessions of Sri Lanka Dental Association 2016 (Recognized as a best oral presentation)

- **Effectiveness of a community based early detection programme for ORAL CANCER using BRUSH BIOPSY CYTOLOGY to improve diagnostic accuracy and coverage of the estate population in Kandy district.**

R M S H B Medawela, D R D L Ratnayake, H K Amarasinghe, N S S Jayasuriya, R D Jayasinghe, B S M S Siriwardene. Proceedings of MORCC Oral Health research symposium. 2018 (Best proposal under postgraduate trainee category)

Research supervisor-undergraduate

Supervisor- 4th year dental undergraduates-2025 and present

Co-supervisor- 4th year dental undergraduates-2023 and present

Co-supervisor – undergraduate research – Faculty of Allied Health Sciences, University of Peradeniya

CONTRIBUTIONS TO PROFESSIONAL ASSOCIATIONS

Membership of Professional Societies - National

01. Life Member Sri Lanka Dental Association
02. Council member of the Sri Lanka Dental Association (Kandy Branch)-2017/2018
03. Secretary of the Sri Lanka Dental Association (Kandy Branch)-2018/2019
04. Editor of the Sri Lanka Dental Association (Kandy Branch)-2020/2021
05. Life Member of the College of Community Dentistry of Sri Lanka
06. Council member of the College of Community Dentistry of Sri Lanka (2018 & 2025)
07. Editor of the College of Dentistry and Stomatology of Sri Lanka-2025

Membership of Professional Societies – International

01. Member of the STARS – Society for Theory And Research in Salutogenesis
02. Fellow of the Royal Society of Public Health, United Kingdom

CURRENT JOB RESPONSIBILITIES

As a Lecturer in Community Dentistry at the Faculty of Dental Sciences, University of Peradeniya, I am dedicated to advancing dental education, public health research, and clinical practice with a strong emphasis on community engagement and preventive care.

My academic responsibilities include teaching and mentoring both undergraduate and postgraduate students in community dentistry, public health, epidemiology, basic medical statistics, and research methodology. I employ diverse teaching strategies—such as lectures, tutorials, small group discussions, and practical sessions—to facilitate interactive and evidence-based learning. I also serve as an examiner for undergraduate examinations, upholding academic standards and fairness in student assessment.

In addition to classroom teaching, I actively guide students in research design, data interpretation, and scientific communication, helping to cultivate their skills in evidence-based dentistry and health research. My scholarly work includes conducting and disseminating research through peer-reviewed publications and academic conferences.

Clinically, I serve within the Preventive Clinical Dental Unit at the Dental Hospital (Teaching), Peradeniya, where I supervise students in the screening and planning of preventive dental care. I ensure the delivery of appropriate interventions such as oral health education, dietary counselling, professional fluoride application, and fissure sealant placement for children under 15 years of age. This role integrates both didactic and hands-on clinical instruction to support student learning and professional development.

A key aspect of my role involves promoting community oral health through student-led empowerment initiatives. I am committed to strengthening community engagement by supporting programmes that address oral health needs at the grassroots level. These initiatives are often conducted in partnership with government bodies such as the Ministry of Health and the Regional Directorates of Health Services, fostering collaborative efforts to improve oral health literacy and access to preventive care across diverse communities.

In addition, I contribute to faculty administration through active participation in committees and professional associations. I also engage in continuous professional development through departmental activities, training workshops, and academic seminars.