

දුරකථන ) 011 2669192, 011 2675011  
 தொலைபேசி ) 011 2698507, 011 2694033  
 Telephone ) 011 2675449, 011 2675280

ෆැක්ස් ) 011 2693866  
 பெக்ஸ் ) 011 2693869  
 Fax ) 011 2692913

විද්‍යුත් තැපෑල ) postmaster@health.gov.lk  
 மின்னஞ்சல் முகவரி )  
 e-mail )

වෙබ් අඩවිය ) www.health.gov.lk  
 இணையத்தளம் )



සුවසිරිපාය  
 சுவசிரிபாய  
 SUWASIRIPAYA

මගේ අංකය )  
 எனது இல ) NA/08/10/2017  
 My No. )

ඔබේ අංකය )  
 உமது இல )  
 Your No. : )

දිනය )  
 திகதி ) 2017.09.29  
 Date )

සෞඛ්‍ය, පෝෂණ සහ දේශීය වෛද්‍ය අමාත්‍යාංශය  
 சுகாதார, போசணை மற்றும் சுதேச வைத்திய அமைச்சு  
 Ministry of Health, Nutrition & Indigenous Medicine

පොදු වකුලේඛ අංක - 01-50/2017

සියලුම පළාත් සෞඛ්‍ය ලේකම්වරුන් වෙත

මහජන සෞඛ්‍ය හෙද නිලධාරී තනතුර සඳහා පුහුණුවට බඳවා ගැනීම

දිවයිනේ පවතින සුවදිවි මධ්‍යස්ථාන සඳහා මහජන සෞඛ්‍ය හෙද නිලධාරීන් යොදවා මහජන සෞඛ්‍ය ක්ෂේත්‍රය ශක්තිමත් කිරීමට රජය විසින් තීරණය කර ඇත. ඒ සඳහා අවස්ථානුකූලව 'මහජන සෞඛ්‍ය හෙද නිලධාරී' යන තනතුරු නාමයෙන් එම නිලධාරීන් හැදින්වීමට අභ්‍යන්තර වශයෙන් කටයුතු කිරීමට කලමනාකරණ සේවා දෙපාර්තමේන්තුවේ අධ්‍යක්ෂ ජනරාල්ගේ අංක DMS/0016/SLNS හා 2017.07.13 දිනැති ලිපියෙන් එකඟතාවය ලැබී ඇත.

ඒ අනුව ඔබ පළාත යටතේ පාලනය වන ඇමුණුම 01 මඟින් දැක්වෙන සුවදිවි මධ්‍යස්ථාන සඳහා මහජන සෞඛ්‍ය හෙද නිලධාරී තනතුර සඳහා අනුයුක්ත කිරීමට පශ්චාත් ප්‍රාථමික හෙද විදුහල මඟින් පවත්වනු ලබන මාස 06 හෙද පුහුණුව සඳහා බඳවා ගැනීමට පහත සුදුසුකම් සහිත ඔබ පළාතේ සේවය කරන හෙද නිලධාරීන්ගෙන් අයදුම්පත් කැඳවා සුදුස්සන් තෝරා ගැනීමට කටයුතු කරන මෙන් කාරුණිකව දන්වමි.

02. මේ සඳහා ලැබෙන අයදුම්පත් පරිගනක ගතකර අදාළ නිලධාරීන්ගේ මුල්පත්වීම් දිනයට අනුව සකස් කරන ලද පෝෂ්‍යතා ලේඛනයට අනුව සුදුස්සන් තෝරා ගැනීම සිදුකළ යුතුය.

03. සුදුසුකම්

1. හෙද නිලධාරියෙකු ලෙස විධිමත් පත්වීම් ලබා අවම වශයෙන් වසර දෙක (02)ක සේවා කාලයක් සම්පූර්ණ කර තිබීම.
2. මනා ශාරීරික යෝග්‍යතාවයකින් යුක්ත වීම හා වයස අවුරුදු 45ට අඩුවීම.
3. පූර්වාසන්නතම වසර දෙක (02) තුළ නියමිත වැටුප් වර්ධක සියල්ල උපයාගෙන තිබීම හා සක්‍රීය හා සතුටුදායක සේවා කාලයක් සම්පූර්ණ කර තිබීම.

04. තෝරාගන්නා අයදුම්කරුවන් පශ්චාත් ප්‍රාථමික හෙද විදුහලේ මාස 06ක පුහුණුවට අනුයුක්ත කරන අතර පුහුණුවෙන් පසු අදාළ සුවදිවි මධ්‍යස්ථාන වෙත අනුයුක්ත කරනු ලබන අතර එහි වසර 4ක කාලයක් අවම වශයෙන් සේවය කළයුතුය. එසේ පුහුණුවෙන් පසු තමා තෝරාගන්නා වූ සුවදිවි මධ්‍යස්ථාන වෙත වාර්තා කරන බවට සෞඛ්‍ය සේවා අධ්‍යක්ෂ ජනරාල් සමඟ රු.100,000ක ඇපකරයකට හා ගිවිසුමකට එලබිය යුතුය. පුහුණුවෙන් පසු එසේ වාර්තා නොකරන හෙද නිලධාරීන් විසින් ගිවිසුම්ගත මුදල හා පුහුණුවට අදාළ අනෙකුත් වියදම් නැවත ගෙවීමට කටයුතු කළ යුතු බව අයදුම්පත් කැඳවීමට නිකුත් කරන ගැසට් නිවේදනයට ඇතුළත් කිරීමට කටයුතු කරන්න.

05. ඉහත විධිවිධාන අනුව කටයුතු කර පුහුණුවට තෝරා ගන්නා හෙද නිලධාරීන්ගේ නාම ලේඛනය 2017.10.17 දිනට පෙර මා වෙත එවීමට කටයුතු කළයුතු අතර එම නිලධාරීන් පුහුණුව සඳහා මුදාහැරීමට අවශ්‍ය අනුප්‍රාප්තිකයින් ඉදිරියේ පත්වීම් ලබන කණ්ඩායමකින් ඔබ පළාතට ලබා දීමට කටයුතු කරනු ලැබේ.

06. ඉහත විධිවිධාන ඇතුළත් කර වක්‍රලේඛයක් නිකුත්කර ඔබ පළාතෙන් පුහුණුවට බඳවා ගන්නා හෙද නිලධාරීන් තෝරා ගැනීමට කටයුතු කරන මෙන් කාරුණිකව දන්වා සිටින අතර මෙය හදිසි කරුණක් බැවින් මේ පිලිබඳ ප්‍රමුඛතාවය ලබා දී කටයුතු කරන මෙන් කාරුණිකව දන්වා සිටිමි. එමෙන්ම මහජන සෞඛ්‍ය හෙද නිලධාරී තනතුරට අදාළ රාජකාරි ලියස්තුවද මේ සමඟ ඔබ වෙත එවමි. (ඇමුණුම 02)

07. මේ සම්බන්ධයෙන් ඔබ දක්වන සහයෝගය අගය කරමි.

ජනක සුගතදාස  
ලේකම්  
සෞඛ්‍ය, පෝෂණ හා දේශීය වෛද්‍ය අමාත්‍යාංශය

**ජනක සුගතදාස**  
ලේකම්  
සෞඛ්‍ය, පෝෂණ හා දේශීය වෛද්‍ය අමාත්‍යාංශය  
"සුවසිරිපාය"  
385, පූජ්‍ය බද්දේගම විමලවංශ හිමි මාවත,  
කොළඹ 10.

පිටපත්

- 01. ප්‍රධාන ලේකම්වරුන් - සියලු පළාත් සභා - දැ.ගැ.ස
- 02. පළාත් සෞඛ්‍ය සේවා අධ්‍යක්ෂවරුන් - දැ.ගැ.ස

Duty list of a Public Health Nursing Officer

Public Health Nursing Officer (PHNO) is a person who is part of health care team who performs duties to prevent and control non-communicable diseases and provide comprehensive nursing care to the community in the area of the healthy life style center (HLC).

The Nursing Officer, who is attached to hospital aiding and facilitating HLC work as a team member and responsible for individuals, families and communities in the area. Public Health Nursing Officer should work under the guidance of Medical Officer in charge of HLC.

Administrative Duties

01. Public Health Nursing Officer (PHNO) performs duties in healthy life style centre (HLC) under the immediate administrative supervision of MOIC/DMO in the hospital. Public health nursing sister is the technical supervisor for Public Health Nursing Officer. Subsequently Public Health Nursing Officer is responsible to the MOH, RSPHNO, RDHS, PDHS, District MO/NCD and hospital MO/NCD, palliative and geriatrics care officers.

02. PHNO Performs duties in accordance with establishment code, FR, code of ethics, department circulars, institutional circulars, rules and regulations of the department of health, the provincial and regional health authorities (RDHS/PDHS)

03. Duty hours of the PHNO

Week days -7.00 am to 3.00pm

Saturday, Sunday and public holidays will be off days.

Public Health Nursing Officer could work on Saturdays, Sundays and public holidays with prior approval from the MO/IC when necessary.

04. Public Health Nursing Officer should maintain attendance and departure register, made all relevant entries daily, and shall submit the register to MO/IC for signature monthly.

05. Public Health Nursing Officer should prepare monthly advance programme with three copies of H-510 and get it approved by MOIC on or before 25<sup>th</sup> of each month and should work according to the approved programme. A copy of the advance programme should be sent to the PHNS.

06. Public Health Nursing Officer shall be responsible for the office inventory.

07. Public Health Nursing Officer shall maintain the office according to the guideline. (See the annexure 1)

08. Public Health Nursing Officer shall wear a uniform during the duty hours.

09. Public Health Nursing Officer should maintain a register of clients according to their health status.

10. A scooter should be provided to her as a transport facility to her, as she has field work.

11. The working area of the Public Health Nursing Officer to be defined by the RDHS.

The main duties of the Public Health Nursing Officer would comprise the following.

1. Care provider
  - NCD activities
  - Palliative Care
  - Geriatrics Care
2. Provision of specific services when requested by the supervising officers
3. Research & Surveys
4. Provision of Specific Services

**(01) As a Care Provider In the healthy lifestyle Center (HLC) activities**

- Screen clients for Non communicable diseases and risk factors drawing blood and urine samples for biochemical analysis and taking physical measurement (height and weight). Documentation of the above.
- To identify defaulters of medical clinics for NCDs and assist them to obtain continuous treatment.
- Registration of clients attending HLCs. Maintain records and ensures follow up and referrals of clients.
- Conduct health educational activities on lifestyle choices for a healthier living at the HLCs and in outreach programmes.
- Assist with emergencies such as acute exacerbation of Bronchial asthma, Acute coronary syndrome
- Assist in wound management, foot care and pain management
- Assist in mobile clinic
- Assist in follow-ups
- Conducting breast examination and doing pap smears

**(02) Palliative Care**

Palliative Care focused on providing relief from symptoms and stresses of chronic illnesses. The Goal is to improve quality of life for both client and the family. Therefore PHNO need to,

- Attend to the client suffering from the diseases and providing comprehensive care
- Administer medicines and injections prescribed by the Medical Officer to the client.
- Prevent complications with bedridden patient by providing appropriate care and educating family members (bed sores, Circulation problems, Exercises etc.....)
- Insert Nasal-Gastric tubes and urinary catheters
- Provide ostomy care
- Perform wound dressing to avoid complications and providing first aid.
- Provide and extended care while maintaining the services rendered by the hospital.

### **(03) Geriatric Care**

Nursing care provided for elderly patient with a focus not only on illnesses but on overall health and wellness.

- Assessment of the older person ( ADL, IADL, frailty )
- Prioritizing issues with the coordination of multi stake holder approach ( specially with the social service officer )
- Promotion active healthy ageing through advocacy to the older individuals, family members, care givers and other age categories according to life course approach.
- Basic nursing services provision through home visits - urinary catheterization
  - IV injection
  - NG feeding
  - Wound dressing
- Effective communication with older person, care givers including family members
- Assist in elderly clinics, including screening clinics
- Visit in elderly homes, day centers and village committees
- Liaise with physiotherapist, occupational therapist, speech and language therapist in rehabilitation of person at community level
- Maintain records and returns in relation to geriatric care
- Participation of in-service training programmes on elderly care

### **(04 )Provision of Specific Services**

Provision of specific services when requested by the supervising officers

### **(05) Research and Surveys**

Shall conduct research studies on the instruction of supervising officers with a view to evaluating achievements /determining service needs/improving service delivery

(06) Any other duties are assigned by the MOIC

### **Annexure 1**

#### **Office**

1. Shall maintain an office in the HLC center
2. This Office shall be available for inspection during working hours by supervising officers.

The records should be arranged in the following Manner.

**On the Wall**

1. Area Map
2. Record of Vital statistics
3. Maps and charts in relation to PHNO duties.
  - (i) Screened population (disease pattern, age group)
  - (ii) Identify risks factors

**On the table**

1. Inventory and department instructions for Public Health Nursing Officer
2. Diary
3. Appraisal form of Public Health Nursing Officer
4. Clients' files
5. Registration Book
7. Keep appropriate health education materials
8. Special activities file

**Annexure 2**

**Instruments & Equipment**

1. Blood Pressure apparatus
2. Weighing Scales.
3. Sumato Meter
4. Snellens Chart
5. Stethoscope
6. Glucometer
7. Cholesterol meter
8. Equipments for data management and Health Education

.....  
Dr. J.M.W Jayasundara Bandara  
Director General of Health Service (Acting)  
Ministry Of Health, Nutrition & Indigenous Medicine

ඇමුණුම 01

No	Province	Distric	Total Population Per District	No.of HLC in a District	Total Population Per HLC(Population/No.of HLC)	Selected HLC in a district	Name of the Health Institution	Line Ministry/Provincial Health Ministry
1	Western	Colombo	2,293,834	4	573,458	Hanwella	BH Avissawella	Provincial Health Ministry
2						Homagama	BH Homagama	Provincial Health Ministry
3						Kaduwela	CD Dedigamuwa	Provincial Health Ministry
4						Moratuwa	CD Korawella	Provincial Health Ministry
5		Kalutara	3,397,106	17	199,829	Palindanuwara	PMCU Baduraliya	Provincial Health Ministry
6						Bandaragama	DH Bandaragama	Provincial Health Ministry
7						Bulathsinhala	PMCU Bulathsinhala	Provincial Health Ministry
8						Galapatha	PMCU Galapatha	Provincial Health Ministry
9						Horana	BH Horana	Provincial Health Ministry
10						Mathugama	DG Ingiriya	Provincial Health Ministry
11						Dodangoda	Rural Hospital	Provincial Health Ministry
12						Walallawita	DH Meegahathanna	Provincial Health Ministry
13						Walallawita	DH Itthapana	Provincial Health Ministry
14						Panadura	BH Panadura	Provincial Health Ministry
15						Agalawatta	BH Pimbura	Provincial Health Ministry
16						Mathugama	PMCU Katugahahena	Provincial Health Ministry
17		Gampaha	2,403,450	9	267,050	Gampaha	DGH Gampaha	Provincial Health Ministry
18						Dompe	DH Dompe	Provincial Health Ministry
19						Aththanagalla	BH Wathupitiwala	Provincial Health Ministry

20						Negombo	DGH Negombo	Provincial Health Ministry
21						Kelaniya	BH Kiribathgoda	Provincial Health Ministry
22						Minuwangoda	CD Korasa	Provincial Health Ministry
23						Mahara	DH Udupila	Provincial Health Ministry
24						Meerigama	CD Abepussa	Provincial Health Ministry
25						Ja Ela	DH Ja Ela	Provincial Health Ministry

No	Province	District	Total Population Per District	No. of HLC in a District	Total Population Per HLC (Population/No. of HLC)	Selected HLC in a district	Name of the Health Institution	Line Ministry/Provincial Health Ministry
1	Eastern	Ampara	277,337	3	75,779	Mahaoya	DBH Mahaoya	Provincial Health Ministry
2						Damana	DH Damana	Provincial Health Ministry
3						Uhana	PMCU Uhana	Provincial Health Ministry
4		Kalmunai	444,284	4	111,071	Thirukkivil	DH Thirukkivil	Provincial Health Ministry
5						Addalaichenai	DH Addalaichenai	Provincial Health Ministry
6						Kalmunai South	DH Sainthamarudu	Provincial Health Ministry
7						Kalmunai South	RDHS Mobile HLC	Provincial Health Ministry
8		Trincomalee	394,333	3	131,444	Uppuvelli	PMCU Chinabay	Provincial Health Ministry
9						Pulmoddai	Dh Pulmoddai	Provincial Health Ministry
10						Trincomalee	DH Trincomalee	Provincial Health Ministry
11		Batticaloa	564,742	4	141,210	Kattankudy	BH Kattankudy	Provincial Health Ministry
12						Chengalady	DH Chengaladi	Provincial Health Ministry
13						Vaharai	DH Vaharai	Provincial Health Ministry
14						Vavunathivu	DH Mandapaththadi	Provincial Health Ministry

No	Province	District	Total Population Per District	No. of HLC in a District	Total Population Per HLC (Population/No. of HLC)	Selected HLC in a district	Name of the Health Institution	Line Ministry/Provincial Health Ministry
1	North - Central	Anuradhapura	970,289	8	121,286	Horowpothana	DH Horowpothana	Provincial Health Ministry
2						Mihinthale	DH Mihinthale	Provincial Health Ministry
3						Padaviya	PMCU Mahasepura	Provincial Health Ministry
4						Nuwaragampalatha East	PMCU Vijepura	Provincial Health Ministry
5						Nuwaragampalatha East	PMCU Pubudupura	Provincial Health Ministry
6						Nochchiyagama	PMCU Galadiwulwewa	Provincial Health Ministry
7						Galenbidunawewa	DH Huruluwewa	Provincial Health Ministry
8						Thirippane	DH Pairamaduwa	Provincial Health Ministry
9		Polonnaruwa	464,398	7	66,342	Thamankaduwa	GH Polonnaruwa	Provincial Health Ministry
10						Medirigiriya	BH Medirigiriya	Provincial Health Ministry
11						Hingurakgoda	DH Jayanthipura	Provincial Health Ministry
12						Bakamoona	DH Bakamoona	Provincial Health Ministry
13						Welikanda	BH Welikanda	Provincial Health Ministry
14						Welikanda	CD Sewanapitiya	Provincial Health Ministry
15						Dimbulagala	CD Ellewewa	Provincial Health Ministry

No	Province	District	Total Population Per District	No. of HLC in a District	Total Population Per HLC (Population/No. of HLC)	Selected HLC in a district	Name of the Health Institution	Line Ministry/Provincial Health Ministry
1	North-Western	Kurunagala	1,749,299	22	79,513	Kurunagala	DH Thalampitiya	Provincial Health Ministry
2						Kuliyapitiya	BH Kuliyapitiya	Provincial Health Ministry
3						Nikawaratiya	BH Nikawaratiya	Provincial Health Ministry
4						Kobeigane	PMCU Boraluwewa	Provincial Health Ministry
5						Narammala	BH Dambadeniya	Provincial Health Ministry
6						Alawwa	PMCU Welikare	Provincial Health Ministry
7						Wariyapola	PMCU Minuwangate	Provincial Health Ministry
8						Polghawela	DH Polgahawela	Provincial Health Ministry
9						Pannala	DH Bopitiya	Provincial Health Ministry
10						Paduwasnuwara	PMCU dotella	Provincial Health Ministry
11						Bingiriya	PMCU Tisoga	Provincial Health Ministry
12						Udubaddawa	PMCU Udubaddawa	Provincial Health Ministry
13						Kotawehera	PMCU Kotawehera	Provincial Health Ministry
14						Maho	DH Karambe	Provincial Health Ministry
15						Galgamuwa	DH meegalewa	Provincial Health Ministry
16						Polpithigama	PMCU Kalugalla	Provincial Health Ministry
17						Polpithigama	PMCU Thlakolawewa	Provincial Health Ministry
18						Ibbagamuwa	PMCU Melsiripura	Provincial Health Ministry
19						Mawathagama	PMCU Digampitiya	Provincial Health Ministry
20						Rideegama	DH Delwita	Provincial Health Ministry

21						Katupotha	DH Katupotha	Provincial Health Ministry
22						Wirabugedara	PMCU Uhumeeya	Provincial Health Ministry
23	Noeth western	Puttalam	838,198	6	139,699	Anamaduwa	DH Anamaduwa	Provincial Health Ministry
24						Arachchikattuwa	RH Anawilundawa	Provincial Health Ministry
25						Chilaw	PU Galmuruwa	Provincial Health Ministry
26						Dankotuwa	DH Dankotuwa	Provincial Health Ministry
27						Karuwalagaswewa	RH Thabbowa	Provincial Health Ministry
28						Nattandiya	BH Marawila	Provincial Health Ministry

No	Province	District	Total Population Per District	No. of HLC in a District	Total Population Per HLC (Population/No. of HLC)	Selected HLC in a district	Name of the Health Institution	Line Ministry/Provincial Health Ministry
1	North	Jaffna	578,902	8	72,362	Sandilipay	DH Pandaitaripu	Provincial Health Ministry
2						Chankanai	DH Chankanai	Provincial Health Ministry
3						Tellipalai	PMCU Tholpuram	Provincial Health Ministry
4						Nallur	PMCU Jaffna	Provincial Health Ministry
5						Kayts	BH Kayts	Provincial Health Ministry
6						Chavakachcheri	BH Chavakachcheri	Provincial Health Ministry
7						Pointpedro	BH Pointpedro	Provincial Health Ministry
8						Karaveddy	DH Karaveddy	Provincial Health Ministry
9		Mannar	137,780	2	68,890	Mannar Town	DH Thalaimannar	Provincial Health Ministry
10						Musali	DH Chilawathurai	Provincial Health Ministry
11		Vavunia	177,172	2	88,586	Vavunia	DH Poovarasankulam	Provincial Health Ministry
12						Vavunia	DH Puliyanikulam	Provincial Health Ministry
13		Kilinochchi	119,092	1	119,092	Karachchi	BH Army	Provincial Health Ministry
14		Mulattive	112,135	1	112,135	Puthukududyiruppu	DH Puthukududyiruppu	Provincial Health Ministry

No	Province	Distric	Total Population Per District	No.of HLC in a District	Total Population Per HLC(Population/No.of HLC)	Selected HLC in a district	Name of the Health Institution	Line Ministry/Provincial Health Ministry
1	Southern	Galle	1,117,025	9	124,113	Baddegama	DH Baddegama	Provincial Health Ministry
2						Thawalama	DH Hiniduma	Provincial Health Ministry
3						Imaduwa	DH Imaduwa	Provincial Health Ministry
4						Karandeniya	DH Karandeniya	Provincial Health Ministry
5						Neluwa	RH Neluwa	Provincial Health Ministry
6						Udugama	BH Udugama	Provincial Health Ministry
7						Waliwitiya Divithura	CD Agaliya	Provincial Health Ministry
8						Balapitiya	CD Ahungalla	Provincial Health Ministry
9						Akmeemana	CD Pilana	Provincial Health Ministry
10		Hambantota	670,600	7	95,800	Kariyamaditta	DH Kariyamaditta	Provincial Health Ministry
11						Tissa	PU Kirinda	Provincial Health Ministry
12						Lunugamavehera	PU Lunugamavehera	Provincial Health Ministry
13						Weeraketiya	PU weeraketiya	Provincial Health Ministry
14						Ambalantota	PU Ambalantota	Provincial Health Ministry
15						Tangalle	BH Tangalle	Provincial Health Ministry
16						Agunakolapalassa	DH Kariyamaditta	Provincial Health Ministry
17		Matara	843,065	8	105,383	Pasgoda	DH Urobokka	Provincial Health Ministry
18						Dickwella	DH Dickwella	Provincial Health Ministry
19						Weligama	DH Weligama	Provincial Health Ministry
20						Hakmana	DH Gangodagama	Provincial Health Ministry

21						Akuressa	DH Akuressa	Provincial Health Ministry
22						Devinuwara	DH Thalalla	Provincial Health Ministry
23						Morawaka	DH Morawaka	Provincial Health Ministry
24						Mulatiyana	DH Deiyandara	Provincial Health Ministry

No	Province	District	Total Population Per District	No. of HLC in a District	Total Population Per HLC (Population/No. of HLC)	Selected HLC in a district	Name of the Health Institution	Line Ministry/Provincial Health Ministry
1	Central	Kandy	1,527,251	11	138,841	Menikhinne	DH Menikhinne	Provincial Health Ministry
2						Panvila	DH Madolkele	Provincial Health Ministry
3						Nawalapitiya	DGH Nawalapitiya	Provincial Health Ministry
4						Gangawata	DH Katugasthota	Provincial Health Ministry
5						Gangawata	PMCU Suduheempola	Provincial Health Ministry
6						Kadugannawa	DH Kadugannawa	Provincial Health Ministry
7						Gangaihala	DH Kuruduwatta	Provincial Health Ministry
8						Yatinuwara	DH Muruthalawa	Provincial Health Ministry
9						Hasalaka	DH Hasalaka	Provincial Health Ministry
10						Akurana	DH Akurana	Provincial Health Ministry
11						Galaha	DH Deltota	Provincial Health Ministry
12		Matale	517,997	9	51,799	Ukuwela	PMCU Ukuwela	Provincial Health Ministry
13						Dambulla	DH Sigiriya	Provincial Health Ministry
14						Galewela	PMCU Madipola	Provincial Health Ministry
15						Naula	DH Nalanda	Provincial Health Ministry
16						Rattota	PMCU Kandenuwara	Provincial Health Ministry
17						Wilgamuwa	DH Hettipola	Provincial Health Ministry
18						Pallepola	PMCU Pallepola	Provincial Health Ministry
19						Matale	DH Matale	Provincial Health Ministry
20						A/Korala	PMCU Gurubabila	Provincial Health Ministry

21		Nuwara Eliya	796,011	9	79,601	Pundaluoya	PMCU Kotmale	Provincial Health Ministry
22						Watawala	DH Watawala	Provincial Health Ministry
23						Nanuoya	PMCU Nanuoya	Provincial Health Ministry
24						Kandapola	PMCU Kandpola	Provincial Health Ministry
25						Lindula	DH Lindula	Provincial Health Ministry
26						Nuwara Eliya	GH Nuwara Eliya	Provincial Health Ministry
27						Madulla	PMCU Kothmale	Provincial Health Ministry
28						Ragala	PMCU Ragala	Provincial Health Ministry
29						Bogawanthalawa	DH Bogawanthalawa	Provincial Health Ministry

1	Uva	Monaragala	516,793	11	46,981	Moneragala	RDHS Office Monaragala	Provincial Health Ministry
2						Siyabalanduwa	DH Ehimale	Provincial Health Ministry
3						Madulla	DH Dabagalla	Provincial Health Ministry
4						Bibila	BH Bibila	Provincial Health Ministry
5						Sevanagala	Dh Sevanagala	Provincial Health Ministry
6						Tanamalwila	DH Tanamalwila	Provincial Health Ministry
7						Wellawaya	BH Wellawaya	Provincial Health Ministry
8						Badalkubura	DH Higurukaduwa	Provincial Health Ministry
9						Medagama	DH medagama	Provincial Health Ministry
10						Buttala	DH Buttala	Provincial Health Ministry
11						Kataragama	DH kataragama	Provincial Health Ministry
12		Badulla	909,407	15	60,627	Badulla	DH Kandagolla	Provincial Health Ministry
13						Bandarawela	DH Bandarawela	Provincial Health Ministry
14						Girandurukotte	DH Giradurukotte	Provincial Health Ministry
15						Haputale	BH Diyatalawa	Provincial Health Ministry
16						Haputale	DH Haputhale	Provincial Health Ministry
17						Hali Ela	DH Springvally	Provincial Health Ministry
18						Mahiyanganaya	BH Mahiyanganaya	Provincial Health Ministry
19						Meegahakiula	DH Meegahakiula	Provincial Health Ministry
20						Welimada	DH Bogahakubura	Provincial Health Ministry
21						Passara	DH Ury	Provincial Health Ministry

22								
23						Haldamulla	DH haldamulla	Provincial Health Ministry
24						Uvaparangama	DH Wewegama	Provincial Health Ministry
25						Rideemaliyedda	DH Uraniya	Provincial Health Ministry
						Lunugala	DH Lunugala	Provincial Health Ministry

1	Sabaragamuwa	Kegalle	836,432	11	76,039	Kegalle	TH Kegalle	Provincial Health Ministry
2						Mawanella	BH Mawanalla	Provincial Health Ministry
3						Warakapola	BH Warakapola	Provincial Health Ministry
4						Rambukkana	Dh Rabukkana	Provincial Health Ministry
5						Aranayake	Dg Aranayake	Provincial Health Ministry
6						Bulathkohopitiya	DH Udugoda	Provincial Health Ministry
7						Yatyanthota	DH Kithulgala	Provincial Health Ministry
8						Deraniyagala	Dg deraniyagala	Provincial Health Ministry
9						Ruwanwella	BH Karanwella	Provincial Health Ministry
10						Dehiovita	RH Higurakanda	Provincial Health Ministry
11						Galigamuwa	RH Pideniya	Provincial Health Ministry
12		Rathnapura	1,190,172	10	119,017	Balangoda	DH Kaltota	Provincial Health Ministry
13						Kahawatta	BH Kahawatta	Provincial Health Ministry
14						Ehiliyagoda	DH Ehiliyagoda	Provincial Health Ministry
15						Ayagama	DH Ayagama	Provincial Health Ministry
16						Kolonna	RH Omalpe	Provincial Health Ministry
17						Kuruwita	RH Theppanawa	Provincial Health Ministry
18						Godakawela	PU Ranwala	Provincial Health Ministry
19						Imbulpe	RH Belihuloya	Provincial Health Ministry
20						Pelmadulla	RH Pelmadulla	Provincial Health Ministry
21						Kiriella	DH Kiriella	Provincial Health Ministry