



International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

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**DAY 1** | **SPEAKER PRESENTATIONS**

International E-Conference on

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## COVID-19: The lessons learnt we have not always been willing to take on board;

### François Grünewald

Foresight and strategic prospective, Groupe URD, France

Epidemics and pandemics have different profiles. Some are relatively easily managed while others have as yet no known treatment protocols. Some involve diseases that are highly contagious, while others do not. With some, a heavy viral load is needed if the disease is to cause serious illness or death, while with others any contact with the pathogen is immediately fatal. Finally, the profile and progress of diseases associated with water are rather different from those of diseases of the respiratory system which are disseminated by airborne particles. Over the years, a series of key lessons have been learnt from Ebola, cholera and other large scale health crisis. The most important one is that health crisis cannot be approached solely through a medical response. Proper management of these large scale health crises should be based on four pillars: a crisis management pillar, a medical pillar, a logistical one and finally a communication pillar. This principle was largely forgotten, resulting in largely ineffective response strategies, and thus a pandemic that went largely out of control.

The repercussion of this situation is devastating. More than ever, the current health crisis has repercussions well beyond the health sector, affecting society as a whole, encompassing interpersonal relationships, economics, food security, governance, politics and even international relations. Health emergencies in recent years have increased the need for stronger interventions in the health sector. However, there has been little improvement in the capacity of affected countries to meet that need. New modalities of intervening were required. But surprisingly, the most affected countries are some of the richest countries, with sophisticated health systems.

In the health sector, key principles learnt comprise the importance of proper warning systems to put the health sector in crisis mode, credible alert and prevention messages for the population, strategic approach to the management of movements of people and goods and finally, a special attention for the protection of the first line responders who are both key to the response and possible contaminators.

Yet managing the unknown will probably be remembered as the most difficult tasks in the COVID 19 crisis management. This is where political courage had to be fiercely demonstrated.

**Keywords:** COVID, health crisis, crisis management, prevention, communication, logistics,

### Biography:

François Grünewald: Agricultural Engineer, he has been working for more than 35 years in the solidarity sector. After various positions at UN, ICRC and NGOs, he was CEO of Groupe URD ([www.urd.org](http://www.urd.org)) before becoming Director of "foresight and strategy". He leads research and evaluations for humanitarian programmes and risk management preparedness in Africa, Latin America, the Caucasus, Asia and the Middle East) for donors Red Cross, UN and NGOs. Associate professor at the University of Paris XII and lecturer in various institutions in Europe, as well as in Canada and the United States, he is also a author of numerous articles, and editor for several books. He is currently in charge of the Covid 19 Observatory (<https://www.urd.org/en/project/covid-19-observatory/>)

## Effective control of SARS-CoV-2 transmission in Wanzhou, China

**Yaoyue Hu, Ai-Long Huang**

Chongqing Medical University, Chongqing, China

Bordering the western side of Hubei Province, Wanzhou was projected to be heavily hit at the beginning of the COVID-19 epidemic in China. This study investigated the transmission dynamics and risk factors of SARS-CoV-2 infection in Wanzhou, as well as the effectiveness of control measures to contain COVID-19 spread. Epidemiological data was analyzed for 183 confirmed COVID-19 cases and their close contacts from 5 generations of transmission (G1-G5) of SARS-CoV-2 throughout the entire COVID-19 outbreak in Wanzhou. 67.2% and 32.8% of cases were symptomatic and asymptomatic, respectively. Asymptomatic and presymptomatic transmission accounted for 75.9% of the total recorded transmission. The reproductive number was 1.64 (95%CI: 1.16-2.40) for G1-to-G2 transmission, and decreased to 0.31-0.39 in later generations, concomitant with implementation of rigorous control measures. Substantially higher infection risk was associated with contact within 5 days after the infectors had been infected (odds ratio: 2.88, 95% confidence interval: 1.22-6.78), frequent contact (2.89, 1.39-6.02), and >8 hours of contact duration (6.08, 2.88-12.83). The spread of COVID-19 was effectively controlled in Wanzhou by breaking the transmission chain through social distancing, extensive contact tracing, mass testing, and strict quarantine of close contacts. This provides evidence for better handling of the COVID-19 pandemic.

**Keywords:** COVID-19, transmission characteristics, risk factors, effectiveness of control measures

### Biography:

Yaoyue Hu is Associate professor, School of Public Health and Management, Chongqing Medical University. Prof. Yaoyue Hu was trained in epidemiology and public health. Her research interests lie in epidemiology in chronic diseases, healthy ageing, and the risk factors, using longitudinal data from large cohort studies. After she obtained her PhD from University College London, she worked as a research scientist at the Max Planck Institute for Demographic Research. Currently she works at Chongqing Medical University as an associate professor.

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# PUBLIC HEALTH

April 19-20, 2021 | Webinar

## Students' Life Under COVID-19

**Lo Siu Chee Amelia, KEUNG Mei Wan, LEE Albert**

The Chinese University of Hong Kong

COVID-19 pandemic has impact globally in macro and micro level. As school has been suspended for months and students were recommended to stay home as much as possible, their lifestyle especially on eating and physical activity has changed. Our team is interested on how's their life under COVID-19. Five primary schools and eleven secondary schools joined health interventions of our Centre have been selected and students in Primary 6 and Secondary 1 to 3 were invited to complete an online questionnaire on health habits and attitude. The data was collected for baseline in 2017/18 in primary school and 2018/19 in secondary school and follow up in 2019/20. A total of 385 and 1,102 valid questionnaires were collected from primary and secondary school students respectively. Findings showed that due to the lengthened home time during the pandemic, the proportion of P6 students who could achieve the amount of exercise recommended by the World Health Organization decreased from over 20% to 10%. In secondary school, the proportion of students engaged in 60 minutes moderate to vigorous exercise decreased from around 40% to under 30%; the proportion of students spending time on various types of electronic media (not for academic purpose) has increased with increased impact on concentration, emotion and back discomfort. Students also reported that more takeaway food has been consumed. However, result showed their awareness and practice on hygiene has been enhanced. We would see life is a lot different under COVID-19, but as Albert Einstein said, "in the middle of difficulty, lies opportunity", we will look forward to make wise move with the positive impacts on students while preparing for full resumption of school in-person lessons.

**Keywords:** eating habit, physical activity, COVID-19, students' wellness, Health Promoting School, school resumption

### Biography:

Amelia Lo is Health Promotion Consultant / Health Promotion Officer i/c of Centre for Health Education and Health Promotion of CUHK. She has been involved in Health Promoting School (HPS) Movement in the past two decades in the Centre, developing HPS Performance Indicator and International Benchmarking System. She has extensive experience in advising schools to successfully build a healthy and safe school environment. She has been involved in conducting HPS capacity building workshop for educators and health professionals. Her research interests are HPS; emotional wellbeing; and child and adolescent health using different qualitative methods including photovoice, focus groups and interviews and quantitative methods.



## The Purpose of Temperature of Fever in Covid -19

**K. M. Yacob**

Marma Health Centre, Kochi, Kerala, India

When the disease made by virus becomes a threat to life or organs blood circulation decreases, Temperature of fever will emerge to increase prevailing blood circulation. And it acts as a protective covering of the body to sustain life. When blood flow decreases to the brain, the patient becomes fainted-delirious. If we try to decrease the temperature of fever, the blood circulation will further be reduced. Blood circulation never increases without temperature increase. Delirious can never be cured without an increase in blood circulation. The temperature of fever is not a surplus temperature or it is not to be eliminated from the body. During fever, our body temperature increases like a brooding hen's increased body temperature. The actual treatment to fever is to increase blood circulation. Two ways to increase blood circulation. 1. Never allow body temperature to lose 2. Apply heat from outside to the body. When the temperature produced by the body due to fever and heat which we applied on the body combines together, the blood circulation increases. Then the body will stop to produce heat to increase blood circulation. And the body will get extra heat from outside without any usage of energy.

How can we prove that the temperature of fever in Covid -19 is to increase blood circulation?

If we ask any type of question-related to fever by assuming that the temperature of fever is to increase blood circulation we will get a clear answer. If avoid or evade from this definition we will never get a proper answer to even a single question

If we do any type of treatment by assuming that the temperature of fever is to increase blood circulation, the body will accept, at the same time body will resist whatever treatment to decrease blood circulation. If we measure the heat energy used for which activities in fever, we will know the purpose of the temperature of fever. No further evidence is required to prove the temperature of fever in Covid -19 is to increase blood circulation.

**Keywords:** Blood circulation, Surplus temperature, Protective covering, energy

### Biography:

Yacob Mathai is a practicing physician in the field of healthcare in the state of Kerala in India for the last 31 years and very much interested in basic research. His interest is spread across the fever, inflammation and back pain. He is a writer and already printed and published nine books on these subjects. He wrote hundreds of articles in various magazines. After scientific studies, he has developed 8000 affirmative cross checking questions. It can explain all queries related to fever.

## **Fever is not a symptom in Covid-19; None of the diseases require fever as its symptom.**

**K. M. Yacob**

Marma Health Centre, Kochi, Kerala, India

We have been hearing for centuries that ‘fever is not a disease but a symptom’. Physicians say that fever is a symptom of diseases like flu to cancer. The conservative fever definition, diagnosis, and treatments are based on fever as a symptom. All the studies related to fever as a symptom of a disease have been done without knowing the Purpose of the temperature of fever is. Without knowing the Purpose of the temperature of fever, how can fever included in the symptom definition? Temperature between 38o to 41o centigrade can be symptom of a disease? Most of the diseases may not have a fever. Sometimes it disappears. Then, is fever a symptom of which disease? Symptom Definition is the only parameter necessary for a Symptom. As with any or all other definitions, symptom definition should describe the symptom scientifically. If it cannot describe clearly, there is no use of a symptom definition. A symptom is a departure from normal function or feeling which is noticed only by a patient, indicating the presence of disease or abnormality. One cannot be understood directly the temperature is elevated in the hypothalamus. A mechanical device is necessary to measure elevated temperature in the hypothalamus. In symptom definition, fever definition can’t be found. The elevation of body temperature is not included in symptom definition.

Different cause of diseases never shows the same symptoms:

Different causes of diseases like virus, bacteria, fungi, venom, horror scene, horror dream, never shows the same symptoms. Its actions are different and sometimes opposite. No similarities can be seen between their actions. Elevated temperature or increased temperature never make fever or symptoms of fever. It may create hyperthermia.

None of the diseases or causes of diseases require fever as its symptom:

If the mosquito bites its virus, bacteria, venom gets deposited in the body as a result according to nature and strength of Viruses, bacteria, venom symptoms like itching, pain, and signals like color change, inflammation may occur. We can see the symptoms, Signals, and indications of the virus, bacteria, the venom which multiple or spreading or damages(disease) the body before fever emerge. Patients who have flu to cancer may not have a fever.

**Keywords:** Blood circulation, Surplus temperature, Protective covering, energy

### **Biography:**

Yacob Mathai is a practicing physician in the field of healthcare in the state of Kerala in India for the last 31years and very much interested in basic research. His interest is spread across the fever, inflammation and back pain. He is a writer and already printed and published nine books on these subjects. He wrote hundreds of articles in various magazines. After scientific studies, he has developed 8000 affirmative cross checking questions. It can explain all queries related to fever.

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# PUBLIC HEALTH

April 19-20, 2021 | Webinar

## A public health threat- Electronic cigarette & COVID-19

### Hema Samson

Sultan Qaboos University, Oman

Introduction- People who use substances are more inclined to insurmountable risks related to COVID-19, including poor prognosis, significant risk of infection and protracted mortality. Cigarette smokers and vapers are at an exceptionally conspicuous risk as the toxic exposure increases lung susceptibility and quells immune function (1). As reported by the WHO fact sheet, related to tobacco- greater than 8 million lives are lost annually due to use of tobacco. Direct tobacco use contributes to more than 7 million deaths and 1.2 million are due to nonsmokers being exposed to secondhand smoke (2). The tobacco and nicotine industry are on a rampage, wooing regulators globally, seeking support to the emerging nicotine and tobacco products, namely Electronic Nicotine Delivery System. The industry has floated a 1.4 billion USD marketing campaign to instigate youngsters to adopt the noxious habit that kills millions every year (3).

Discussion-Electronic Nicotine Delivery System (ENDS) are also referred to as Electronic cigarettes or Vaping devices and (its users referred to as vapers). It is a rechargeable electronic device that is battery operated and emits vaporized nicotine to inhale. It comprises of a cartridge attached to a tube containing liquid solution, an atomizer that heats the liquid to form vapor, and a sensor that triggers the atomizer when the user sucks the device and the e-solution/e-liquid that incorporates a combination of nicotine diluted in propylene glycol solution and a flavoring agent (4). Despite being lauded as a safer substitute to conventional tobacco smoking and an impressive competent method to quit, there is no conclusive data that this is factual. The pharmacokinetic property of nicotine confers to its addictiveness. Vaping of nicotine has overwhelmingly gained attention as a public health crisis. Regardless of age, sex, nationality, social and economic status, the corona virus is sweeping across nations, with millions succumbing to COVID-19. Its ravenous appetite is still not satiated. Although an even greater number recovered and are recovering from the infection, it is not without sequela. Amidst various theories, assumptions, and research regarding its spread, medical management, and vaccines. Are vapers more vulnerable to being tested positive for COVID-19?

A national level cross sectional online survey of adolescents and young adults (age 13 to 24 years) of e-cigarette users, smokers, dual users, and non-users was done in the US between May & June 2020. User's of e-cigarettes only - were 3.3 times, dual user 3.6 times and users of cigarettes only were 3.9 times more likely to be tested positive for COVID-19 (5). COVID-19 spreads through repeated touching of one's hands to the face and mouth which is common among smokers and e-cigarette users (6). A telephonic survey conducted at Boston area community health centers between March & July 2020 showed 80% of participants believed that vaping and smoking increased their risk of COVID-19 infection or complication (7). Intense exposure to nicotine and other chemicals in e-cigarettes resentfully affects lung functions, with studies showing that lung damage caused by e-cigarette is comparable to combustible cigarettes.

International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

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## Biography:

Dr. Hema Samson is working as a Lecturer at Sultan Qaboos University, Sultanate of Oman. She has completed her BSN from Government College of Nursing & MSN from St. John's National Academy of Health Sciences. (Rajiv Gandhi University of Health Sciences). She has worked as a bedside registered nurse, technical officer for the WHO funded research projects and coordinator for GFATM (Global Fund to Fight AIDS, TB & Malaria) project. She has clinical teaching experience in the surgical, intensive care and emergency units. Her area of interest in research is related to non-pharmacological interventions for pain management.



International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

## Post (COVID-19) Infection Pulmonary Rehabilitation

**Tahani Ali Salem Maharem**

Al Baha University Al Baha KSA

**P**ulmonary rehabilitation (PR) is one of the most effective management strategies to improve shortness of breath, quality of life, and exercise tolerance of patients with COPD. It also leads to a decrease in symptoms of anxiety and depression. Chronic obstructive pulmonary disease (COPD) is a condition that is characterized by persistent airway inflammation and airflow limitation. It is the 3rd leading cause of mortality worldwide. There is an ongoing controversy on whether COPD is a risk factor for COVID-19. The coronavirus disease 19 (COVID-19) pandemic has greatly impacted PR programs and their delivery to patients. The severe acute respiratory syndrome coronavirus 2 (SARS-Cov-2) is a novel beta coronavirus that was first identified in December of 2019 through a cluster of pneumonia with an unknown origin. The disease caused by this virus is now known as Coronavirus disease 19 (COVID-19), and has been characterized as a global pandemic by the World Health Organization since March 11th 2020. PR is considered as a critical component of integrated patient management, and usually includes a range of healthcare professionals to ensure optimal outcomes. The multidisciplinary team for PR generally consists of pulmonologists, physical medicine specialists, social workers, psychologists, nurses, respiratory therapists, occupational therapists, physiotherapists, general practitioners, pharmacists, and dieticians. Patients with a high symptom burden or those at increased risk of exacerbations are recommended to participate in a formal rehabilitation program that is structured and multi-disciplinary.

**Keywords:** pulmonary rehabilitation, COVID-19, COPD.

### Biography:

Tahani Ali Salem Maharem completed her Phd in Pulmonology Nursing at Alexandria university, Egypt . She is a Clinical instructor at Medical Surgical Nursing Department, Faculty of Nursing Alexandria University Egypt since 2007. She is a Member of Pulmonary rehabilitation team at Chest Disease Department at Main university Hospital Alexandria university Egypt since 2014 She is a Assistant Professor at Nursing Department, Applied Medical Science Faculty at Al Baha University, KSA since 2020.

## Education program for mothers' needs to children under-five-year regarding immunization in rural area

**Hala Hassan Saied Khalil <sup>1</sup>, Fathia El-sayed El-Ghadban <sup>2</sup>**

<sup>1</sup>Associated Prof. of Community Health Nursing, Faculty of Nursing Fayoum University

<sup>2</sup>Associated Prof. of Pediatric Nursing, Faculty of Nursing Fayoum University

Immunization is the process where by a child is made immune or resistant to an infectious disease, by administration of a vaccine. These vaccines help to stimulate the body's own immune system to protect the children against subsequent disease. Aim of this study to evaluate education program for mothers need to children under-five-year regarding immunization in rural area Design: Quasi-experimental research design was used. Sample: purposive sample equal 70 mothers' who having children with age under five years attending the routine immunization. Setting: study was conducted at Maternal- Child Health Centers at sanors district El-fayoum City (rural area). Tool: Interview questionnaire sheet composed of 2 parts (socio-demographic characteristics & mothers' needs regarding immunization). Results: the mean age of mothers were  $28.5 \pm 7.1$  years. Mothers' total good knowledge was 85% at the post education program than pre-program. Also, mothers' satisfactory reported practice regarding immunization was 75% at the post educational program than pre-program. Conclusion: the study denoted that there was an improvement of mothers' knowledge and reported practice at post education program than pre education program with statistically significant difference. Recommendations: provide mothers by health education and immunization booklets which include the importance of immunization, side effects and how to manage its, obligatory vaccine schedule and non-obligatory vaccine schedule in MCH centers.

**Keywords:** Immunization, Maternal- Child Health Care Centers (MCH), Mothers.

### Biography:

Hala Hassan Saied Khalil is an associated prof. of community health nursing , faculty of nursing at fayoum university

International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

## Environmental impact of spreading agro-industrial wastewaters and their efficient treatment

**Selma Hamimed**

University of Carthage, Tunisia.

Over the years, agro-industries have been one of the major contributors in the world economy. However, they are the main contributors to worldwide industrial pollution problem. With increasing of population growth, the consumption of natural resources is also increased causing a rise of generated wastes from agro-industries. Although, agro-industrial wastewaters are characterized by the presence of multiple organic and inorganic contaminants, which could potentially cause severe pollution problems. The high pollutant load, the large volumes produced, and the seasonal variability makes the untreated wastewaters a significant environmental problem such as eutrophication and ecosystem imbalance. Therefore, the development of cost-effective and environmentally friendly methods for the treatment of agro-industrial effluents is necessary to comply with the legal limits of release in sewer systems and/or in natural waters. A wide range of wastewater treatment processes is devoted involving physical, biological and chemical methods in order to reduce the toxicity and enhance the quality of discharged wastewater.

**Keywords:** Agro-industries; Environment; Public Health; Treatment; Wastewater.

### Biography:

Dr. Selma Hamimed is working as PhD researcher in the Faculty of Sciences of Bizerte, Carthage Univeristy, Tunisia. Recently, got her PhD diploma in Biological and Environmental Sciences. She is a scientist loyal to treatment of agro-industrial wastewaters via biotechnological and microbiological processes. Her research interests lie -amongst others- within biotechnological treatment and valorization of agro-industrial wastewater into high-added value products (food, nutraceuticals, biochemicals). As well as, interest in nanotechnology and the biosynthesis of various nanoparticles with pharmaceutical applications. Her undergraduate background is in Applied Biochemistry and Molecular Engineering can also be helpful in assessing a new biological approach in the environmental sector.

International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

## Public health challenges during the COVID-19 pandemic in Iraq: Second wave implication

**Maysaa Kadhim Al-Makey**

University of Baghdad,, Baghdad- Iraq

This paper is to depict the current scenario of coronavirus diseases 2021 (COVID-19) in Iraq, how the government is tackling this pandemic as well as look at the public health challenges that Iraq is facing and might face in the future. Methodology: this paper is a viewpoint of COVID-19 activities conducted in Iraq.

Findings: Iraq is vulnerable to COVID-19, as it shares borders with Iran and other EMERO countries. Cases have started to be seen in different parts of Iraq. Government of Iraq has started various measures to control the spread of the virus such as deploying health workers, information sharing via different mediums. However, there are still many challenges that the government and public health officials need to be concerned about as well.

Originality/value: This paper provides information about the situation of COVID-19 in Iraq, how the government is handling, and public health challenges that may arise. This paper can be beneficial for further public health interventions.

**Keywords:** COVID-19, Public Health, Pandemic, Second wave implication, Iraq

### Biography:

Dr. Maysaa Kadhim Al-Malkey is currently Assistant Professor and Researcher at TBRU / College of Science / University of Baghdad, Iraq holding a PhD in Microbiology from Microbiology Department, College of Medicine, Al-Nahrain University. A member at American Society for Virology (ASV) and Peer reviewer at many journals. Maysaa have many academic publication in here field and local conferences participation.



## Lyme disease – Are we looking for a wrong culprit?

**Tatjana Mijatovic**

R.E.D. Laboratories, Zellik, Belgium

**B**orrelia-related diseases (Lyme disease and relapsing fevers) are increasingly prevalent, severe, difficult to diagnose and treat. The high failure rate of tick-borne infection testing undermine treatments' strategy and monitoring. The goal of this contribution is to bring the focus on the importance to enlarge borreliosis-related testing targets and shed some light on high prevalence of *B. miyamotoi* presence both in ticks and late stage undiagnosed patients. Bacteriophages could become a diagnostic tool based on the principle that if there are phages it is because there are living bacteria. Phelix Charity together with Leicester University microbiology department have recently developed a *Borrelia* Phage-based PCR test searching for 3 major *Borrelia* groups (*Borrelia burgdorferi* s.l, *Borrelia miyamotoi*, Relapsing fever group). This method is efficiently used to assess both human samples and ticks. Testing included ~3500 mainly late stage / chronic patients and the aggregated data are showing 30 % negative results and 70% positive among which over 60 % indicated the presence of specific *Borrelia miyamotoi* phages. Furthermore, ticks from 2019 and 2020 have been analyzed by the same method. The obtained results on ticks showed that over 60% were found positive for *Borrelia miyamotoi* and only 15% for *B. burgdorferi* s.l. This is the first large scale report on prevalence of *B. miyamotoi* in the ticks, as well as in late stages of borreliosis. Thus the overall high expansion of undiagnosed Lyme disease cases worldwide might be linked to the screening choice focusing only on *B. burgdorferi* s.l and only rarely testing for *B. miyamotoi* while the later one seems to be much more prevalent.

**Keywords:** *Borrelia*, Lyme disease, Phage, new testing method

### Biography:

Tatjana Mijatovic holds Ph.D. in Molecular Biology. T. Mijatovic authored 50 publications in peer-reviewed journals (21 as first or senior author/ 29 as co-author) and holds 2 granted patents as first author. Since 2011 she is CSO and Lab Manager at R.E.D. Laboratories, developing and performing specialty tests to assess multifactorial dysfunctions like CFS, chronic immune dysfunctions, chronic infections including Lyme disease, intestinal dysfunctions, autism, etc. Previously, she performed as (i) Head of Biology in Biotech Company specialized in the discovery of new anti-cancer agents, (ii) Publications Manager consultant for Pharmaceutical Companies and (iii) scientist at the University of Brussels.

## **A cross-sectional study to determine the prevalence of pre hypertension in children (5-15 years old) with exposure to biomass and indoor pollution in Rural Sabah.**

**Muhammad Talha Zaigham, Syed Shajee Husian**

University Malaysia Sabah, Kota-Kinabalu, Malaysia

A subclass of hypertension known as prehypertension was defined as systolic blood pressure 120-139mmHg or diastolic blood pressure of 80-89 mmHg (Roth & Brown, 2006). Not only does Pre-hypertension cause an increase in chances of one eventually developing hypertension but also there is an increase chance of this patient developing other morbidities. Biomass being the world's 4th largest energy source is found vastly in Malaysia due to its tropical weather and location. The research questions in this study are. 1) Is there any prevalence of Pre-hypertension among the children aged 5 -15 years old in rural Sabah? 2)What is the percentage of the prevalence of Pre-hypertension among the children aged 5 -15 years old in rural Sabah. 3)What is the relationship between children with Pre-hypertension and exposure to indoor pollution? The primary purpose of this research is to measure the prevalence of Pre-hypertension among the children aged 5-15 years old and to find out the relationship between Pre-hypertension and exposure to indoor pollution. By carrying out this study, the research will be able to include or exclude an additional risk factor for Pre-hypertension and eventually hypertension. As no such study has ever been done in regards to children, this can further help us to prevent further complications. As a result, this can further decrease the burden on the current healthcare system in Malaysia as we can decrease the prevalence of eventual hypertension by making small modifications. The research methodology is that a Cross-Sectional Study will be conducted with a target population of children aged 5-15 years old located in households in rural areas of Sabah. The equipment used to measure Blood pressure and indoor pollution will be a Pediatric Sphygmomanometer & DustTrak. Two Children per Household will be chosen with a sample size of 165 samples. The Inclusion & Exclusion Criteria is children with SBP of 120-139mmHg , DBP of 80-89mmHg will be included and children above 15 years will be excluded in the research. The sampling Method will be Random. A statistical analysis can then be done to determine if there really is an association between Pre-hypertension and indoor pollution.

**Keywords:** Pre-hypertension, indoor pollution, Malaysia, Children, Sabah

### **Biography:**

Dr. Talha Zaigham is graduated from Xi'an Jiaotong University, China with a MBBS degree in the year 2019. After which, he has cleared his USMLE Exam step 1 in 2021. He is currently a Master's student in community medicine at UMS, Malaysia. He currently in works of 3 major research projects, leading this particular one and working in a team for the other two. He has a passion for community medicine (public health).

International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

## Stem cell and Exosomes: Better candidates for treating COVID-19

**Sherin Saheera**

University of Massachusetts Medical School, Worcester, USA

SARS-CoV-2 emerged in Wuhan city in China has spread far and wide as COVID-19. Being highly transmissible and the high survival rate has resulted in more than 30 million cases and more than 10 million deaths around the world. Vaccine trials are still underway, and scientists and physicians are trying various strategies to alleviate the symptoms of COVID-19. Several antiviral drugs and convalescent plasma infusion are effective in improving the symptoms. However, COVID 19 symptoms and severity exhibits person to person variation suggestive of intense large-scale clinical trials to confirm the potency of any treatments. Patients with COVID 19 present with a plethora of symptoms varying from mild to severe. The complex pathophysiology of COVID 19 demands treatment with a pleiotropic agent rather than a single target agent. Cytokine and chemokine storms are central to the disease progression in these patients. Stem cells and stem cell derived exosomes have earlier shown favorable therapeutic effects in preclinical studies of acute lung injury and inflammatory diseases. Exosomes contain within it a diverse array of chemokines, growth factors, miRNAs facilitating them as mediators for paracrine and endocrine signaling. Studies using exosomes from bone marrow Mesenchymal Stem Cells (MSCs) (ExoFlo) have been shown to downregulate the cytokine storm and improved health in COVID 19 patients. The anti-inflammatory and immunomodulatory effects of MSCs and MSC derived exosomes are the key mechanisms by which they exert protection. The superior safety profile, stability, and scalability make exosomes a practical therapeutic option for COVID 19.

**Keywords:** COVID 19, stem cells, exosomes, SARS-CoV-2, Mesenchymal Stem Cells, nanovesicles

### Biography:

Sherin Saheera completed her Ph.D. from Sree Chitra Tirunal Institute for Medical Sciences and Technology, Kerala, India in 2017 and went to the USA to pursue her postdoctoral studies. After 1 year of postdoc at the University of Alabama, she is currently working as a Postdoctoral Associate at University of Massachusetts Medical School, USA since 2019 January. She has over 15 publications in peer-reviewed high-impact international journals and has been serving as an editorial board member and reviewer for reputed journals. She presented papers at several national and international conferences and has got many accolades.



International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

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**DAY 1** | **KEYNOTE SPEAKERS**



International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar



**David Kauffman**

Master DISC Trainer, Empowering Small Business, USA

## Discovering human behavior

How to have more influence by understanding the 4 basic personality types.....DISC!!

DISC is the study of human behavior according to the 4 basic personality types or temperaments. The 4 personality types are:

1. D = Dominant.
2. I = Inspiring.
3. S = Supportive.
4. C = Cautious.

Everyone is a unique blend of all 4 types, we behave according to our unique blend of personality types or temperaments and our environment. Our personality is our nature, it is an innate part of who we are! Our behavior is how we choose to use our personality based on the environment that we find ourselves in! We can nurture our behavior. DISC can help you to nurture your behavior. "You cannot BEWARE unless you are first AWARE". Understanding DISC helps you to become a better Communicator, Leader, Parent, Salesperson, Manager and wherever relationships happen.

## Biography:

David Kauffman is a business Coach, Top 100 Keynote Speaker, Author and Trainer! He is the President of "Empowering Small Business" an International Business Coaching firm, specializing in helping business owners systematize their business so that they can find FREEDOM in their business ... so they can spend more time with their family and friends. He is handpicked by the Zig Ziglar family to carry on the legacy of American Legend... Zig Ziglar! He is an expert in Human Behavior, a Master Trainer (1 of 10 in the world) of the DISC Model of Human Behavior and will be sharing how to perform at a higher level in Sales, Communication and Relationships by understanding the four basic personality styles.

International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar



**Sudha Chaturvedi**

University at Albany, USA

## Blastomycosis- A rare, but a significant disease

**B**lastomycosis is a significant cause of respiratory mycoses in North America, with occasionally reported outbreaks. Until recently, *Blastomyces dermatitidis*, described in 1894, was considered the sole etiologic agent of blastomycosis. With the recent advances in fungal biology, several distinct genetic populations were identified as new species within the genus *Blastomyces*. These included *B. gilchristii*, *B. percursus*, *B. silverae*, *B. parvus*, and *B. helicus*. Recently, we have developed a highly sensitive, specific, and reproducible TaqMan duplex real-time PCR assay to differentiate *B. dermatitidis* and *B. gilchristii*. The retrospective analysis of *Blastomyces* cultures (2005 to 2019) and primary clinical specimens from blastomycosis cases (2013 to 2019) from New York patients revealed that *B. dermatitidis* is the predominant pathogen, identified in the 38 cases of blastomycosis, while *B. gilchristii* is a minor pathogen involved in five cases. In summary, the molecular diagnostic tests provide timely results for high-quality patient care, low contamination risk, and ease of performance and speed. Research work must continue developing new molecular and advanced techniques for rapid and accurate diagnosis of other *Blastomyces* species to understand the ecology and epidemiology of blastomycosis in North America and other parts of the world where this disease is endemic.

### Biography:

Dr. Sudha Chaturvedi is the Director of the Mycology Laboratory, which serves as the comprehensive reference facility for fungal diagnostics for all NYSDOH-licensed clinical laboratories, including hospitals, academic medical centers, county health departments, and commercial laboratories. Her research focus of laboratory is to understand the molecular mechanisms underlying the non-classical release of oxidative proteins. Major aim of this investigation is to define how non-classically exported proteins pass through the cell membrane and cell wall, and which membrane and cell wall proteins facilitate these processes.

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April 19-20, 2021 | Webinar



**James F. Sallis**

University of California San Diego, La Jolla, CA, USA

## **Built environment, physical activity and obesity: Findings from the IPEN adult study**

Creating more physical activity-supportive built environments is recommended by the World Health Organization for controlling non-communicable diseases. The IPEN (International Physical Activity and Environment Network) Adult Study was undertaken to provide international evidence on associations of built environments with physical activity and weight status in 12 countries on five continents ( $n > 14,000$ ). This presentation features re-analyzed data from eight primary papers to identify patterns of findings across studies. Neighborhood environment attributes, whether measured objectively or by self-report, were strongly related to all physical activity outcomes (accelerometer-assessed total physical activity, reported walking for transport and leisure) and meaningfully related to overweight/obesity. The differences in total objective physical activity minutes/week across the least and most activity-supportive neighborhoods were 35 minutes/week with environments measured by GIS and a similar 41 minutes/week by self-report measures. Relative effect sizes across the least and most activity-supportive neighborhoods accounted for up to a 13.3% difference in prevalence of overweight/obesity. Multi-variable indexes of built environment variables were more consistently related to all outcomes than single-environment variables. Designing activity-supportive built environments should be a higher international health priority. Results provide evidence in support of global initiatives to increase physical activity and control non-communicable diseases while achieving sustainable development goals.

**Keywords:** Walkability, walking, transportation, BMI, GIS, accelerometer, international

### **Biography:**

James F. Sallis, Ph.D is Distinguished Professor Emeritus in the School of Public Health at University of California San Diego and Professorial Fellow at Australian Catholic University, Melbourne. His health improvement programs have been studied and used in health care settings, schools, universities, and companies. His current research interests are promoting physical activity and understanding policy and environmental influences on physical activity, nutrition, and obesity. He has authored over 700 scientific publications and is one of the world's most cited authors. Dr. Sallis is Past-President of Society of Behavioral Medicine and member of the US National Academy of Medicine.



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**DAY 2** | **SPEAKER PRESENTATIONS**



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April 19-20, 2021 | Webinar

## “Impact of Covid 19 on coagulation” Nurse’s responsibility.

### **Anitha Nesa Thanka**

Sultan Qaboos University, Oman

**C**oagulation disorders are disturbances in the body’s clotting ability. It can result in either a hemorrhage or thrombosis. Common bleeding disorders are hemophilia, Willebrand disease, clotting factor deficiencies, Disseminated intravascular coagulation, Overdevelopment of circulating anticoagulants, Vitamin K deficiency, Platelet dysfunction. Clotting disorders are Factor V Leiden, Antithrombin III (ATIII) deficiency, Protein C or protein S deficiency, Prothrombin (PT) gene mutation. (Indiana University Health, 2021)

Studies are showing there is a relationship between Covid 19 and blood coagulation. Recent clinical data has highlighted that coronavirus disease 2019 (COVID-19) is associated with a significant risk of thrombotic complications ranging from microvascular thrombosis, venous thromboembolic disease, and stroke. Importantly, thrombotic complications are markers of severe COVID-19 and are associated with multiorgan failure and increased mortality. (James D, 2020).

The micro-thrombotic pattern, more specific for COVID-19, results from a massive activation of coagulation strictly coupled with a hyper-intense inflammatory and immune reaction. This destroys alveoli and obstructive neoangiogenesis. The involvement of fibrinolysis, which consists of the activation/inhibition process, finally conducive to a fibrinolytic shutdown that reinforces the persistence of micro-thrombi. (Sergio Coccheri 2020).

The tissue factor plays important role in thrombus formation. Axel Rosell 2020, found that Covid 19 induces the release of TF-positive EVs into the circulation that are likely to contribute to thrombosis in patients with COVID-19. EV TF Extracellular vesicle and Tissue Factor (EV TF) activity were also associated with severity and mortality.

However, the nurse’s role in managing coagulation disorders in Covid-19 is alertness on Coagulation profile monitoring, signs and symptoms of the coagulation, and monitoring the bleeding symptoms from the treatment adverse effect. The nurse should watch for thromboembolism symptoms includes swelling, pain, tenderness, warm sensation, tachycardia, reddish discoloration, O2 saturation, chest pain, headache, etc. The tendency of bleeding should be monitored by Vital signs changes, abdominal distention, blood in the urine or stool, bruising, extreme fatigue, joint pain, nose bleeds, headache. (Indiana University Health, 2021).

International E-Conference on

# PUBLIC HEALTH

April 19-20, 2021 | Webinar

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## Biography:

Mrs. Anitha Nesa Thanka did her Bachelors in Nursing under Dr. MGR University in CFCH College of Nursing Ambilikai from 1992-1996. She worked as clinical Instructor from 1996-1997. After that, worked as senior staff nurse in ADK Hospital from 1998-2002. She did her Masters in Nursing on Medical Surgical Nursing from Sacred Heart College of Nursing (2002-2004) under Dr MGR University, India. She worked as a lecturer in National College of Nursing from 2004-2005. From 2006 January till date, she is working as a lecturer in Sultan Qaboos University in Oman. College of Nursing at Sultan Qaboos university is a ACEN accredited college. Her clinical experiences as Clinical Instructor in following clinical areas: Medical wards, Hematology wards, Surgical wards, Burns ward, Nephrology unit, Neurology Unit, Day Care, Operation Theatre, Clinical Physiology and dialysis unit. Her research interest is on wound care, at present she is involved in a research project on Quality of life among chronic wound patients. She published few research studies and art works as she is a artist. She received best teacher award in 2016 in Sultan Qaboos University. She is chairing a College committee called Textbooks and Library Committee, Also She is the member of Examination and Evaluation committee and Grade verification committee. At present she is teaching Advanced Nursing Students and Adult Health Nursing.

## **Transitional care: The way forward for homecare of older adults with chronic illness**

### **Chandrani Isac**

Sultan Qaboos University, Oman

**Introduction:** The average life span of mankind is increasing. Older adults often suffer from multiple complex co-morbid states. The nature of health problems endured by older adults and their age-related diminished defenses prolongs their recovery and requires them to move from acute care settings to skilled nursing facilities or their own homes with the need to adhere to therapeutic protocols. Inconsistencies in the implementation of these protocols predisposes them to compromised health states requiring re-admissions and escalating their functional loss. Streamlined transitional care interventions, can play a vital role in overcoming the hurdles imposed by care transitions. This literature review aims to identify evidence based transitional care interventions

**Methodology:** Interdisciplinary data base Scopus (including Medline and CINAHL) and grey literature source (Google Advanced, Google Scholar) databases were explored. There was no restriction placed on the date of publication. Unpublished articles, non-peer reviewed articles, theses, and dissertations were excluded.

**Results:** The review yielded four themes: components of transitional care interventions, pre-discharge transitional care interventions, post-discharge transitional care interventions, and outcome measures of transitional care.

**Conclusion:** These evidences exemplify the comprehensive and collaborative approach to be mediated by nurses to provide care to older adults with chronic diseases. The enduring nature of these diseases and its diversified approaches to care, requires nurses to strengthen the patients and their caregivers with resources to monitor, adhere to therapeutic regime, predict complications, and seek appropriate medical help as needed. The need for collaborative and multidisciplinary approaches are magnified, raising the need to widen the scope of nursing practice; extend the territory of care from the hospital to home and skilled care facilities; and initiate empirical efforts to test these innovative strategies.

### **Biography:**

Chandrani Isac, has an expansive expertise in clinical teaching. She is currently pursuing her doctoral degree, focusing on the development of transitional care protocols for elderly with chronic illness. She is current with critical care nursing practice, and her zeal is to mold nursing students to utilize critical thinking, clinical reasoning and evidence-base in the provision of comprehensive care to patients. Her research interests revolve around critical care, cardiology, gerontology and stress among nursing student. She has served as resource person in simulation, and evidence-based workshops.

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April 19-20, 2021 | Webinar

## A new mechanism of Corona virus pathogenesis: Corona virus RNA Topoisomerase (Nsp2) and rRNA Methyltransferases (Nsp9/10/13/14/16) as therapeutic targets

**Asit Kumar Chakraborty**

Vidyasagar University, India

Corona virus infected ~100 million people with confirmed >900000 deaths worldwide whereas lockdown has reduced GDP 2-20% of many countries with 20 million jobless. So far no proper medicine was discovered and worldwide efforts for vaccine development against S-protein at the 3rd phase of clinical trial. We found that Nsp2 non-structural protein derived from polyprotein of coronavirus was not known and disclosed as RNA topoisomerase by homology search with *Vibrio haemolytica* DNA topoisomerase I & IV as well DNA primase and bi-subunit DNA topoisomerase IB of *Trypanosoma brucei* and DNA gyrase of *Escherichia coli*. Further, we found Nsp16 was a 2'-O-Ribose Uridine Methyltransferase and Nsp13 was a 2'-O-Ribose Guanosine Capping Methyltransferase previously implicated as RNA helicase. Search with 200 RNA/DNA binding-modifying proteins confirmed Nsp13 protein has scattered homology to ribosomal L6 and L9 proteins and Nsp2 protein to L1 protein and Nsp15 protein to S1/S22 ribosomal proteins. Further, Nsp13 has some homology with Cfr 23S rRNA methyltransferase and RNaseT whereas Nsp15 to Dcm DNA methyltransferase and Nsp14 to Cfr 23S rRNA methyltransferase. Further, Nsp8, Nsp9 and Nsp10 have some similarities to Rlm-types methyltransferases of *E. coli* and also some different ribosomal proteins similarities. These bioinformatics data suggested that Nsp2, Nsp8, Nsp9, Nsp10, Nsp13, Nsp14 and Nsp16 non-structural proteins may be recruited easily to mitoribosome making chimera ribosome to methylate the 21S rRNA of human mitochondria or change its topology favouring viral protein synthesis and inhibiting host protein synthesis. Such change in host protein synthesis (CoxI/II) in the mitochondria may cause a inhibition in oxidative phosphorylation and ATP synthesis causing blood clotting, breath trouble, coma and heart failure as seen in many corona-infected patients. Thus, targeting those viral mRNA and proteins with drugs, antisense, ribozyme and CRISPR-Cas6 may save life. So far, only Nsp12 (RNA-dependent RNA polymerase) and Nsp3 (C3 protease) proteins were targeted for drug design against corona virus.

### Biography:

A molecular biologist experienced in bacteriology, protein purification, mammalian cell culture, plant tissue culture, retrovirology, gene therapy, gene transcription and drug discovery.



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April 19-20, 2021 | Webinar

## Impact of diabetes on HRQOL – Is there a gender difference in the Indian context?

### Jansirani Natarajan

Sultan Qaboos University, Muscat, Oman

**Introduction:** Diabetes is a chronic disease with considerable impact on health status and quality of life and it is considered an urgent public health issue in India as it is becoming a diabetes capital of Asia. Type 2 diabetes is a global public health crisis that threatens the economies of all nations, particularly developing countries. The influence of gender on HRQOL of diabetic patients is not well reported especially in India.

**Purpose** The aim of this study was to compare the perception of the diabetic HRQOL of male and female South Indian diabetic patients attending a tertiary care hospital as a basis for planning and managing diabetic care.

**Methodology** This descriptive cross-sectional study collected data from 352 T2DM patients attending a tertiary care hospital, Chennai, Tamilnadu, India using the convenience sampling method, from June to August 2017, based on the inclusion criteria. D 39 HRQOL questionnaire was used to collect the perception of T2DM patients on four dimensions of HRQOL and the results were transformed into a 0 to 100 scale. Higher mean scores indicated lower HRQOL. Data was analysed using IBM SPSS, Version 22.

**Results** The study had males (43.2%) and females (56.8%). The findings revealed that South Indian female type 2 diabetic patients perceived significant low HRQOL in four dimensions of the D39 HRQOL scale (energy and mobility, diabetes control, anxiety and worry and social burden comparing to male diabetic patients at  $p < .05$ . Females reported better scores in sexual domain of the HRQOL than male diabetic patients.

**Conclusion** Female T2DM patients reported lower HRQOL compared to male diabetic patients in the study. Educational, technological, and psychological interventions are needed in order to improve HRQOL of T2DM patients. Women must therefore develop a more positive attitude towards the disease and its management and strategies like self-care management to support them is the need of the hour.

### Biography:

Dr. Jansirani Natarajan is an Engaging Nursing Lecturer effectively conveying nursing concepts and procedures in laboratory and clinical settings. Committed to incorporating knowledge gathered from ongoing research to educate students in nursing concepts. Performing professional nursing work and knowledgeable in best practices in teaching, simulation training, integration of technology and clinical supervision and evaluation. Has membership in many professional bodies. Has attended many international conferences and presented papers. Has published more than 10 articles in peer reviewed journals.

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April 19-20, 2021 | Webinar

## Obesity increases your risk of severe illness from Covid 19 risk.

### Nevin Borzan

Eastern Mediterranean University, Turkey

**Introduction:** Obesity is defined; as chronic and severe disease in developed and developing countries, affecting both adults and children disease. Obesity has become a worldwide epidemic. The World Health Organization predicts that by the year 2015, 2.3 billion adults will be overweight (body mass index [BMI]  $\geq 25$ ) with 700 million being classified as clinically obese (BMI  $\geq 30$ ). Obesity has been linked to numerous health problems and chronic diseases, including type 2 diabetes, hypertension, dyslipidemia, certain cancers, and cardiovascular diseases. The first human cases of COVID-19, the disease caused by the novel coronavirus causing COVID-19, subsequently named SARS-CoV-2 were first reported by officials in Wuhan City, China, in December 2019. Obesity has been well established as a risk factor for increased morbidity and mortality; however, its effects on susceptibility to infection are just beginning to be understood. In the hospital setting, obese patients are more likely to have secondary infections and complications develop, such as sepsis, pneumonia, bacteremia, and wound and catheter-related infections. Patients with increased BMI and adiposity also present a higher incidence of surgical site infections, which have been associated with increased risk of other wound complications, increased length of stay, and increased risk of death According to some of researchers; higher BMI ( $> 30$ ) increases your risk of severe illnesses from Covid 19.

**Conclusion:** Finally; obesity that defined chronic illness increases your risk of severe illnesses from Covid 19. Patients that with obesity has lowing immune system. Some of studies show that risk of Covid 19 increase with Body Mass Index (BMI)

**Keywords:** obesity, covid 19, immune system, BMI

### Biography:

Nevin Borzan is a dietitian. She finished her masters in university of Eastern Mediterranean in 2019. She like researching and improving herself. She has many review articles. They are enteral parenteral nutrition, obesity, kefir and effect of cocoa on cardiovascular diseases.



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April 19-20, 2021 | Webinar

## Covid 19 – a virus that changed the lives of students

**Katarzyna Pietrzyk, Agnieszka Szczepańska**

University of Warmia, Olsztyn, Poland

Inhabitants of Earth faced a new challenge of living in a pandemic, in year 2020. The SARS-CoV-2 coronavirus was discovered in Wuhan (China) at the end of 2019. Initially, the local virus quickly reached all corners of the world, including Poland. In accordance with the Regulation of the Polish Ministry of Health, from March 24, 2020, legal restrictions were introduced under the threat of penalties or imprisonment. The scope of civic freedom has been modified, and numerous restrictions related to moving in public spaces have changed the way people function. Public spaces are essential for meeting the basic needs of citizens, they directly correlate with their life quality, interpersonal relations, and spontaneous interactions. University students who started online learning on March 12, 2020 were screened remotely using the Microsoft Forms. The first part of the questionnaire contained questions aimed at obtaining demographic information about the respondents. In the second part, the participants answered 25 questions on: quality of life (students), activity in public spaces. The research sample included 132 respondents aged 16-26. Only persons with the student status participated in the study. The research period covered the beginning of the epidemic. Thanks to the research, it was possible to determine the impact of limited access to public spaces, self-isolation, social distance during the pandemic on the quality of life of students in Poland. The results of the research show a strong correlation between the severity of measures restricting free movement in public spaces and a decrease in physical and mental health of students and a decrease in their quality of life.

**Keywords:** COVID-19, epidemic, health, public space

### Biography:

Katarzyna Pietrzyk work as an investment specialist, dealing with line investments. She is in the middle of her PhD studies. Her Research interests are small towns, public spaces, Slow City, urban planning, spatial planning, strategic management in the commune.