

MyONE HEALTH *Newsletter*

Bi-annual newsletter by MyOHUN emphasizing the connection between human, animals, and ecosystem health

**2020
ISSUE 12**



FOLLOW SOP

STOP COVID-19 TOGETHER



STAY SAFE

Quality Policy



CERTIFIED TO ISO 9001:2015
CERT. NO. : QMS 02993

“National Coordinating Office (NCO) – MyOHUN is committed to achieve excellence in providing its services in One Health activities through a quality management system that is constantly improved upon to satisfy the needs of our customers in accordance with MS ISO 9001:2015”



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This newsletter is also available at
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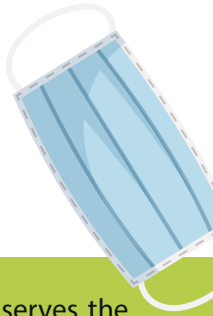
Disclaimer: This newsletter is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of MyOHUN and do not necessarily reflect the views of USAID or the United States Government.

Personal protective equipment, distancing, and group size standards in this photo were consistent with local public health guidance and COVID-19 status in the specific country and time it was taken. This may not reflect best practices for all locations where COVID-19 is still spreading.



Development of

Program Module for In-Situ One Health Problem-Based Learning for Human and Animal Health



Problem-Based Learning (PBL) uses complex real-world problems as a vehicle to develop critical thinking skills, problem-solving abilities, and communication skills in a group. Since PBL was first introduced in 1969, it has been incorporated as a teaching method in many countries, and Malaysia is no exception.

MyOHUN has organized In-Situ PBL activities since 2015 and has gained a lot of experience and lessons-learned throughout the years. These exciting activities focused on the students' training on the knowledge of emerging infectious diseases that mostly have a close relationship between wild animals, the environment, and humans. The Deer Breeding Centre in Lenggong, Kuala Gandah in Pahang and Kuala Sepetang in Perak are among the few locations that MyOHUN has organized In-Situ PBL activities throughout the years.

This year MyOHUN took the opportunity to compile all those experiences gained into a Guidelines Book for the In-Situ One Health Problem-Based Learning for

Human and Animal Health, that uniquely serves the In-Situ program and can be used as a reference by academicians and PBL trainers in the region.

This activity comprises of two series led by Assoc. Prof. Dr. Hasliza Binti Abu Hassim from Universiti Putra Malaysia (UPM). Eighteen experienced In-Situ PBL facilitators gathered for the first series held in Marriot Putrajaya Hotel from 6 to 7 August 2020. The first series focused on the guidelines structure as well as preliminary PBL chapters and topics to be included in the Guidelines Book.

The group convened again at the Hatten Hotel Malacca from 28 to 30 August 2020 for the second series to finalize the Guidelines Book's content and chapters. The guidelines book was categorized into three parts, which are Pre-Activity, Activity, and Post-Activity. Two PBL experts assisted both activity series as facilitators, namely Prof. Dr. Syafinaz Amin Nordin and Prof. Dr. Siti Suri Arshad from UPM.





Tabletop for Avian Influenza Simulation Exercise

Infectious diseases may be deadly and therefore combatting such diseases requires all hands on deck to detect, cure, and prevent it from happening again. MyOHUN and the Ministry of Health have, for several years, been organizing simulation exercises to streamline the guidelines and procedures in preventing and managing the Avian Influenza in Malaysia.

This year, despite COVID-19 pandemic with many restrictions still in force, the Ministry of Health successfully trained twelve experts in a Tabletop for Avian Influenza Simulation Exercise on 17 and 18 September 2020 at the Ministry of Health, Putrajaya. In keeping up with its mission, MyOHUN looks forward to continuing its involvement in other interagency collaborations in the future.





Empowering University Students and the Orang Asli (Indigenous) School Children on One Health using Experiential Learning

An infectious disease like COVID-19, for example, is a complicated virus that will not choose its victims whether they are people from a city or Orang Asli residing in remote areas. With this notion in mind, MyOHUN finds that, like most indigenous people in the world, they are considered marginalized and they are at disadvantage to receive mainstream education and access to health care. Due to their proximity to wildlife and poor hygiene practice, they are at risk of zoonotic infections.

For the past two years, students of multidisciplinary backgrounds have journeyed to Temenggor Lake to share their knowledge on infectious zoonotic diseases and best prevention practices to the Temiar school children in Pos Kemar, Temenggor. The Orang Asli Temiar are a marginalized tribe living in the forests and hunting wildlife. Thus, a program to empower the Orang Asli school children with awareness and knowledge concerning zoonotic infections is much needed.

As part of the community education from One Health Workforce, the university students were able to instill knowledge and bring awareness of the potential morbidity and mortality associated with zoonotic infections transmitted by eating wildlife meat. This year, the Project Leader; Prof. Dato' Dr. Abdul Rashid of RCSI & UCD Malaysia Campus, and his team members of committed lecturers from different universities in Malaysia have made this activity specifically to create awareness and preventive action towards COVID-19. The educational and health promotion materials were custom made for the Orang Asli community using mostly easy-to-understand graphics. The activity also exposed the students to a community that showcased how vital their work and awareness building in One Health is to certain populations in order to become effective One Health workers and ambassadors.



Online Webinar and One Health Massive Open Online Courses (OH-MOOC)

ONE HEALTH WEBINAR SERIES

- 1 ONE HEALTH**
SATURDAY 5/9/2020
10:00AM-12:30PM
- 2 COVID-19 PANDEMIC**
SATURDAY 12/9/2020
2:00PM-4:30PM
- 3 ZOONOTIC DISEASES**
SATURDAY 19/9/2020
2:00PM-4:30PM

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USAID MyOHUN USIM

Google Meet, Zoom Meeting, Webex, and many others has become part of the 'new norm' platform for organizing seminars and talks. It has opened up opportunities for many organizations including MyOHUN, to conduct online activities for efficiently by enabling unlimited numbers of participants to virtually attend, unbounded by geographical boundaries.

MyOHUN, in collaboration with USIM, organized the One Health Webinar Series that focused on three topics, namely, One Health and AMR, COVID-19 Pandemic, and Zoonotic Diseases. The webinar sessions were held on 5, 12, and 19 September 2020, respectively. The objective of organizing this series

of webinars were met, with the line up of speakers sharing their knowledge and expertise on various topic. The total number of participants for all webinars were close to 800, coming from more than 25 countries worldwide, including Sierra Leone, Uganda, and Pakistan.

At the same time, the team in USIM had developed content for Massive Open Online Course (MOOC) on One Health and Zoonotic Diseases. The contents developed have won the Gold Award for Best MOOC Award in the National e-Content Development Competition 2020. The MOOC hosted by USIM was launched in December 2020 and accessible to public.

Edutainment and Online Learning to Improve the Youth Knowledge to Fight COVID-19



What better way to pique youth interest than a catchy music video? Many advertisements and announcements about COVID-19 preventions are circulated on mass media, but do those mediums speak to the younger generation? The days, social media has become a major part of everybody's life especially among younger generation. Assoc. Prof. Dr. Rafdzah Ahmad Zaki, under the MyOHUN OHW-NG project, thought the idea was brilliant to gauge the attention of the younger generation to educate the on preventive measure of COVID-19 through a music video. The music video was developed through a collaborative effort among 20 subject matter experts, volunteers, local artists, actors, dancers, and music producers.

Elements of COVID-19 preventive measures such as social distancing, hand hygiene, wearing a mask, and self-quarantine were included into the lyrics of a popular local song, Kalau Berpacaran, originally sung by Ana Raffali, Sohaimi Mior Hassan & Altimet and renamed it as Duduk Renggang Rengang. The lyric and storyboard in the newly repurposed song was approved by experts from universities prior to shooting the music video.

Despite the enforced movement control order, the team managed to produce the video in 2 months time. The music video has been published and broadcast on social media platforms such as Youtube, Instagram, Twitter, and is also available on the MyOHUN website.





Empowering the Skills of Detection of Tuberculosis in Animals and Human and the Reporting System Among Veterinary and Medical Students

On 21 September 2020, MyOHUN with a multidisciplinary team led by Dr. Sharina Omar from Universiti Putra Malaysia organized a webinar on Tuberculosis (TB) with experts delivering talks from both veterinary and human medicine perspectives. The webinar aimed to have a holistic discussion encompassing zoonotic TB, food safety, regulation on importing meat, potential zoonoses from animals to humans, clinical presentation of suspected TB in humans, physical examination, and diagnostic work-up to reach a definitive diagnosis of TB. The webinar then

continued with a forum with panelist from UPM and the Department of Veterinary Services Malaysia. One hundred and thirteen participants attended the program consisting of local and international university students, academicians, and professionals mainly from medical and veterinary backgrounds. Future activities may allocate more time for interactive sessions between the panel of experts and participants to allow better exchange of ideas to address and reduce gap between the medical and veterinary fields in managing zoonotic TB.

Workshop on the Operation of Autonomous Platform for Contactless Deliveries for Older Persons

In this post-modern age, though we have not seen a flying car just yet, technology and machines have taken some of the human responsibilities, making our daily lives much more comfortable and simple. During this COVID-19 pandemic, we are much aware that children and senior citizens are at high risk of being infected by the virus. In making sure, those senior citizens living in an institution is safe from the virus, the Malaysian Research Institute on Ageing (MyAgeing™), Universiti Putra Malaysia in collaboration with MyOHUN has developed an autonomous platform to provide an alternative to regular deliveries with minimal human contact, such as medicine and food in institutional living. This is one of the approaches to prevent and lower the risk of COVID-19 infection among older persons as it practices physical distancing and minimized direct physical contact.

On 15 and 17 September 2020, a total of 24 participants consisting of older persons and caregivers from elderly living institutions joined the Workshop on Operation of Autonomous Platform for Contactless Delivery for Older Persons. The workshop was conducted at the MyAgeing™ Institute. The workshop was divided into two sessions, where the morning session covered the theory, while the evening session was a demonstration on how to handle the autonomous platform. The project was led by Assoc. Prof. Ir. Dr. Siti Anom Ahmad, Director of MyAgeing™.

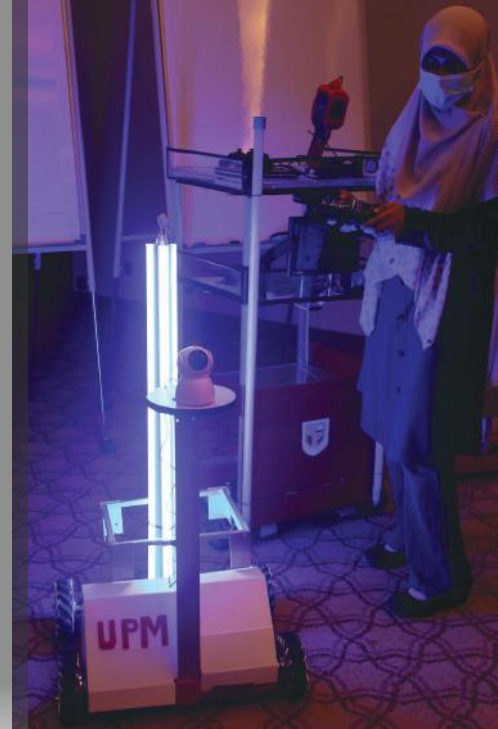
The activity has successfully produced two units of autonomous platform prototypes, technical guidelines, and an Autonomous Platform User Manual. The team hopes that the autonomous platform will be upgraded to be more user-friendly and that more training should be organized for caregivers and older persons.



Spreading and Sterilizing Using Robot Spray Disinfection at Contaminated Area

On 14, 15, and 17 September 2020, a workshop focused on improving the current environmental sterilization process or disinfectant using a pre-designed robot was held in Tenera Hotel, Bangi. The workshop included both theory and hands-on practice in handling the robot and the UV disinfection robot's design. The workshop involved three ultraviolet (UV) disinfectant robots remotely controlled by a user to go through and disinfect the closed room environment. The use of these robots for disinfection is considered one of the essential functions in the battle against COVID-19. It reduces contact between the healthcare staff and the

closed room and eventually breaks the chain of the spreading virus. Project Leader, Assoc. Prof. Dr. Wan Zuha Wan Hassan, was the sole speaker and three facilitators assisted for this 3-day training. Thirty participants from engineering, medical technology as well as robotic backgrounds attended the training. For future workshops, the team plans to upgrade the robot to be more user-friendly and invite speakers from various fields related to medical engineering such as Robotic Surgeons and Hazard Environment.



Society Awareness on Recycling of COVID-19 PPE Waste Toward Environmental Sustainable Green Technology

A series of webinars were held on 15, 17, and 18 September 2020 with the theme recycling COVID-19 personal protective equipment (PPE) waste, with focus on face masks. COVID-19 pandemic has resulted in the surge of used face masks in landfill areas apart from being improperly disposed of in public areas which potentially harming our ecosystem in long-term. Besides being an eyesore, used face masks may pose a public health risk, as they may carry the COVID-19 virus, and they should not be randomly and carelessly discarded as regular waste.

Three webinars were conducted; Face Masks and Recycling: Driving Forward for Sustainable Environment, IR 4.0 Contribution in Face Shields Production

to Combat COVID-19 Pandemic, Biodegradable Facemask, and Environmental Sustainability: A Future Perspective. Six hundred and thirty-two participants attended the webinar series from more than 25 countries worldwide, including the United States of America, Japan, and France.

In order to educate university students on the consequences of improper discard of used face masks, a One-Stop Centre & Exhibition on Recycling Used Face Masks was conducted on 22 and 23 September 2020 in UPM. More than 80 UPM students registered as visitors to the exhibition. The One Stop Centre was set up to promote the use of specific bins to discard used face masks.



Emergency Response Training on Public Health Emergencies of COVID19 to ERT Members

COVID-19 virus has spread like wildfire in Malaysia from March 2020 and shows no sign of stopping soon. Hence, each and every organization in Malaysia should be prepared to face a pandemic, with emerging, and re-emerging infectious diseases, similar to COVID-19, if it ever happens again in the future.

The Occupational Safety and Health (OSH) Department at UPM took this opportunity to collaborate with MyOHUN to organize a training program to educate the university's emergency response team (ERT) members, including students and selected volunteers, about emergency/disaster preparedness for the hazards that may impact university business continuity due to potential incidents.

On 15, 17, 18 & 21 September 2020, a total of 133 participants, including students, university staff, and volunteers, participated in an Emergency Response Training for COVID-19. During the

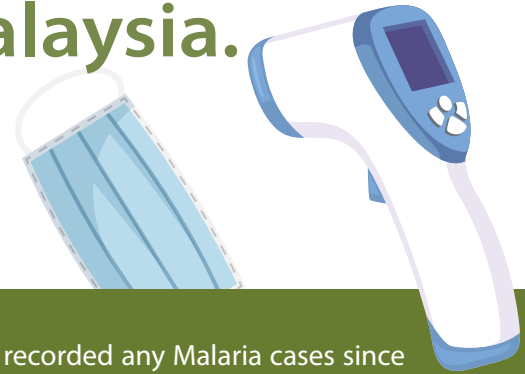
spread of COVID-19 recently, an Operation Room has been set-up to manage, control, and oversee the situations in UPM as per Incident Command System requirements. The same room was also used during this training.

Three stations were prepared during the training, namely, Bilik Gerakan (Operation Room), Communication Control station, and Disinfection and Sanitization station. Participants were given a briefing and demonstration on proper procedures and actions to be taken during the pandemic and lessons learned at each station. A speaker and facilitators were positioned at each station to help with the demonstration.

Dr. Mohd Rafee bin Baharuddin, the Project Leader for this activity, and his OSH team received positive feedback. They plan to create a preparedness module to be used by the university's ERT members and reach a wider audience for future training.



Experiential Learning among University Students and Community Education and Prevention on Zoonotic Malaria among Indigenous Villagers in Malaysia.



Plasmodium knowlesi is the most common cause of malaria in Malaysia. It is mostly associated with socioeconomic and lifestyle factors that bring people into the dense forests, in particular those who work in the forest, such as farmers, hunters, and loggers, where the mosquito hosts are commonly found.

MyOHUN and a multidisciplinary team headed by Prof. Dato' Dr. Abdul Rashid of RCSI & UCD Malaysian Campus, organized a health promotion and education program for village folks on the prevalence of *Plasmodium knowlesi* in 2 separate phases. Cameron Highlands was chosen as the location for the first phase of the activity, which was from 4 to 6 September 2020. Five villages were visited, and more than 130 samples of slides were taken for Blood Film for Malaria Parasite (BFMP). Although

Malaysia has not recorded any Malaria cases since 2018, new cases might re-emerge when Malaysia is in full attention fighting the COVID-19 pandemic. One can never be too careful when dealing with infectious diseases.

The second phase was conducted in Kampung Air Banun, Royal Belum Forest, Perak. More than 150 samples of slides were taken for BFMP here. In total, 39 multidisciplinary background university students were involved in this activity, and 285 villagers were interviewed and approached for education and health promotion, and blood samples. A manuscript is being prepared to share findings on seroprevalence and KAP related to *Plasmodium knowlesi* Malaria among villagers surveyed.



KURSUS ASAS COVID-19 REMAJA



Pendahuluan

Tujuan kursus ini adalah untuk memperkasakan remaja dengan pengetahuan mengenai COVID-19 dan konsep One Health. Dengan memahami hubungan antara COVID-19 dan One Health, para remaja dapat menjadi agen perubahan dalam masyarakat untuk mempromosikan amalan norma baru untuk pencegahan COVID-19.

Kursus pendek ini dihasilkan dengan geran dari USAID melalui MyOHUN (Malaysia One Health University Network), dan di laksanakan dengan kerjasama Universiti Malaya dan Universiti Malaysia Sarawak.

Training the Youth on COVID-19 Prevention and One Health Concept

From August to September 2020, an online education module was developed with the aim to empower our younger generation with knowledge of COVID-19 and One Health simultaneously. Understanding the relationship between COVID-19 and One Health is vital since through the pandemic we are facing right now, people have a clearer understanding of the roles each of us has to play – in this context, the youth- in combatting infectious diseases. They are the agent of change in the community to promote the practice of the new norm for COVID-19 prevention. The training was conducted online with students and teachers present during the session, which allocated around 5 hours for a participant to complete this module.

There were two phases of the activity. The first phase was the preparation and development of the material, and the second was disseminating the education materials to the target audience with three teachers involved in the activity and 128 students registered for the online module. The module was done in Bahasa Malaysia since the target audience is Malaysian students. It is easier for them to promote and explain the content to their parents or an older person who might have trouble with English. In the age of pandemics, this online module is an excellent alternative to reach and educate our younger generation.



OHW-NG - SEAOHUN COVID-19 Digital Awareness Challenge's First Prize in the Poster Category - Ms. Ainaa Sabihah bt Mohamed Anuar



OHW-NG - SEAOHUN COVID-19 Digital Awareness Challenge was a contest first introduced this year to engage Southeast Asian students in educating their communities about COVID-19 and promoting risk-reducing preventive behavior through digital platforms. The activity was supported by the USAID One Health Workforce Next Generation (OHW-NG) project.

MyOHUN is thrilled to announce, over 200 students across six Southeast Asian countries (Cambodia, Indonesia, Malaysia, Philippines, Thailand, and Vietnam), entered the contest and our own Ms. Ainaa Sabihah bt Mohamed Anuar, from Universiti Sultan Zainal Abidin, has won First Prize in the Poster Category of the COVID-19 Digital Awareness Challenge. This 4th-year student of Bachelor of Animal Production & Health was amazed, and beyond happy when she heard about the result knowing that with her beginner skills and the dearth of experience designing posters, she had to compete with other incredible students within the region. Congratulations Ainaa!

We were also impressed to learn that over 60% of the entries came from Malaysia. The proud young generation of Malaysia is clearly committed and enthusiastic to compete and share their knowledge while promoting One Health through digital platforms.



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FROM THE AMERICAN PEOPLE Southeast Asia One Health University Network

This poster was made by Ainaa Sabihah bt Mohamed Anuar, University of Sultan Zainal Abidin Malaysia for the SEAOHUN- OHW-NG COVID-19 Digital Awareness Challenge

COVID-19 QUICK FACTS

WHAT IS COVID-19?

A new infectious disease, first found in December 2019 in Wuhan, China.

It is caused by a new strain of coronavirus. COVID-19 stands for CO-rona VI-rus D-isease 2019

HOW IT IS TRANSMITTED?

The major route of transmission is from person to person. Animals to humans transmission is not yet established but there is a possibility for this.

It can be spread via:

- Respiratory droplets when an infected person sneeze/ cough/ talk.
- Physical/close contact (within 1 m) with an infected person.
- Fomites. *can occur when touching contaminated surfaces/objects and then touching your face.

PREVENTION TIPS

Currently, the only way to stop the spread of COVID-19 is by breaking the chain of infection through:

- Social distancing (1m)
- Wear a face mask when you are outside
- Stay at home and avoid going to crowded places
- When sneezing/coughing cover your mouth and nose or doing so in your bent elbow.
- Clean and disinfect frequently touched surfaces and objects
- Wash your hands often with soap and water/ alcohol-based hand sanitizer
- Avoid touching your eyes/nose/mouth

WHAT SHOULD WE DO AS A COMMUNITY?

- Protect the high-risk group (e.g. elderly (≥ 60 years old) and people with underlying medical issues)
- Take good care of our pets and do not abandon them
- Do not spread fake news
- Helping people that are affected by the pandemic e.g. donation /volunteering

SOURCES: WORLD HEALTH ORGANISATION (WHO) & U.S. CENTRE OF DISEASE CONTROL (U.S. CDC)

“ I realize that there are more responsibilities ahead of me in terms of educating the public about zoonosis and the One Health approach. Ms. Ainaa Sabihah bt Mohamed Anuar

THANK YOU FRONTLINERS!



Photo credit Dr. Farhan Rusli



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