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E.health ICU

Third Newsletter (About Corona Virus) NL No.3 (2020)

Erasmus+ Capacity Building projects in the field of Higher Education

ICU

Knowledge triangle, Innovation,
Reinforcing of Education, Research,
609506-EPP-1-2019-1-SE-EPPKA2-CBHE-JP E-Health and Medical Links

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3. CESIE
4. Institut für den Donauraum und Mitteleuropa
5. Tallinn University of technology
6. Notre Dame University
7. Lebanese University
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18. LEAD health care consultancy

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Project Objectives:

Specific objectives

To establish the international network Centers of e-health Innovations in EG and LB for administrative and technical supporting of e-health research/ consulting / training activities.

1. To develop the Knowledge Triangle, innovation: Education-Research- e-health business web platform KTERE for collaboration in development and commercialization of e-Health innovative technologies and tools.
2. To develop a new integrated professional short term (6 months) and long term (one year) diploma program in Medical informatics and e-Health (6 basic modules) for partner universities in LE and EG.
3. To develop in-service lifelong learning training (LLT) program (4 modules) in the area of e-health innovative Medical/health/IT/engineering. To develop on site and distance in-service training program (4 modules) in the area of innovative E-health for the further utilization of OER (open educational resources) and rich open learning environments.

Co-funded by the Erasmus+ Programme of the European Union

Editorial

The crisis of Corona virus epidemic is serious health problem that affected all the Glob . Coronavirus Cases at the time we are writing to you is 199,422, deaths:7,997, Recovered: 82,812.The Active cases are 108,613, currently infected patients in mild condition constitute 102,195 (94%) of the cases, while 6,418 (6%) are in serious /critical condition.

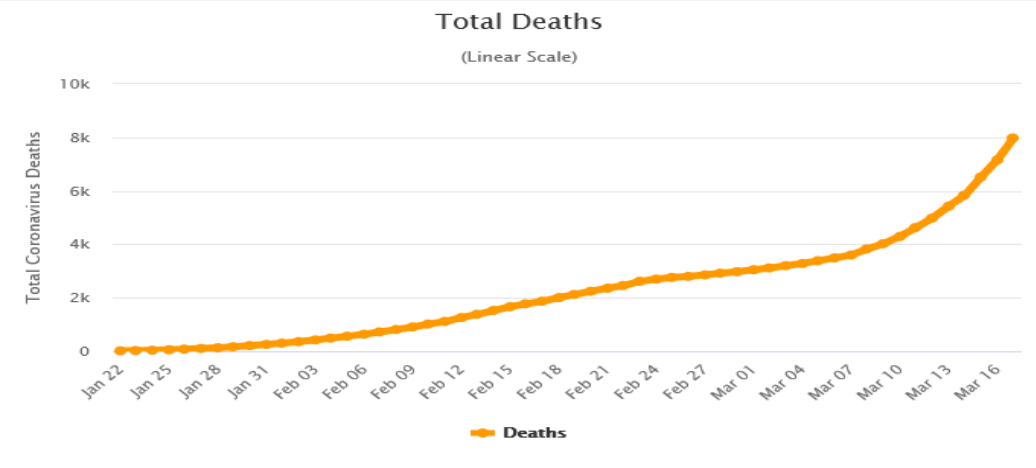
Closed cases; are those who had an outcome recovered or discharged are 82, 812 (91%) and 7,997 (9%) were dead.

We writing to you ,so you can understand the magnitude of the problem and to offer some of the instructions declared by infection control agencies to help minimize the spread of the devastating outbreak .

Be aware of the:
Growth Factor of Novel Coronavirus Daily Deaths

Growth factor is the factor by which a quantity multiplies itself over time. The formula used is every day's new deaths / new deaths on the previous day. For example, a quantity growing by 7% every period (in this case daily) has a growth factor of 1.07.

A growth factor above 1 indicates an increase, whereas one between 0 and 1 it is a sign of decline, with the quantity eventually becoming zero. A growth factor below 1 (or above 1 but trending downward) is a positive sign, whereas a growth factor constantly above 1 is the sign of exponential growth



17/3/2020

What is Corona Virus

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.

Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death.

Standard recommendations to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs. Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

What is COVID-19?
COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the symptoms of COVID-19?
The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

How does COVID-19 spread?
People can catch COVID-19 from others who have the virus. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person.

Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.
WHO is assessing ongoing research on the ways COVID-19 is spread and will continue to share updated findings.

Protection measures for everyone
Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
Avoid touching eyes, nose and mouth.

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical

attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.

Why? You have a higher chance of catching COVID-19 in one of these areas.

Protection measures for persons who are in or have recently visited (past 14 days) areas where COVID-19 is spreading

Follow the guidance outlined above (Protection measures for everyone)
Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people.

Why? Avoiding contact with others and visits to medical facilities will allow these facilities to operate more effectively and help protect you and others from possible COVID-19 and other viruses.

If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.

Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

Is there anything I should not do?

The following measures **ARE NOT** effective against COVID-2019 and can be harmful:

- Smoking
- Wearing multiple masks
- Taking antibiotics (See question 10 "*Are there any medicines of therapies that can prevent or cure COVID-19?*")

In any case, if you have fever, cough and difficulty breathing seek medical care early to reduce the risk of developing a more severe infection and be sure to share your recent travel history with your health care provider.

Myth busters

Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

World Health Organization #Coronavirus #COVID19

FACT:
Taking a hot bath does not prevent the new coronavirus disease

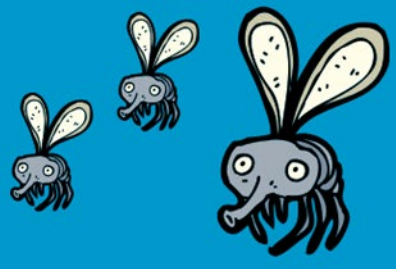
To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

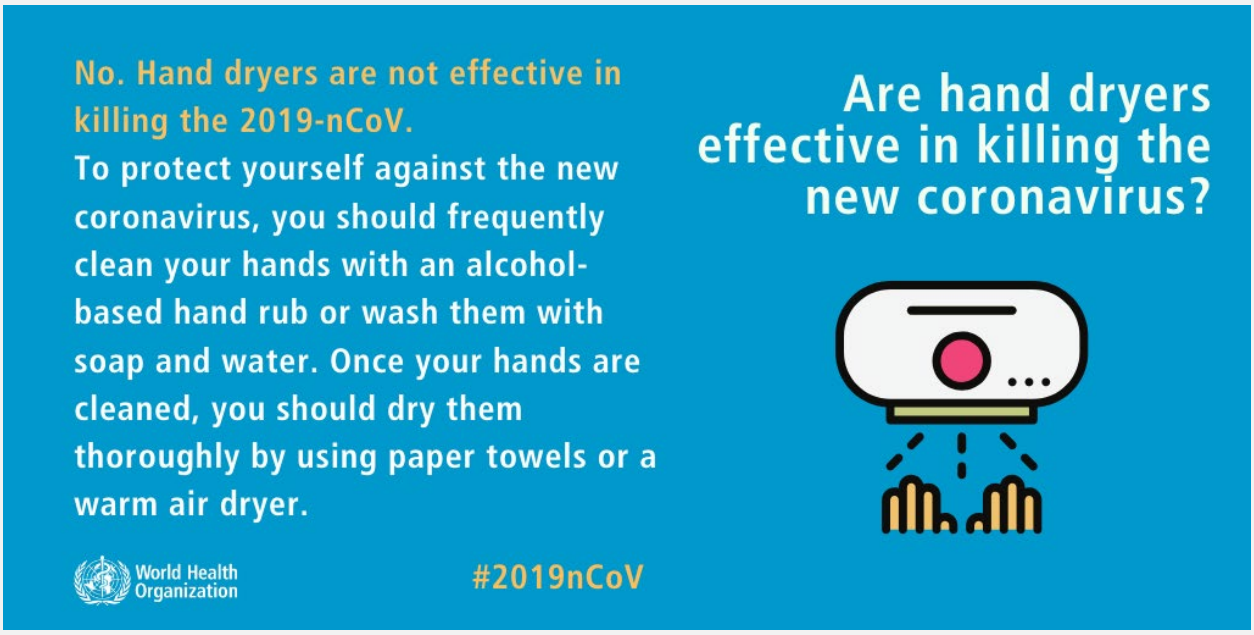
The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

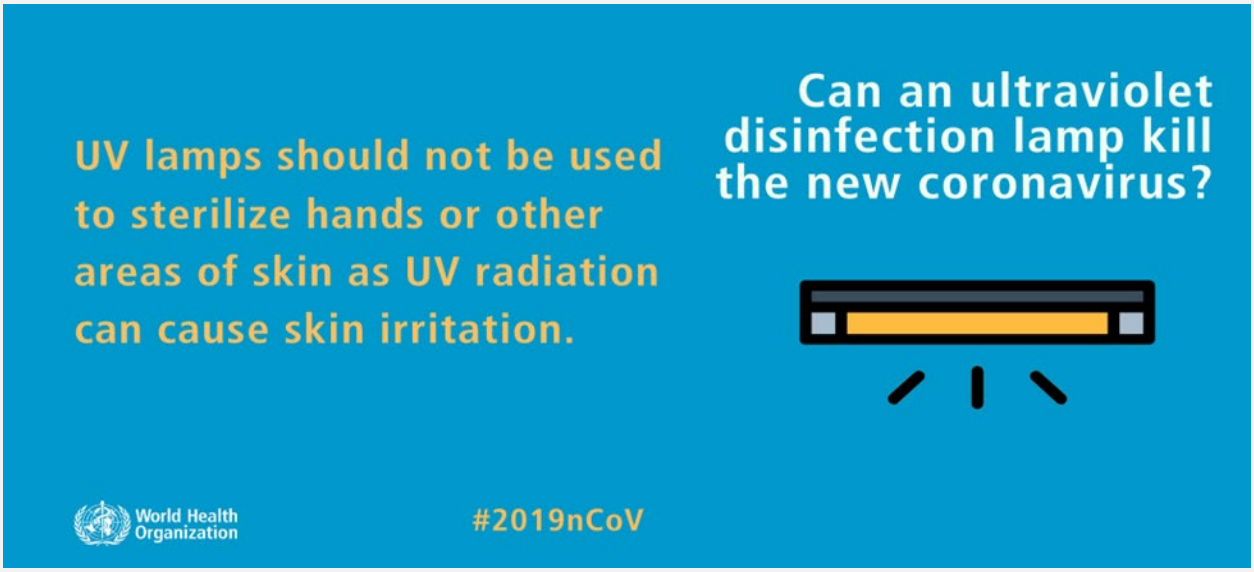
To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

World Health Organization #Coronavirus #COVID19

FACT:
The new coronavirus CANNOT be transmitted through mosquito bites




No. Hand dryers are not effective in killing the 2019-nCoV.
To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.
World Health Organization
#2019nCoV
Are hand dryers effective in killing the new coronavirus?


UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.
World Health Organization
#2019nCoV
Can an ultraviolet disinfection lamp kill the new coronavirus?

How effective are thermal scanners in detecting people infected with the new coronavirus?

Thermal scanners are effective in detecting people who have developed a fever (i.e. have a higher than normal body temperature) because of infection with the new coronavirus.

However, they cannot detect people who are infected but are not yet sick with fever. This is because it takes between 2 and 10 days before people who are infected become sick and develop a fever.

World Health Organization

#2019nCoV

Can spraying alcohol or chlorine all over your body kill the new coronavirus?

No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth).

Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

World Health Organization

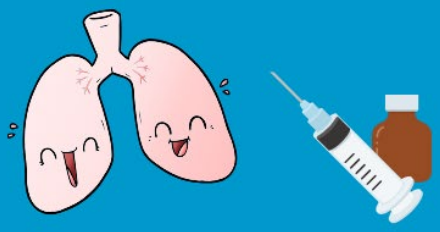
#2019nCoV

Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.



World Health Organization

#2019nCoV

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

World Health Organization

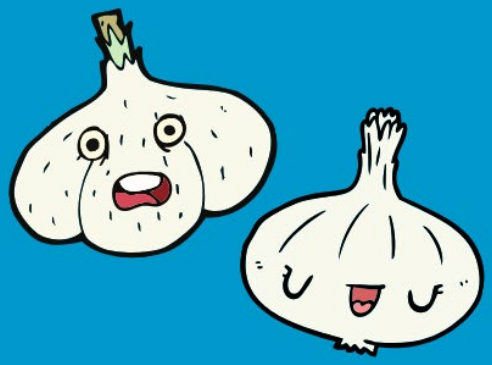
#2019nCoV

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

World Health Organization

#2019nCoV

Can eating garlic help prevent infection with the new coronavirus?



People of all ages can be infected by the new coronavirus (nCoV-2019).
Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.
WHO advise people of all age to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.

World Health Organization

#Coronavirus

Does the new coronavirus affect older people, or are younger people also susceptible?

Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nC0V) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

World Health Organization

#Coronavirus

Are there any specific medicines to prevent or treat the new coronavirus?

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care.

Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.

World Health Organization

#Coronavirus

Biography

Dr. Mosad Zineldin

ICU-RERE Project manager, representing the grant holder University – Linnaeus University- Sweden.
Professor at the Faculty of Health and Life Sciences, Dep. of Medicine and Optometry.
Dr. Mosad Zineldin is a full Professor with multidisciplinary scientific doctoral and master degrees focused on health sciences but also includes other different areas: Main research interest is developing new approaches to reduce surgery, medical and medication errors related to spinal arteriovenous malformations (AVMs) and Brain AVMs Surgery, Medicine and eHealth Is also another area of recent research interest in addition to the following:

- Cognitive and Behavioral Neuroscience and psychology
- Clinical Neuroscience and Psychology
    - Psychiatry
    - Sexology
    - Social psychology and psychiatry
    - Quality, Management, Economics, relations, interaction & networks

Editor in Chief. Associate and Guest editor of several International Journal such as:

- The International Journal of Environmental Research and Public Health—IJERPH.
- BIOMedical Central- BMC Health Services Research
- Int. J. of Work Organization and Emotion
- International Journal of Psych-MDPI

Dr. Safaa ELMeneza
ICU-RERE contact site, AL-Azhar University
Professor of pediatrics /neonatology, Faculty of Medicine for Girls, AL-Azhar University.

Dr. Safaa ELMeneza is a Professor with MS, MD Paediatrics, Diploma TQM, DGSHH, DHPE. Main research area focused on neonatology, neonatal intensive care, neonatal infection and perinatal asphyxia, patient safety, medical education and quality of health care. Interested in global health, e-learning, e-health and health informatics.
Also interested in:

- Neonatal neurology
- Life support
- Mechanical ventilation
- Networks

PI of the successful project neonatal safety training network and sustainability of neonatal safety training network. Participated in international multicenter RESAIR II study.
Reviewer in Acta Paediatrics, Merit research journal of Medicine and Medical sciences (MRJMMS), Pediatrics & Neonatal Biology Open Access and BMC Paediatrics, Advisory Board for Journal of Recent Advances in Medicine (JRAM) website.
Editor several J such as:

- Asploro Journal of Pediatrics and Child Health
- Journal of Neonatal Research and Pediatrics Care
- Madridge Journal of Case reports & Studies
- Acta scientific Paediatrics
- Journal of Neonatal Biology
- Journal of Neonatology and clinical pediatrics