



PUBLIC  
HEALTH  
FOUNDATION  
OF INDIA

**GDC**  
GLOBAL DEVELOPMENT CENTRE



**RIS**  
Research and Information System  
for Developing Countries  
विकासशील देशों की अनुसंधान एवं सूचना प्रणाली

# e-Workshop Series I & II on **COVID-19**

15<sup>th</sup> - 18<sup>th</sup> April 2020 &  
25<sup>th</sup> - 28<sup>th</sup> April 2020

**REPORT**

**Training Division, PHFI**



# CONTENT

Introduction	1
Partner Organizations	1
• Global Development Centre (GDC)	
• Research and Information System (RIS)	
• Public Health Foundation of India (PHFI)	
Objective of the e-Workshop	2
Preparation	2
• Selection of Topics for Series I & II	
Program structure and schedule	3
Participant nomination/registration	4
Registered participant profile	4
Faculty selection & Content development	6
Implementation	6
Technical Sessions	6
Attendees	6
Participant Queries	7
Participant Feedback	8
Participant Testimonials	9
Annexures	12
• Annexure 1- Faculty Profile	
• Annexure 2- Session Wise Proceedings	
• Annexure 4- PHFI Team	
Few Glimpses from the webinar sessions	19

# INTRODUCTION

The World Health Organization declared the Novel Coronavirus Disease (COVID-19) outbreak as a pandemic on 11th March 2020. The pandemic has thrown unprecedented and unique challenges across the globe. The need to scale up the response to treat, detect and reduce the transmission of the disease has become of utmost importance. Understanding of transmission patterns, severity, clinical features and risk factors for infection remains limited. Healthcare workers play a critical role in outbreak response, face higher risks of potential COVID-19 infection in their efforts to protect the larger community. There is a spread of too much information 24x7 and at times misinformation due to the ever vigilant media that could be detrimental to the response to this crisis.

In order to address the critical need of raising knowledge and awareness of the healthcare professionals, Public Health Foundation of India (PHFI) in collaboration with the Global Development Centre (GDC) at Research and Information Centre for Developing Countries (RIS) has taken the initiative to develop and implement “e-Workshop Series on COVID-19” through webinar. These webinars were offered complimentary to healthcare professionals from across the globe, particularly from South Asian and African Countries.

## Partner Organizations

### Global Development Centre (GDC)

Established at RIS, the Global Development Centre (GDC) aims to institutionalize knowledge on India's development initiatives and promote their replication as part of knowledge sharing in Asia and Africa with the help of its institutional partners, including civil society organizations. It attempts to explore and articulate global development processes within a micro framework and works as a unique platform to collate and assimilate learning processes of other countries towards promotion of equity, sustainability and inclusivity based on a multi-disciplinary and multi-functional approach.

*For more information, please visit: [www.gdc.ris.org.in](http://www.gdc.ris.org.in)*

### Research and Information System (RIS)

Research and Information System for Developing Countries (RIS) is a New Delhi-based autonomous policy research institute that specializes in issues related to international economic development, trade, investment and technology. RIS is envisioned as a forum for fostering effective policy dialogue and capacity-building among developing countries on global and regional economic issues. The focus of the work programme of RIS is to promote South-South Cooperation and collaborate with developing countries in multilateral negotiations in various forums. RIS is engaged across intergovernmental processes of several regional economic cooperation initiatives. Through its intensive network of think tanks, RIS seeks to strengthen policy coherence on international economic issues and the development partnership canvas.

*For more information, please visit: [www.ris.org.in](http://www.ris.org.in)*

### Public Health Foundation of India (PHFI)

The Public Health Foundation of India (PHFI) is a public private initiative that has collaboratively evolved through consultations with multiple constituencies including Indian and international academia, state and

central governments, multi & bi-lateral agencies and civil society groups. PHFI is a response to redress the limited institutional capacity in India for strengthening training, research and policy development in the area of Public Health.

PHFI recognizes the fact that meeting the shortfall of health professionals is imperative to a sustained and holistic response to the public health concerns in the country which in turn requires health care to be addressed not only from the scientific perspective of what works, but also from the social perspective of, who needs it the most.

*For more information, please visit: [www.phfi.org](http://www.phfi.org)*

## Objective of the e-Workshop

The overall objective of the e-workshops was to raise knowledge and awareness of healthcare professionals in prevention and management of COVID-19. The specific objectives include:

- A** | To provide the healthcare professionals credible information on the COVID-19 pandemic, an opportunity to interact with experts and better understand the science and public health impact of COVID-19
- B** | To equip the participants with information, procedures, and tools required for effective patient management and safe service delivery
- C** | To orient the participants on effective communication and team motivation during the pandemic

## Preparation

### Selection of Topics for Series I & II

In response to the COVID-19 pandemic, PHFI took the initiative of building capacity of healthcare professionals in India to help in updating their knowledge and understanding of the COVID-19 pandemic and its response. In this regard, it developed a 6-webinar series for primary care physicians and 4-webinar series for other healthcare professionals that included, epidemiology, prevention, testing, management, co-morbid condition management, preparing health facilities for COVID response and effective communication. Based on this vital experience of implementing webinar series in India for doctors and other professionals, the first 4-webinar series for international participants was developed. The first series included the following topics:

- Magnitude of the problem, Epidemiology, clinical features and differential diagnosis
- Diagnosis and management of COVID-19 cases
- Management of COVID 19 with endocrine Co-morbid conditions
- Preparing facilities for isolation, quarantine and infection prevention

The second series was planned as a continuation of the first series incorporating additional topics. The selection of topics for the second series of webinar on COVID-19 was based on the queries raised during the first series that could not be fully elaborated during the 1-hour session and additional topics that are relevant to combating the epidemic. The series-II included the following topics:

- Epidemiology & prevention: surveillance & containment; social marketing of social distancing; routine vaccination; disaster action plan, rehabilitation
- Management of COVID-19 cases: Resource Husbandry in resource challenged times: A Diabetes perspective
- Preparing and managing health facilities: Protecting healthcare workers; ambulance operation, dead body management
- Communication: Communicating with patients, families & motivating healthcare team

## Program structure and schedule

**Webinar duration:** 1 hour and 15 minute session each day on consecutive days

Looking at the content that needed to be delivered and minimum time that a participant could spare, we decided to have 60-minute lecture with slides followed by 15 minutes of question & Answer session. However, in practice, the Q&A session usually extended beyond 15 minutes depending on the number and type of questions. The 4-webinar series was planned on consecutive days with one session each day.

**Timing** – 3.00 – 4.15 pm India Standard Time (9.30 – 10.45 am GMT). Timing was arrived based on the local time of South Asian and African countries

### Program schedule:

**Table 1 – e-Workshop Program Schedule**

S. No	Topic	Date	Faculty
<b>e-Workshop Series I – 15<sup>th</sup> – 18<sup>th</sup> April 2020</b>			
1	Magnitude of the problem, Epidemiology, clinical features and differential diagnosis	15 <sup>th</sup> April 2020	Dr Varun Arora
2	Diagnosis and management of COVID -19 cases	16 <sup>th</sup> April 2020	Dr Vijay Negalur
3	Management of COVID 19 with endocrine Co-morbid conditions	17 <sup>th</sup> April 2020	Dr Sanjay Kalra
4	Preparing facilities for isolation, quarantine and infection prevention	18 <sup>th</sup> April 2020	Dr Pawan Kapoor
<b>e-Workshop Series II – 25<sup>th</sup> – 28<sup>th</sup> April 2020</b>			
1	Surveillance & containment; social marketing of social distancing; routine vaccination; disaster action plan, rehabilitation	25 <sup>th</sup> April 2020	Dr Varun Arora
2	Resource Husbandry in resource challenged times: A Diabetes perspective	26 <sup>th</sup> April 2020	Dr Sanjay Kalra
3	Protecting healthcare workers; ambulance operation, dead body management	27 <sup>th</sup> April 2020	Dr Pawan Kapoor
4	Communicating with patients, families & motivating healthcare team	28 <sup>th</sup> April 2020	Dr Indu Arneja

## Participant nomination/registration

PHFI reached out to various networks and international collaborators for wide publicity and advocacy of the e-Workshop series. These included GDC fellows, professional societies, training collaborators and international contacts of our faculty. The program details were also disseminated by GDC-RIS through Twitter. We established a dedicated team for rigorous follow up with key contact person through email, WhatsApp and phone calls. Participants queries were promptly answered by the team.

The following sources were contacted for participant nomination/registration:

- GDC Fellows – 15 GDC Fellows who were originally nominated for the fellowship program from Bhutan, Nepal, Sri Lanka, Maldives, Myanmar, Mauritius, Ghana, Kenya and Kazakhstan
- PHFI's International collaborators for its capacity building programs - Maldivian Medical Association (Maldives), Primary Care Respiratory Group (Sri Lanka), Myanmar Society of Endocrinology and Metabolism (MSEM), Afghanistan Endocrine Society (Afghanistan), Kabul University (Afghanistan), East African Diabetes Study Group and Ministry of Health, Rwanda.
- Faculty contacts – Our faculty Dr Sanjay Kalra, who is also the Vice President of South Asian Federation of Endocrine Societies (SAFES), helped immensely in connecting with participants not only in South Asia but also in African countries such as Nigeria, Mozambique, Ghana, Kenya etc.

## Registered participant profile

### Series I Registration:

A total of 318 participants from 22 countries registered for the first series of e-workshops while the second series had 743 registrations from 35 countries.

**Table 2 – Participant profile**

S. No.	Characteristics	Series I		Series II	
		Number	Percentage	Number	Percentage
1	No. of participant registered	318		743	
2	<b>Gender</b>				
	Male	165	51.9	460	61.9
	Female	153	48.1	283	38.1
3	<b>Age distribution</b>				
	Up to 30 years	61	19.2	225	30.3
	31-40 Years	153	48.1	341	45.9
	41-50 years	55	17.3	99	13.3
	51-60 years	34	10.7	57	7.7
	Above 60 years	15	4.7	21	2.8
4	<b>Educational qualification</b>				
	Medical Graduate/Post Graduate)	265	83.3	537	72.3
	Others (Nutrition, Public Health etc.)	53	16.7	206	27.7
5	<b>Affiliation</b>				
	Government	185	58.2	507	68.2
	Private	121	38.1	190	25.6
	Others (NGO, UN bodies etc.)	12	3.8	46	6.2

**Table 3 - Country wise distribution of registered participants**

S. No.	Country	Series-1	Series-2
1	Afghanistan	8	8
2	Australia		1
3	Bangladesh		3
4	Bhutan	6	34
5	Burkina Faso		6
6	Costa Rica	1	1
7	Ethiopia	2	2
8	France	1	1
9	Ghana	3	3
10	Ivory Coast	3	3
11	Kenya	14	27
12	Kuwait	1	1
13	Liberia	3	3
14	Malawi	1	1
15	Malaysia	1	2
16	Maldives	27	27
17	Mexico		1
18	Mozambique	41	47
19	Myanmar	118	289
20	Nepal	5	15
21	Netherland		1
22	Nigeria	60	182
23	Pakistan		2
24	Russia	1	1
25	Rwanda	6	56
26	Saudi Arabia		1
27	Somalia		1
28	South Africa		1
29	Spain		1
30	Sri Lanka	11	11
31	Taiwan		1
32	Uganda		2
33	United Kingdom		2
34	USA	1	2
35	Zambia	4	4
	<b>TOTAL</b>	<b>318</b>	<b>743</b>



## Faculty selection & Content development

Faculty for the webinar were selected on the basis of their expertise and first-hand experience in handling COVID-19 situation. Further content/slides of the webinar was regularly updated with change in protocols at national and international levels. A detailed faculty profile is given in Annexure-1

## Implementation

In the lockdown situation starting 24th March 2020 in India, the only way to reach target audience in the country and abroad was through use of technology. PHFI selected the Zoom webinar platform to implement the e-Workshop series on COVID-19. The zoom platform provides ease of access for both participants and the panelists. It can be used on both laptop/desktop and smartphone/tablet. A dedicated team of IT professionals provided support during each webinar session. The IT team worked with the faculty in advance to ensure unhindered delivery of sessions. Overall the delivery of webinars on the zoom platform was of good quality without technical glitches.

## Technical Sessions

Each technical session was moderated by Dr Sandeep Bhalla, Director Training. At the beginning of each session, Dr Bhalla provided the global update of COVID-19 situation followed by an introduction to the speaker and the topic of the day. This was followed by the one hour session by the faculty using slides. During the session participants were free to type their questions in the Q&A section. Questions were usually taken up at the end. In case the participant faced any difficulty in following the session the same was promptly handled by the IT team and the moderator. At the end of the lecture, the moderator summarized the key points and opened the floor for Q&A. The moderator also ensured that all questions were adequately addressed by the faculty. Each session had a rapporteur who reported on the proceedings. A detailed session wise proceeding is given in Annexure – 2.

## Attendees

A total of 572 participants from 28 countries attended various sessions during the two webinar series. The following table shows the number of participants who attended one or more webinar sessions in each series.

S. No.	Country	Series I	Series II
1	Afghanistan	3	2
2	Australia		1
3	Bangladesh		1
4	Bhutan	6	15
5	Burkina Faso		6
6	Ethiopia	3	
7	Ghana	12	2
8	Ivory Coast	1	4
9	Kenya	10	12
10	Malaysia	1	1

11	Maldives	8	
12	Mozambique	18	10
13	Myanmar	125	178
14	Nepal	6	9
15	Nigeria	21	56
16	Oman	1	
17	Pakistan		1
18	Russia	1	
19	Rwanda	2	14
20	Singapore		2
21	South Africa		1
22	Sri Lanka	13	7
23	Thailand		1
24	Turkey		2
25	Uganda		1
26	United Kingdom		1
27	USA	1	10
28	Zambia	2	1
	<b>TOTAL PARTICIPANTS</b>	<b>234</b>	<b>338</b>

## Participant Queries

The following table summarizes the queries raised by the participants that was addressed by the respective faculty:

**Table 5 - Summary of participant queries**

Session	No. of query	Summary
<b>e-Workshop Series I - 15<sup>th</sup> - 18<sup>th</sup> April 2020</b>		
1	28	The questions were primarily focused on tests for COVID specially the criteria, the usefulness of rapid antibody tests, RT-PCR testing and testing of healthcare workers. The other questions were on the reducing transmission of COVID and the various aspects of lockdown.
2	25	A majority of questions were on the role of steroids, Chloroquine, hydroxy-chloroquine and azithromycin in COVID. The others were on herd immunity, the role of BCG vaccination and the relation between HIV and COVID patients.
3	25	The questions asked were on the supplements like Vitamin D, Vitamin C & Zinc and its relation to COVID. The other questions revolved around using which drugs in adrenal insufficiency, acromegaly and hypopituitarism.
4	20	The questions covered N95 masks and its reuse, requirement of second test if the first one is negative, lockdown period and the disinfection. The other questions were on infective period of COVID, pre-triage of suspected cases and if special soaps are required for handwashing.

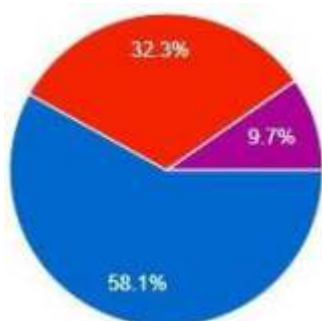
e-Workshop Series II – 25 <sup>th</sup> – 28 <sup>th</sup> April 2020		
1	21	The questions were on quarantine rules, facilities, differences between home and facility quarantine and duration of quarantine. The other questions asked were on COVID Vaccines, immunization programs and comprehensive nutritional care.
2	17	The questions focused on the role of nutrition in diabetes, hunger pangs in hyper and hypo glycaemia, testing of blood sugar and teleconsultation. The other questions were on liver cirrhosis, urinary tract infection and the use of basal insulin.
3	14	The questions focused on PPE's specially the reuse and duration of use of N95 masks. The other questions were on disinfection agents and the drug therapy, prophylaxis which can be used and telephone triage.
4	10	The questions focused on the documenting of all communication, communication with the seniors for adopting evidence-based guidelines, communication with family and friends in these conditions. There was a question on how allied health professional can communicate to the patient.

## Participant Feedback

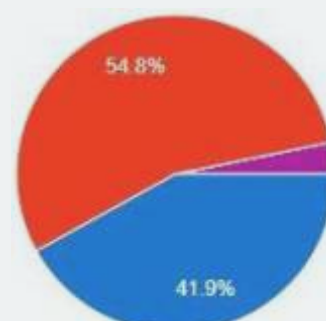
The entire webinar was highly appreciated by the healthcare professionals. Session-wise feedback was taken from the participants for further improvement of the program. The overall feedback about the e-Workshop series are as follows:

### Participant feedback for e-Workshop series I

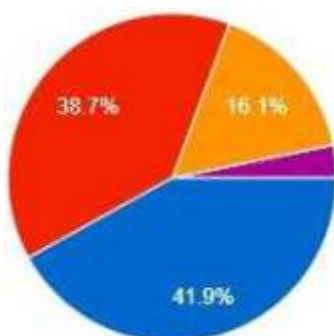
**1. The choice of topics were informative and met your learning expectations**



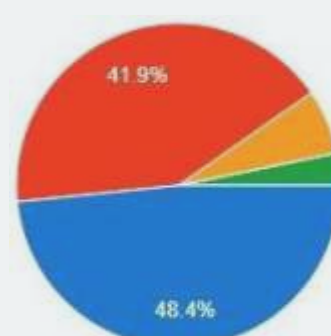
**2. Speakers were able to deliver their topics efficiently**



**3. Timing of webinar session was appropriate**

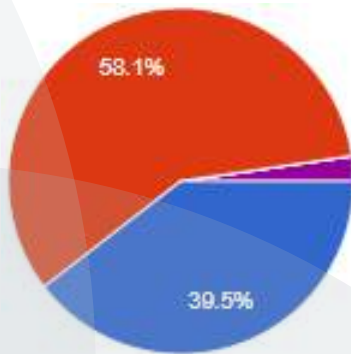


**4. Quality of delivery and overall implementation by PHFI met your expectations**

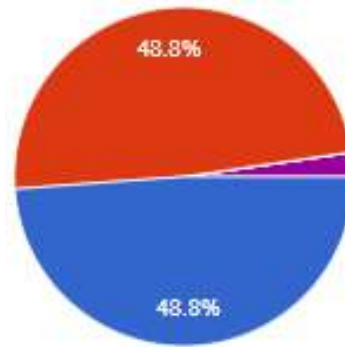


## Participant feedback for e-Workshop series II

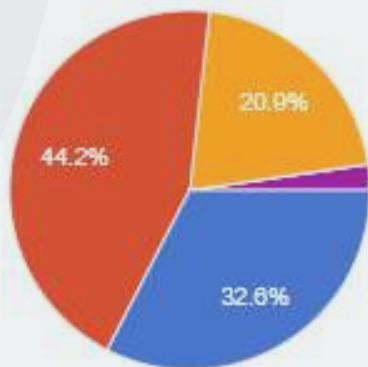
1. The choice of topics were informative and met your learning expectations



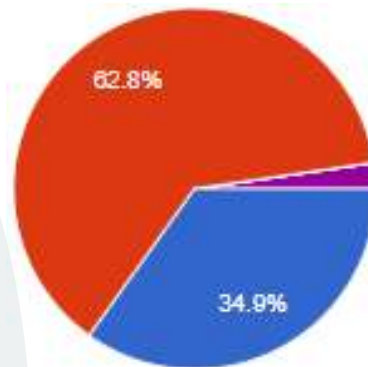
2. Speakers were able to deliver their topics efficiently



3. Timing of webinar session was appropriate

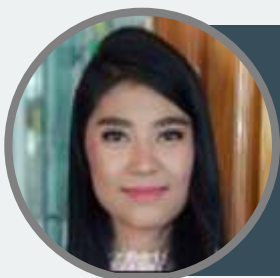


4. Quality of delivery and overall implementation by PHFI met your expectations



## Participant Testimonials

Participant Testimonials from SAARC countries



**Aye Thandar Htein Win- Assistant Surgeon, Myanmar**

“ I really thank all the speakers, persons who arranged and participants for sharing this helpful, useful knowledge and discussion. It'll be very kind of you if I am able to participate and attend the future webinars. Thank you again! ”

**Dr Purushotam Bhandari, Pediatrician, Bhutan**

“ Overall great webinars! You may shorten the presentation time and have longer discussion time. ”

**Participant Testimonials from African countries**



**Dr. Stephen Tetteh Engmann- Family Physician, Ghana**

“ He quality of delivery was good and the entire webinar was informative and timely. ”

**Benson Singa, Clinical Research Scientist, Kenya**

“ This was really a great series and made an excellent round up of some important issues to consider individually, as institutions and as a Government. It builds up on experiences and really grounds us back and look beyond the scare of Covid-19. It was a very useful series for me as a clinician and a researcher! ”



**Beatrice Okere- Dietician, Kenya**

“ I have learnt so much and in this lockdown managed to be in a conference that I wouldn't otherwise have managed to attend due to cost barriers. Post this virus these should be made available more often. ”



**Hidayat Ullah Kassim- Doctor, Mozambique**

“ I consolidated knowledge about diagnostic, prevention, management and epidemiology of COVID 19. Was very interesting. Please if possible can replicate for other medical doctors of my country. ”

**Agasaro Ange Olivier, Medical Doctor, Rwanda**

“ I was so impressed by the content provided in this 4-days course, it was so productive for me as a Medical Doctor, much more than I expected. ”

**Boyo Constant, Public Health Specialist, US Embassy Ouaga, Burkina Faso**  
“ *It was such an interesting workshop. We got updates on latest and practices to stem this pandemic of COVID-19.* ”

**Prof. Andrew E. Uloko, Professor of Medicine, Consultant Endocrinologist, Nigeria**  
“ *A great intellectual engagement made simple by PHFI. Well done.* ”

**Dr. Kachwano Alex, Public Health Specialist, Uganda**  
“ *Great content and delivery! Let the audience also share information in addition to questions & answers.* ”

#### Participant testimonial from other countries



**Dr M K Bhandari- Professor & HOD, Oman**  
“ *A pious effort to comprehensively cover and educate the healthcare professionals cutting across geographical boundaries about one of the worst health crisis faced by the world.* ”

# Annexures

## Annexure 1- Faculty Profile



**Dr Varun Arora (Associate Professor, Dept. of Community Medicine, Pt. B. D. Sharma Post Graduate Institute of Medical Sciences):**

Dr Arora has more than 11 years of Undergraduate and Post Graduate Medical Teaching Experience. He has more than 30 Publications in reputed International and National journals. He is Principal Investigator of SMARThealth Extend & IMPACT-Diabetes Projects on NCD Risk Factors in collaboration with George Institute for Global Health, Australia. He is also working on management of Gestational Diabetes Mellitus in rural area with help of mobile technology in collaboration with Oxford University, UK.

He has worked in liaison with Government of Haryana since 2012 and is serving as Resource Person in many training courses & workshops across state. Currently, he is looking after preparedness & management for Coronavirus as Officer I/c Control Room COVID 19, PGIMS, Rohtak, Haryana.



**Dr Vijay Negalur (Director, Renuka Hospital for Advanced Diabetic Care & Dr Negalur's Diabetes Specialties Centre):**

Dr Negalur is Consulting Diabetologist at Jupiter Hospital, Thane, Mumbai. He is a Fellow of the Indian College of Physicians and President of Negalur's Academy of Diabetes and Research (NADR). He is also a teaching faculty in Diabetology at College of Physician & Diabetologist and PHFI. He is also the founder member of Association of Diabetes educators of India.



**Dr Sanjay Kalra (President, Endocrine Society of India):**

An Endocrinologist by profession, Dr. Kalra is the proprietor of Bharti Research Institute of Diabetes & Endocrinology (BRIDE), Karnal, Haryana. Currently he is the President of Endocrine Society of India. His extensive professional journey of 14 years covers several stellar achievements in his field of specialty. Dr. Kalra is a MBBS graduate from Punjab University (Chandigarh) with additional MD (Medicine) and DM (Endocrinology) qualifications from MDU (Rohtak) and AIIMS (New Delhi) respectively. Further, a Post-Graduate Diploma in Rural Development (PGDRD) from IGNOU provided Dr. Kalra the essential skills related to planning, formulation, monitoring and evaluation of rural development projects and programmes together with an understanding of basic aspects of research and project work. He enjoys various prominent positions in medical societies, one of them being the rank of the Vice President of South Asian Federation of Endocrine Societies, since 2013.





**Air Marshal (Dr.) Pawan Kapoor (Retd.) (Vice Chairman, Rus-education and Vice Chancellor, Lincoln American University):**

Dr Pawan Kapoor is MBBS (AFMC, Pune), MHA (AIIMS), DNB (Health & Hospital Admin), DHHM, M Phil, MMS, MBA and FAHA. Dr Kapoor is currently the Vice-Chairman of Rus-education and Vice Chancellor of Lincoln American University. He was also the Former Director General Medical Services in Indian Air Force, Former President and Honorary Surgeon. Dr Kapoor has published in more than 50 National, International Journals and text books. He is also one of the Founder members of National Accreditation Board for Hospital & Healthcare and has been the Chairperson of Technical and Accreditation and Ethics Committee.



**Dr Indu Arneja (Director, Indian Institute of Healthcare Communication):**

Dr Arneja is Psychologist in private practice, working for the last 30 years in the field of Health and Psychology. She is presently associated with Indian Institute of Healthcare Communication. She is a Professor and Soft Skills Trainer imparting in depth knowledge and skills to the students of Medicine, Dentistry, Nursing and Management on various subjects like understanding human behavior, applied psychology, interpersonal skills and communication. She is also a core member of Advisory Group Health and Mental Health, National Human Rights Commission. She is guest faculty for various courses on healthcare quality, patient safety and the GDC Fellowship program at PHFI

## Annexure 2- Session Wise Proceedings

### Series I Proceedings

#### Day 1: 15th April 2020

The E-Workshop commenced by Dr Sandeep Bhalla giving a welcome address and introduced Prof. K Srinath Reddy and Ambassador Amar Sinha. Dr Bhalla highlighted the incidence of COVID-19 cases and the importance of this webinar series. Dr Reddy gave a short and relevant speech on the incidence and epidemiology of the COVID-19 cases. Ambassador Sinha emphasized the role of the healthcare workers in this pandemic and hoped the public health stream to gain traction after this pandemic. Dr Bhalla then introduced the respected faculty, Dr Varun Arora, to the participants. The technical session was then headed by Dr Arora who explained in detail the **Magnitude, Epidemiology, clinical features and the differential diagnosis for the COVID-19**. He covered the essential topics routes of transmission, at-risk population, the role of testing, the identification of cases and the preventive measures that can be taken by the healthcare workers. Dr Arora concluded the session by telling motivating story urging the participants to '**Be a corona fighter and not a corona spectator**'. Dr Arora also sufficiently answered all the queries relating to benefits of testing, which tests can be done, lockdown and its effect, preventive measures that can be adopted and the diagnosing the cases of COVID-19.

The webinar session concluded by Dr Bhalla thanking the panelists, faculty and the participants for taking out the time to join the webinar and urging the participants to socially vaccinate themselves against the pandemic by practicing social distancing.

#### Day 2: 16th April 2020

Dr Sandeep Bhalla started the webinar by updating the participants that it took 4 months to reach 1 million COVID-19 cases but only 12 days to reach 2 million cases. He talked about the role of hydroxychloroquine and vaccines, learnings that can be adopted from other countries response and supporting the healthcare workers in this pandemic. He then introduced the respected faculty Dr Vijay Negalur to the participants.

The technical session '**Diagnosis and Management of COVID-19 cases**' covered the timeline of the corona virus, the clinical signs & symptoms including the anosmia, development of the severity of the symptoms after infection, the role of different lab tests like rapid antibody testing, the radiological findings and the preventive measures like hand washing, social distancing that can be implemented once the diagnosis is done. He also communicated about the different treatment options are being contemplated depending on the severity including the role of hydroxychloroquine as a preventive and treatment measure. He highlighted the role of hydroxychloroquine via the various studies that have been conducted in China and France. He discussed the possibility of countries who have implemented BCG vaccination having low mortality rate but iterated that it needed further research for it positively ascertain any relation.

The queries of the participants were answered by Dr Negalur after the presentation. Most of the queries concentrated on HCQ prophylaxis, its adverse effects, the efficacy of the azithromycin and the role of steroids. The session was concluded by Dr Bhalla thanking the faculty and participants.

#### Day 3: 17th April 2020

The webinar session started by Dr Sandeep Bhalla welcoming Dr Sanjay Kalra and thanking him for connecting the participants for this workshop. Dr Bhalla then gave the example of South Korea and what we can learn from them and updated the participants with the latest statistics regarding the COVID-19

pandemic. The technical session Management of COVID-19 with Co-Morbid Conditions was commenced by Dr Kalra with a Zambian proverb of Ubuntu which means I am because we are. He started with the symptomology of COVID-19 patients and listing out the various co-morbidities that can cause a severe COVID. He used a Mozambique proverb to highlight the importance of the testing in the population. He talked about being gluco, Nutri, thyroid, Adreno, cardio, psycho and pharmaco-vigilance and treating the conditions using standard guidelines. He also advised to not stop any treatment unless it is indicated. He also suggested a link between COVID infection and Vitamin D. He also advised to practice psychological first aid to reduce the impact of the pandemic. He finished his lecture by asking the participants to be responsible for themselves and the community.

The query in the Q&A Session was concentrated on Vitamin D to be used as a supplement, how and what dose to be taken. There were queries related to the use of dexamethasone in cases of adrenal insufficiency and the role of hydroxychloroquine in G6PD deficiency. The participants appreciated Dr Kalra's session. Dr Bhalla concluded the webinar session by wishing the faculty and participants to stay safe.

#### **Day 4: 18th April 2020**

The webinar session commenced by Dr Sandeep Bhalla updating the participants about the latest statistics on COVID-19 in India and worldwide. He also shared the news of the rate of growth of cases going down and the rate of recovery increasing in India. He then thanked Research & Information System for their support for launching this webinar. He then welcomed the admired faculty Dr Pawan Kapoor his technical session on '**Preparing Facilities for Isolation, Quarantine and Infection Prevention**'.

Dr Kapoor started the technical session by complementing PHFI's initiative of creating awareness via e-Workshop. His lecture covered the important aspects of public health measures like quarantine and isolation. He covered guidelines for confirmed and suspect cases. He also advised the doctors on Infection Control practice like handwashing, donning and doffing of Personal Protective Equipment (PPE), respiratory hygiene, biomedical waste. He asked the healthcare workers to be vigilant when they are fatigued and sleep deprived to watch over each other to ensure there is no break in protocols. He also gave the latest guidelines regarding COVID care centre, COVID health Centre and COVID hospital. Dr Kapoor stated that health is to be considered an investment to ensure that healthcare workers and the nations are better protected for the next outbreak, epidemic and pandemic.

The Q&A round of the session revolved around the N95's respirators disinfection, reusing of surgical and N95 masks, the period of lockdown and the soaps and sanitizers to be used. Dr Bhalla finished the session by stating the importance of public health measures and thanked the faculty and the participants.

#### **Series II Proceedings**

##### **Day 1: 25th April 2020**

The e-Workshop commenced by Dr Sandeep Bhalla by giving a welcome address introducing Prof K Srinath Reddy and Ambassador Amar Sinha. Dr Bhalla iterated the importance of this e-platform in disseminating and upgrading the knowledge of the healthcare workers. Dr Reddy and Ambassador Amar Sinha both endorsed this.

The technical session "**Epidemiology and Prevention: surveillance & containment; social marketing of social distancing; routine vaccination; disaster action plan, rehabilitation**" was given by Dr Varun Arora. He covered the topics on importance and types of surveillance, containment of clusters in an outbreak, social marketing of social distancing, principles for immunisation plan and activities, providing psychosocial help and rehabilitation as a part of a prevention strategy. Dr Arora concluded the session by telling motivating story

urging the participants to '**Be a corona fighter and not a corona spectator**'. Dr Arora answered all the questions relating to the continuation of immunisation plans, the transmission of the disease, home quarantine and its duration. The concluding remarks given by Dr Pushkar Kumar thanked Dr Arora for his informative session.

### **Day 2: 26th April 2020**

The webinar session started by Dr Sandeep Bhalla introducing esteemed faculty Dr Sanjay Kalra to the participants. The technical session on "**Resource Husbandry in resource challenged times: A Diabetes perspective**" focused on Harambee philosophy which is a principle on working together and pooling of resources to help individuals and the community for managing diabetic patients. He covered the topics on cost-effective therapy and investigations (Hypoglycaemia Awareness Questionnaire, urine sugar) to follow the investigation and therapeutic parsimony, teleconsultation and the adopting the panchsheel principle of psychological first aid to help in patient management in a low resource setting.

The queries in the Q&A Session was focused on lab investigations in a low resource setting, nutrition in diabetes, liver cirrhosis having diabetes and teleconsultation. Dr Bhalla concluded the webinar session by emphasizing on how innovation can help low resource countries in optimising patient care.

### **Day 3: 27th April 2020**

The webinar session began by Dr Sandeep Bhalla updating the participants on the Asian statistics for COVID infection and Africa's potential for becoming the next epicentre. He then welcomed the revered faculty Dr Pawan Kapoor for his technical session on 'Preparing & Managing Facilities: **Protecting Healthcare Workers, Ambulance Operation, Dead Body Management**'.

Dr Kapoor's lecture focused on triage of patients, infection and prevention control practices on handwashing, donning and doffing of Personal Protective Equipment (PPE), respiratory hygiene, biomedical waste. He gave guidelines on safety measures on treating OPD patients, COVID infected hospitalised patients, dead body handling in isolation & mortuary, disposal & transportation of dead infected bodies and procedure on disinfection of ambulances.

The Q&A round of the session revolved around disinfection, PPE usage and re-usage of N95 masks. Dr Bhalla finished the session by stating healthcare workers are assets which need to be protected and thanked the faculty and the participants.

### **Day 4: 28th April 2020**

The webinar session was started by Dr Sandeep Bhalla disseminating the latest updates on the statistics of COVID-19 in global and Asian context. Ambassador Sinha announced the 3rd addition to the COVID-19 webinar to tackle the post COVID world. Dr Bhalla then introduced and welcomed the faculty Dr Indu Arneja. The technical session was headed over by Dr Arneja on '**Communication: Communicating with Patients, Families & Motivating Healthcare Team**'. The session focused on communication in these challenging times, types of communication, using the right language and tone to communicate, documentation of all communication and the psychosocial wellbeing of healthcare workers.

The technical session was followed by a Q&A which was primarily focused on documentation of all communication with the patient and their family. All the queries were patiently and successfully resolved by the speaker. The session concluded by Dr Bhalla by summarising the webinar and thanking the participants and the faculty.

## Annexure 4- PHFI Team



**Prof. K Srinath Reddy**  
President



**Mr Prashant K Singh**  
Director, Coordination & Strategy Development



**Dr Sandeep Bhalla**  
Director, Trainings



**Dr Pushkar Kumar**  
Senior Public Health Specialist



**Dr Haresh Chandwani**  
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**Dr Deepak Monga**  
Program Manager



**Mr Vikas Dogra**  
Program Coordinator



**Mr Vishnu Nair**  
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**Mr Mohammad Adnan**  
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**Mr Vivekanand Tripathi**  
Web/Graphics Designer



**Mr Himanshu Sharma**  
Web/Graphic Designer



**Dr Paridhi Mody**  
Program Officer

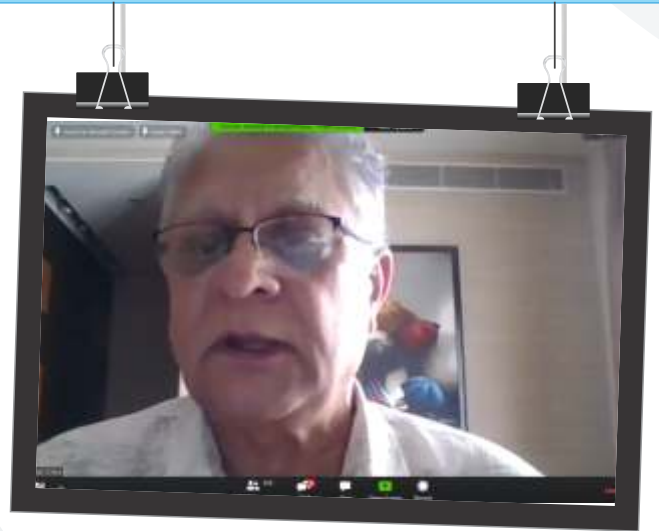


**Ms Nayan Agrawal**  
Program Assistant



**Mr Girish Nayyar**  
Program Assistant

## Few Glimpses from the webinar sessions



**Prof K Srinath Reddy and Ambassador Amar Sinha giving opening remarks**



**Dr Sanjay Kalra's Session**



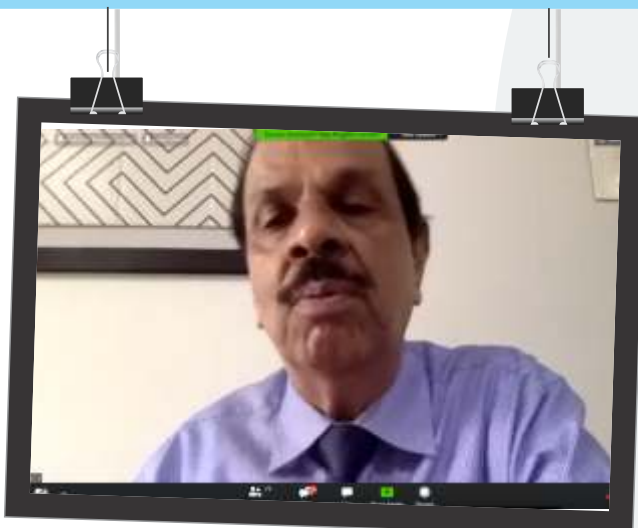
**SUSPECT CASE:**

- A patient with ARI (fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath)), AND
- A history of travel to or residence in a country/area or territory reporting local transmission (See website for updated list) of COVID-19 disease during the 14 days prior to symptom onset;

OR

- A patient/Health care worker with any acute respiratory illness, AND
- Having been in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms;

**Dr Pawan Kapoor's session**



Patient 1	Patient 2
<ul style="list-style-type: none"> <li>• No underlying chr medical conditions ; fever ( 37°C to 38°C) and cough with chest discomfort on December 23, 2019.</li> <li>• 4 days later, her cough and chest discomfort worsened, but the fever was reduced</li> <li>• A diagnosis of pneumonia was based on CT scan.</li> <li>• Her occupation was retailer in the seafood wholesale market.</li> </ul>	<ul style="list-style-type: none"> <li>• Fever and cough on Dec., 20, 2019</li> <li>• ARDS 7 days after the onset of illness and worsened over next 2 days, at which time mechanical ventilation was started.</li> <li>• He had been a frequent visitor to the seafood wholesale market.</li> </ul> <p><small>Images are chest radiographs from Patient 2 on days 9 and 11 after the onset of illness. The findings were consistent and peripheral nodular opacities.</small></p>


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**Dr Vijay Negalur's Session**



### INTRODUCTION

- This large family of viruses has crown-like spikes on their surface.
- 4 main sub-groups of coronavirus [alpha, beta, gamma and delta]
- Human coronavirus were first identified in the mid-1960s. The 7 CoV that can infect people are:

1. 229E alpha coronavirus	} Common Cold	
2. OC43 beta coronavirus		
3. NL63 alpha coronavirus		
4. HKU1 beta coronavirus		

- 5. MERS-CoV beta CoV causing Middle East Respiratory Syndrome
- 6. SARS-CoV beta CoV causing Severe Acute Respiratory Syndrome

**Dr Varun Arora's session**







**For more information please contact**

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