

Summary of COVID-19 TOT – Nepal

The online COVID-19 TOT for health workers was organized from 11th May 2020 to 14th May 2020. Around 40 medical health workers from the global world; Nepal, India, Ukraine, Georgia, Kirgizstan participated in the Master Trainer program. In total, 19 medical professionals such as doctors, nurses, public health workers, medical practitioners actively participated in this training program.

Ms. Emilija Dukovski, Project Manager of Project Hope (originally from Macedonia) was the international coordinators to organize this international training program. Ms. Swati Thapa, Executive Director of PNMF (originally from Nepal) was the international coordination and focal person to organize this training program for Nepalese participants.

Training Session: Day 1

On the first day of the training program, Dr. John Fogle, MD, MBA Associate Professor of Emergency Medicine at the Warren Alpert Medical School of Brown University started the session with the introduction of the Corona virus and the details of its outbreak from Wuhan, China. He explained the possible reservoir host of the virus and how it gradually spread over and declared as a global pandemic by World Health Organization. He also presented the module on the Infection, Prevention and Control (IPC). Lastly, he provided information through a video presentation including good hygiene practice, donning and doffing of PPEs, minimal utilization of medical supplies during the global crisis.

Training Session: Day 2

On the second day of the training program, Dr. Naz Karim, MD, Assistant Professor of Emergency Medicine at the Warren Alpert Medical School of Brown University and Director of the Global Emergency Medicine Fellowship at Brown University, presented on the surveillance of COVID-19. She highlighted, the process of making observations for the suspected case to the confirmed ones. Trainees got insight information and knowledge on high-risk population, contact tracing, its methods and monitoring tools laid down by World Health Organization. In the second module, she delivered a lecture on Screening and Triage. The main focus was on the screening process, precautions to be taken, identifying high, medium, and low-risk patients followed by prioritizing the patients for treatment based on the risk viz. emergency, very urgent, and urgent. In addition, the case studies, and video presentation was provided in the relevant topic.

Training Session: Day 3

On the third day of the training program, Dr. Stephanie Garbern, MD, Assistant Professor in Emergency Medicine at the Warren Alpert Medical School at Brown University with her Co-trainers delivered a session on Diagnosis and Management, followed by the Stabilization and Resuscitation of COVID-19 patients. The participants were trained with the information regarding the sample types, its collection, precautions; availability of different types of diagnostic tests along with their sensitivity, specificity about the pros and cons of each sample and tests. The session also highlighted about managing the patients based on triage, the importance of taking vitals, to the need for ventilators in management and discharging guidelines. Relevant videos,

case studies, evidence-based treatment modalities, and interactions were carried out during the session.

Training Session: Day 4

On the final day of the training program, Dr. Ramu Kharel, MD, MPH, Emergency Medicine doctor from UT Southwestern Medical Center (originally from Nepal) presented on the surge capacity during the extreme situation for the outbreak of COVID-19. His presentation incorporated global cases which benefitted trainees to get the insight information about the planning to combat the disease when or if spread beyond everyone's imagination. In the second module, he highlighted the roles of communication, different approaches of communications adopted by different countries in the globe, its risk and how the proper communication brings positive change in the community to control spread of disease and saving lives in the form of readiness and response to COVID-19. Finally, the training was concluded with group exercises based on the entire training.