

## **Report of Training on “Operational Preparedness for Tackling Physical and Psychological Burden of COVID19” for Addiction Professionals and Treatment Center Owners**

**Organized By:** Health Sector, Dhaka Ahsania Mission

**Supported By:** SANJOG – A network of drug addiction treatment and rehabilitation centers in Bangladesh

### **Background**

COVID 19 (Coronavirus disease 2019) has been declared as a global pandemic by World Health Organization (WHO). While more than 30,00,000 cases have been reported all over the world, Bangladesh is among one of the nations who has been fighting to prevent and treat COVID19 since the first patient was confirmed on 8 March 2020. Local transmission in our community has been confirmed.

COVID19 is an infectious disease caused by a new type of Coronavirus. With the limited resources that we have in our country, we have been strongly fighting the battle to overcome COVID19 outbreak. Healthcare workers are the forefront warriors in this battle. Government and private organizations are coming forward to their aid with Personal Protective Equipment, guidelines to work on a COVID19 case and other resources.

Drug dependency is one of the most ferocious national crises in our society and the battle against it has been an important focus area of work for the Addiction Management and Integrated Care (AMIC) of Dhaka Ahsania Mission. The addiction professionals and the treatment and rehabilitation center management authority need to take proper and adequate measures in order to fight COVID19 for the safety of themselves along with the safety of the people they provide services for. It is important for them as –

1. Drug dependent individuals are in higher risk of COVID19 transmission due to some physical changes developed for their habit.
2. Treatment and rehabilitation centers are considered as health centers as they provide direct services to physically and psychologically vulnerable group of people.
3. A number of people live in close vicinity inside the centers, which is highly susceptible for COVID19 transmission.
4. Due to the social distancing and official closure of day-to-day institutional activities, these centers face staff unavailability, disruption of their regular and emergency supplies, sudden drop in the number of admitted patients, inadequate supply of protective measures, and reduction of their services.
5. Increased stress and lack of services may lead to relapse into substance use of patients who received treatment before.

The healthcare workers always perform their duties under tremendous pressure. The stress is even more for the people who are involved in the treatment and rehabilitation of drug dependency. However, in case of the spread of infectious disease like COVID19, the stress is much more intense. It is difficult, scary and overwhelming because there are a lot of factors at play – less time for preparedness, personal safety at question, chance of spreading the disease to a healthy individual, and the risk of infecting close family members and friends. In spite of these, they also require mental support to relieve themselves of stress. International groups of scientists have identified some strategies that may help the addiction professionals in COVID19 situation; like-workload distribution;; training and/or enhancing skills during this period; all the healthcare professionals should receive PPE for their personal protection while providing services to any patient; professional support from mental health experts can help the workers to organize their thoughts and ideas in a constructive way; relying on trusted sources of information can help to understand the pandemic in a better way; are some of strategies among others.

In the present context, Health Sector of Dhaka Ahsania Mission (DAM) has been conducting trainings to ensure dissemination of facts regarding COVID19, adequate preparedness during the pandemic and enhancement of the efficiency of health workers. In continuation of this, and with the support from SANJOG – a network of drug addiction treatment and rehabilitation centers in Bangladesh, DAM has organized training for addiction professionals and other treatment and rehabilitation center management staff. DAM Health Sector has developed six modules for this training on following issues –

1. A brief description of COVID19
2. How COVID19 affects the people working in the field of drug addiction
3. Precaution and preparedness for COVID19 transmission
4. How COVID19 affects mental well-being and how to ensure mental wellness
5. How to prevent stigmas related to COVID19, and
6. Ethical considerations during emergency healthcare services

### **Training Objectives**

1. Strengthening capacity on safety measures in providing services for drug dependents in the context of COVID19
2. Psychological boost and confidence building of addiction professionals, center staffs and other service personnel
3. Briefing PPE usage as per WHO/GOB/DGHS guidelines
4. Orientation on Infection Prevention (IP) and Environmental Disinfection guidelines of DGHS

## **Training Sessions**

The training duration was one day for each batch. The sessions were conducted for three hours. Participants were invited to a Skype group for attending the sessions. A total of 75 participants took part in the discussions. There was time assigned for questions/opinions/experience sharing from the participants on the topic. Also question/answer sessions were included following each section. The first training was held on 16 April 2020, and the second batch was on 24 April 2020. A sample of the training schedule is provided in the **Appendix 1**. The sessions concluded with a quiz where the participants took part enthusiastically.

## **Resource Persons**

The training sessions were conducted by four health experts of DAM Health Sector. Also there was an administrative person who overlooked the smooth running of the sessions. A short profile of the resource persons are attached in **Appendix 2**.

## **Course Incentives**

The participants were provided a certificate of participation following the sessions. Also DAM Health Sector provided the participants from each center a full set of Personal Protective Equipment (PPE). Amid the COVID19 emergency, all the healthcare professionals are in dire crisis of the protective instruments. A total of 28 centers received PPE through courier services so they could continue their works with protection and safety measures. The list of the centers that received PPE is attached in **Appendix 3**.

## **Conclusion**

DAM Health Sector has completed the training with the support from SANJOG with active participation from the attendees. They expressed their interest on the training topics. They were informed about authentic and updated information about COVID19. Essential instructions and safety directives were provided to them, and we hope that they use their newfound knowledge in their personal, professional and social lives.

## Appendix 1: Training Schedule

### Training for SANJOG Members on Operational Preparedness for Tackling Physical and Psychological Burden of COVID19

**Date:** 24 April 2020; **Time:** 02.30 PM – 05.40 PM

**Meeting Join Link:** <https://join.skype.com/uTBN6mQxsQed>

**Training Moderator:** Mr Iqbal Masud, President, SANJOG; and Director, Health Sector, DAM

Time	Session	Topic	Resource Person
02.15 – 02.30	Instructions	Skype Trial Call for Instructions	Ms Sharmeen Rahman
02.30 – 02.45	Introductory session	<ul style="list-style-type: none"> <li>Introduction of the trainers</li> <li>Participant introductions</li> <li>Objectives of the course</li> </ul>	Mr Iqbal Masud & Honorable Observer
02.45 – 03.15	Session 1: Brief Discussion on COVID19	<ul style="list-style-type: none"> <li>What is COVID19</li> <li>Spread of the virus</li> <li>Signs and symptoms of COVID19</li> <li>Correct information and facts about COVID19</li> </ul>	Dr Tasnuva Humaira
03.15 – 03.45	Session 2: Substance Use Disorder and COVID19	<ul style="list-style-type: none"> <li>How COVID19 affects the people with SUD</li> <li>What can be done for SUD treatment during COVID19</li> </ul>	Dr Tasnuva Humaira
03.45 – 03.50	<b>BREAK</b>		
03.50 – 04.15	Session 2: Personal Protective Equipment (PPE)	<ul style="list-style-type: none"> <li>Risks of COVID19 for healthcare personnel</li> <li>Mask, gloves and hand sanitizer use for medical procedures</li> </ul>	Dr Naila Parven
04.30 – 05.00	Session 4: Social Stigma	<ul style="list-style-type: none"> <li>Social stigma related to SUD and COVID19</li> </ul>	Mr Iqbal Masud
05.00 – 05.30	Session 5: Mental Health Issues	<ul style="list-style-type: none"> <li>Expected emotional and behavioral reaction</li> <li>Coping strategies with stress</li> <li>Self-care</li> </ul>	Mr Md Amir Hussain
05.30 – 05.40	Closing Remarks	Questions & Answer	Mr Iqbal Masud & Honorable Observer
<b>END OF THE COURSE</b>			

*Handouts and Certificate will be emailed to the participants*

## Appendix 2: Resource Person Profile

Name	Designation & Organization	Expertise
Mr. Iqbal Masud	Director, Health Sector Dhaka Ahsania Mission	Above 21 years working experience in the Health Sector and drug addiction prevention. Certified Master Trainer from the Colombo Plan. Trained on COVID19 by DGHS, WHO and London School of Public Health. Completed Leadership course from Johns Hopkins University, Baltimore, USA.
Dr. Tasnuva Humaira	Advocacy Officer, DARAU Project, Health Sector, Dhaka Ahsania Mission	Physician and a fellow of Biomedical Sciences of University of Alberta, Canada. Experienced with techniques for genetic identification of immunological basis of infectious disorders. Trained on COVID19 by DGHS, WHO, and other alliances.
Mr. Amir Hossain	Project Coordinator and Clinical psychologist, Health Sector, Dhaka Ahsania Mission	Almost 10 years working experience as clinical psychologist. Internationally certified addiction professional from Colombo Plan. Also working as coordinator of Monojotno Kendra (Mental Healthcare Center), Health Sector, Dhaka Ahsania Mission.
Dr. Naila Parven	Project Manager, Urban Primary Health Care Services Delivery Project, DNCC PA-3, Health Sector, Dhaka Ahsania Mission	Above 17 years working experience as Clinic Manager in Urban Primary Health Care Services Delivery Project. Also trained on COVID19 from CDC, Atlanta; online training from DG Health and WHO.
Ms. Sharmeen Rahman	Senior Program Officer, Health Sector, Dhaka Ahsania Mission	Above 8 years working experiences in Health Sector. Completed leadership course from Johns Hopkins University, Baltimore, USA. Complete Advance Strategic Communication training from BCCP.

### Appendix 3: List of the Centers who Received PPE

SI	Name of the Centers
1.	Bhawal Drug Addiction Rehabilitation Center
2.	Banchtay Chai Society
3.	New Diner Alo Drug Addiction Treatment Center
4.	Freedom Life Drug Addiction Treatment and Rehabilitation Center
5.	Ekra Drug Addiction Rehabilitation Center
6.	Alor Path Rehabilitation Center
7.	Shajon Drug Addiction Treatment and Rehabilitation Center
8.	Astha Drug Addiction Rehabilitation Center
9.	Progoti Manoshik O Mdokashokti Niramoy Kendro
10.	Asroy Drug Treatment Counseling and Rehabilitation Center
11.	Future Drug Addiction Rehabilitation & Treatment Center
12.	DTC Drug Treatment Center
13.	Sober Life Rehabilitation Center
14.	Arjon Drug Treatment Center
15.	UTSHO Drug Treatment Center
16.	AMI Drug Treatment Center
17.	Onkur Drug Treatment Center
18.	Dipti Madokasokto Chikitsha o Punorbashon Kendro
19.	Renesa Drug Treatment Center
20.	Turag Drug Addicts Rehabilitation Center
21.	Shanti Neer Drug Addiction and Rehabilitation Center
22.	Nobojibon Madok Niramoy Kendro
23.	Society for Social Peaceful Life
24.	Sneha Madokashakti Niramoy Kendro
25.	Holycare Drug Treatment Center
26.	Diner Alo( drug addiction treatment center)
27.	JOY Drug Treatment Center