



AKASHA ACADEMY
PRESERVING ANCIENT WISDOM

Become a Health Care Advisor
Covid-19-Training in 09/ 2020 in Sunthakan

Vocational Training at Akasha Academy Nepal

Agenda

1. The program
2. About the course
3. Reasons to apply
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5. Application requirements
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The program

The COVID-19 pandemic

- › Deeply impacting all our personal and social lives.
- › Threat in almost all parts of the world.
- › Severe challenge to Nepal.

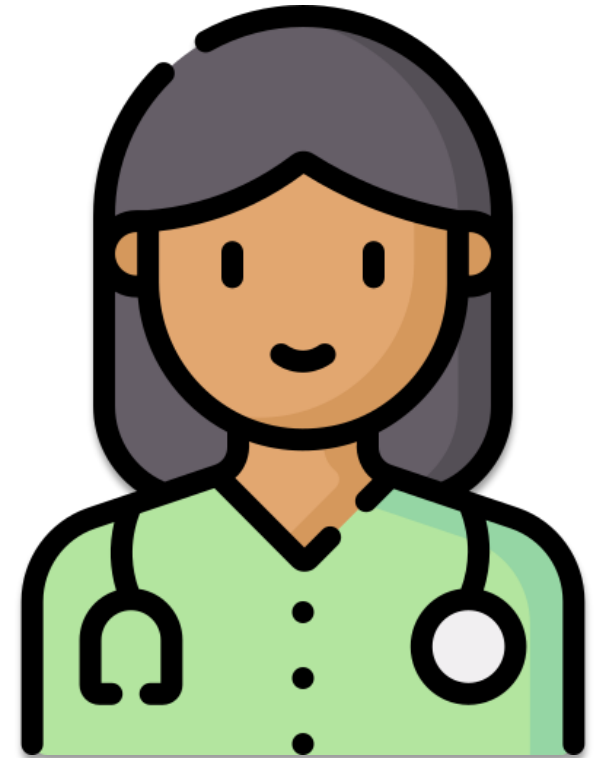
Akasha Academy

- › Offers a special “Training of Trainers” program as **Health Care Advisor** focusing on Covid-19:
- › **Learn** important facts about the Corona disease and **teach others** how to maintain a safe and healthy lifestyle after the lockdown.
- › Start of program in **September 2020** in our newly constructed training center **in Suntakhan**.



About the course

- › **6 weeks** program in **basic medicine and health promotion**.
- › Inspired by elements of the German vocational training.
- › Based on official content, e.g. by WHO, UN, ECDC.
- › Accredited by experienced doctors working at the front lines in Nepal and Germany.
- › Sessions during **morning** and/ or **afternoon** time, **10 sessions of 4 hours each** (totaling 40 hours) – adaptations depending on needs and educational/ professional schedule of participants possible.
- › **Certification** at the end of the training.
- › Training in small groups (**max. 10 persons**) to **ensure proper social distancing and personal protection**.



Reasons to apply

As a graduates, the participants will be able to:

- › **raise awareness, advise,** and **support** families, community, government institutions and schools on basic health issues, especially related to Covid-19,
- › provide qualified **health-related training, consulting,** and **support,**
- › **integrate** the acquired knowledge and competencies **into everyday work** (e.g. as a teacher),
- › achieve a **valuable, out-standing qualification** in these times of insecurity, that increases the chance to get a health-related job during the Covid-19 crisis (e.g. within contact tracing),
- › **prepare** for another **health-related program in the future** (e.g. Akasha Academy - Basic Health Counsellor Training for Women).



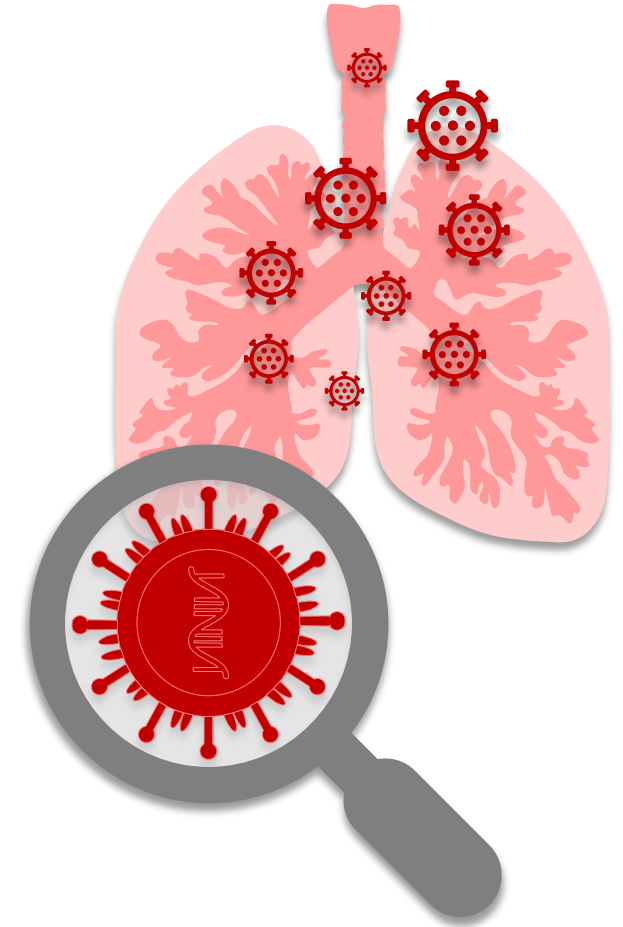
Extract from the curriculum

1. Basic medical education with special focus on SARS-CoV-2 and Covid-19

- › including basic anatomy & physiology, pathology, epidemiology, hygiene, mental health,
- › providing sound background knowledge to understand the pathogenesis, prevention, and therapy of Covid-19 and its complications.

2. Public health related topics

- › including health promotion and education, training and facilitation, nutrition, environment and sanitation, crisis management,
- › conveying essential competencies that will help the communities to manage the crisis in a better way.



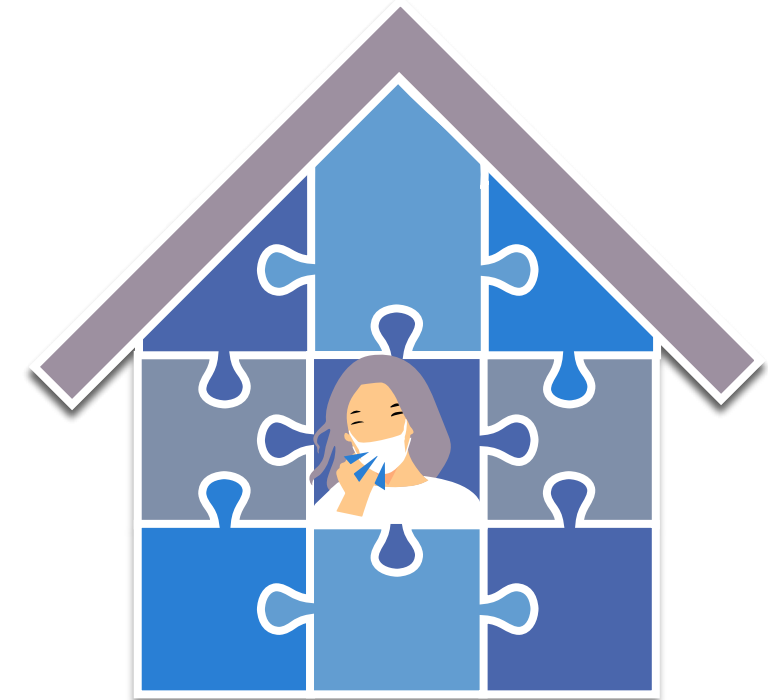
Extract from the curriculum contd

3. COVID-19 related topics

- › Practical use cases, e.g. what to do when having symptoms, how to handle contact persons of a Covid-19 case, or how to manage a quarantine situation of a family member,
- › frequently asked questions, such as about vaccination, risk groups, and the course of the disease,
- › and myth busters, such as what will prevent the disease and what not.

4. Practical exercises and field study

- › Students will train in role plays to manage typical situations and challenges,
- › a mobile counselling activity and a community workshop complete the program.



Basic Health Counsellor Training
COVID-19-Training in 09/2020, Sumtaka
COVID-19 Coronavirus disease 2019

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Agenda

- 1.1. Overview & Introduction
- 1.2. Signs, Symptoms and complications
3. Mode of transmission
4. Testing
5. Prevention
6. Treatment Management
7. Myth Busters & FAQs

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1. Overview & Introduction

- Coronavirus disease (COVID-19) was first identified in early December 2019, which had a link to wholesale food market in Wuhan City, Hubei Province, China in per retrospective investigations by Chinese authorities.
- The virus that caused the outbreak is known as SARS-CoV-2, a newly discovered virus (probably zoonotic infection, maybe related to pangolin).

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1. Overview & Introduction contd...

- Coronavirus disease 2019 is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).
- The virus is primarily spread between people during close contact, via small droplets produced by coughing, sneezing and talking.
- It is most contagious during the first three days after the onset of symptoms, although spread is possible before symptoms appear, and from people who do not show symptoms. In Nepal, many people may not show symptoms when being infected according to studies.

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2. Signs and Symptoms

- Fever or chills
- Cough
- Loss of appetite
- Fatigue
- Shortness of breath
- Coughing up sputum
- Muscles and joints ache and pain
- Headache, nausea, vomiting, diarrhea
- Chest tightness and palpitations
- Loss of smell or taste
- Congestion or runny nose
- Sore throat
- Neurological symptoms and dizziness

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2. Complications

- Pneumonia
- Acute respiratory distress syndrome (ARDS)
- Cardiovascular complications (arrhythmias, blood clot, etc)
- Stroke
- Kidney failure
- Septic shock
- Multi organ failure
- Death

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3. Mode of transmission

- Respiratory infections can be transmitted through droplets of different size which are expelled when an infected person breathes, coughs, sings, sneezes or speaks.
- One can get infected if one's mucous (mouth and nose) or conjunctiva (eyes) is exposed to infectious respiratory droplets.
- Transmission of these droplets can occur
 - 1) Directly person to person (droplet infection): When a person is in close contact (within 1 m) with someone who is infected and spreads droplets by breathing, talking, singing, coughing or sneezing.
 - 2) Through fomites: As most exhaled droplets are relatively heavy, they do not travel far and quickly fall to the ground and on objects. By touching these objects and then touching eyes, nose or mouth the virus can enter your body.
 - 3) Through aerosols: Very small speech-generated droplets do not sink to the ground immediately, but remain airborne. These aerosols, which can contain the virus, may float in the air for hours of minutes, and can enter the body through eyes, mouth or nose.

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4. COVID-19 Testing

Different types of diagnostic testing:

- Viral Test:** tells if you have a current infection (testing for virus genome or protein)
 - Laboratory-based testing (PCR testing): respiratory sample
 - Rapid diagnostic tests (point-of-care): respiratory sample (e.g. throat swab)
- Antibody tests:** might tell you if you had a past infection (testing for antibodies)
 - Laboratory-based: blood sample
 - Rapid diagnostic tests (point-of-care-tests): detection of antibodies (e.g. blood sample)
- Might not show if you are currently infected because it can take 1-3 weeks after infection for your body to make antibodies (immune reaction)

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4. COVID-19 Testing contd...

- The WHO has published several testing protocols for the disease.
- The standard methods of testing is real-time reverse transcription polymerase chain reaction (RT-PCR). The test is typically done on respiratory samples obtained by a nasopharyngeal swab; however a nasal swab or sputum sample may be used.
- Results are available within few hours to two days.
- Rapid diagnostic tests need to be used carefully as not recommended because of the high rate of wrong results.
- Wrong test results can make patients with active infection or falsely categorize patients as having the disease when they do not.

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5. Prevention

- One should know how it spreads (droplets, aerosols, fomites).
- Wash your hands often with soap and water for at least 20 seconds especially after have been in a public places or blowing your nose, coughing or sneezing.
- Soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surface of hands and rub them together until it dries.
- Avoid touching your eyes, nose and mouth with unwashed hands and wash your hand after touching.

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5. Prevention contd....

- Avoid close contact with people who are sick, even inside your home. Put distance between yourself and other people outside of home (at least 6 feet).
- Cover your mouth and nose with cloth face cover (face masks) when around others (it is NOT a substitute for social distancing).
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Cover coughs and sneezes with a tissue and throw in the trash immediately and wash your hands with soap and water or rub with hand sanitizer with at least 60% alcohol. Use inside of your elbow if no tissue available.

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6. Treatment Management

- Till this date, no drugs or biologics have been proven to be effective for prevention of COVID-19.
- However, the World Health Organization (WHO) welcomes the initial clinical trial results from the United Kingdom (UK) that show dexamethasone, a corticosteroid, can be life-saving for patients who are critically ill with COVID-19. The benefit was only seen in patients seriously ill with COVID-19 and was not observed in patients with milder disease.
- People are managed with supportive care, which may include fluid therapy, oxygen support, and supporting other affected vital organs.
- Plasma transfusion has been used to manage severe cases.
- Herbal systems, such as Ayurvedic and Chinese medicine provide treatment regimens according to their own concepts.
- Substitution of nutritional agents seems to have a positive effect on some symptoms (e.g. vitamin C).

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Example of teaching/learning method

Application Requirements

› Required...



+2 graduation or SEE/ SLC or equivalent. If certificate not available yet, send-up examination is sufficient (for the SEE graduates of year 2020).



› Applicants should be...



...able to continuously **attend courses in Suntakhan** (all sessions).



...**interested** in **medical topics**, basic knowledge in medical topics is helpful.



...**motivated** to **share** the acquired **knowledge** and competencies with the community in trainings and consultancies.



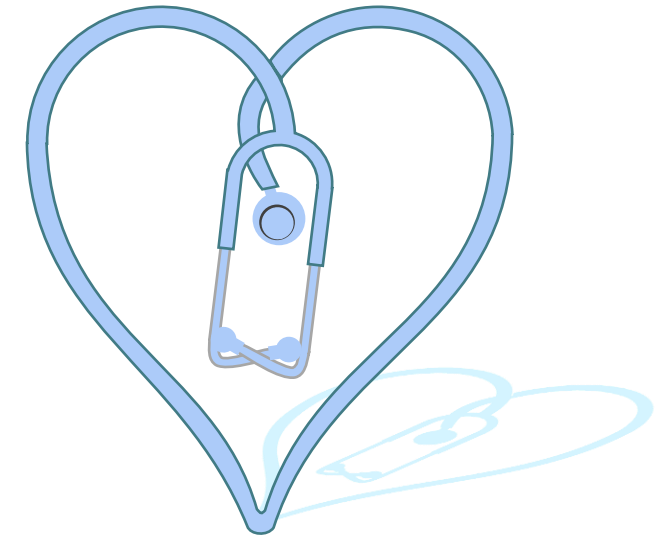
...able to send an **application in English** via e-mail to *education@akasha-academy.org*.





Admission information

- › Admissions are **open**.
- › We have **limited spots**.
- › **Apply now** for this unique training and get ready to **make an impact in helping** your community.
- › Please **contact the Akasha Academy program management** with any questions and requests for applications:
Email: education@akasha-academy.org,
Phone: 981 8087 896.
- › When applying, please inform us about your **preferred schedule**: morning/ afternoon/ all day possible.





About Akasha Academy

Akasha Academy is an institution for learning and practice of ancient, yet modern holistic healing with the foundation in the **original Vajrayana Buddhist path**. The White Lama, **Tulku Khyungdor Rinpoche** guides all practitioners and students as the spiritual head of the Academy.

Akasha Academy has been created to open and offer trainings and healing internationally, while Akasha Academy Headquarters is located in Kathmandu Valley.



We are very much looking forward to hearing from you!

AKASHA ACADEMY NEPAL