



KIBU NEWS

A Bi-Weekly Digital Newsletter of Kibabii University

Week



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ISO 9001:2015 Certified

KIBU Receives Approval for Mass Production of Detergents and Sanitizers



INSIDE:

Fight against Pandemic Intensifies



Editor's Note



Dear KIBU Community,

Welcome to the 6th Edition of KIBU NewsWeek.

In this edition, we continue to update you on the developments and steps taken in containing the Corona Virus Pandemic.

Keep Reading. Stay Safe!

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Message from the Vice Chancellor



Dear Kibabii Fraternity,

Today marks the 67th day since we closed normal operations because of Corona Virus Pandemic. As the world grapples with the effects of this pandemic, I wish to applaud our members of staff once again! You have demonstrated high standards of obedience to Government directives and adjusted accordingly when there has been need to. Special mention goes to those that have so far heeded to the noble call for voluntary pay cut. We indeed thank you abundantly.

We also wish to salute various University Departments and Sections for their efforts in positively applying expertise to impact on society. Special salute to the team of Technical staff from the Department of Chemistry for the tireless efforts exhibited in preparation of handwash sanitizers and soap. We have received a greenlight from the Kenya Bureau of Standards to continue with mass production of these products as our contribution to fighting this pandemic. Next week, the University shall be donating over 2,000 litres of detergents and 250 litres of alcohol sanitizers to the community.

Ladies and Gentlemen, the war on Corona Virus is yet to be won. It is disheartening to see normalcy in public places-all against Government advisories. As scholars, let us be ambassadors of educating the communities that we come from. Let us be the voice of reason against the traditional practices of public gatherings, overload in public transport and other forms of practices that compromise the gains already achieved in this fight.

To our Muslim Brothers and Sisters, we bring you a message of goodwill and blessings during this very important celebration.

May Allah be your Protector and Provider.

EID MUBARAK

Prof. Isaac Ipara Odeo

VICE CHANCELLOR

22nd May, 2020



Is it a case of African Solutions for African Problems?

By Isabel Zattu

Social Media has been blowing up with conversations about the controversial Madagascar COVID - 19 cure. Some being as direct as blaming the government of Kenya for preferring Remdesivir, US drug whose effectiveness in management of COVID-19 is yet to be confirmed and ignoring Madagascar's Covid Organics, which has been a tremendous success in managing COVID-19.

"The patients who have healed have taken no other product than COVID-Organics. The patients tend to heal [in] seven to 10 days." Rajoelina replied when asked for evidence. More than 20 African countries have placed orders for what is now dubbed "COVID-Organics," including the Republic of Congo, Equatorial Guinea and Tanzania. The controversial plant mixture first came to prominence when Madagascar's President Andry Rajoelina announced it had been shown to treat the coronavirus. He said he considered it a "miracle cure." The herbal medicine has also been used for treatment of malaria.

Robert who is a trader in Madagascar is so certain that their country possess the most knowledge in the fight against the coronavirus. The President Andry Rajoelina is on record to have said the mixture is a remedy that can prevent and cure coronavirus. Tence Mena, a famous Malagasy singer, contracted the virus during her last tour in France. After a week of chloroquine treatment, the singer was treated with the local remedy "I had no breathing problems, I had the flu and a sore throat. I also had aches, loss of taste and smell, headache at first. I always felt tired. I followed the treatment with COVID-Organics, I wanted to know if it would save my life... and it worked for me because I'm healed."

But it is impossible to verify this figure because hospitals refuse to put out their data. The doctors' union in the country insists that the chloroquine therapy remains the official treatment, as the efficacy of local remedy against COVID-19 has not yet been proven.

Fighting the Pandemic

WHO warns that the use of traditional remedies can endanger the population. Indeed, by believing that they have protection, consumers ignore preventive measures like social distancing. But that hasn't stopped the Malagasy government from donating supplies to several African countries.

South Africa's government has come to the rescue of its brother African country by stating that they will assist the authorities in Madagascar to test and analyse an unproven herbal treatment for Covid-19, according to health minister Zweli Mkhize. Madagascar's President Andry Rajoelina is promoting a tea infusion based on the artemisia plant, praising its benefits in treating the coronavirus.



Above: Madagascar President Andry Rajoelina demonstrates the usage of the wonder drug

WHO recognizes that traditional, complementary and alternative medicine has many benefits and Africa has a long history of traditional medicine and practitioners that play an important role in providing care to populations. Medicinal plants such as *Artemisia annua* are being considered as possible treatments for COVID-19 and should be tested

for efficacy and adverse side effects. Africans deserve to use medicines tested to the same standards as people in the rest of the world. Even if therapies are derived from traditional practice and natural, establishing their efficacy and safety through rigorous clinical trials is critical.

African governments through their Ministers of Health adopted a resolution urging Member States to produce evidence on the safety, efficacy and quality of traditional medicine at the Fiftieth Session of the WHO Regional Committee for Africa in 2000. Countries also agreed to undertake relevant research and require national medicines regulatory agencies to approve medicines in line with international standards, which include the product following a strict research protocol and undergoing tests and clinical trials. These studies normally involve hundreds of people under the monitoring of the national regulatory authorities and may take quite a few months in an expedited process.

WHO is working with research institutions to select traditional medicine products which can be investigated for clinical efficacy and safety for COVID-19 treatment? In addition, the Organization will continue to support countries as they explore the role of traditional health practitioners in prevention, control, and early detection of the virus as well as case referral to health facilities.

As efforts are under way to find treatment for COVID-19, caution must be taken against misinformation, especially on social media, about the effectiveness of certain remedies. Many plants and substances are being proposed without the minimum requirements and evidence of quality, safety and efficacy. The use of products to treat COVID-19, which have not been robustly investigated can put people in danger, giving a false sense of security and distracting them from hand washing and physical distancing which are cardinal in COVID-19 prevention, and may also increase self-medication and the risk to patient safety.



15 Myths and Misconceptions of Corona Virus

By Debra Kisongochi

There are a number of myths and conceptions about the Covid-19 Virus and we sampled 15 common myths and conceptions that are not true hence we should all keep safe from this pandemic disease.

- You can protect yourself from COVID-19 by injecting, swallowing, bathing in or rubbing onto your body bleach, disinfectants or rubbing alcohols.
- A vaccine to cure COVID-19 is available.
- Ordering or buying products shipped from overseas will make a person sick.
- Covid-19 doesn't kill the youth.
- Covid-19 does not survive on plastic or polythene.
- Covid-19 is a biological weapon fashioned by the Chinese against America and the rest of the world.
- The Covid-19 cases in Kenya might not actually be true cases, that the cases reported by the government are a means for the government to receive funding from the World Bank.
- Covid-19 does not attack Africans doing heavy work and eating local foods.
- Covid-19 is a rich man's disease.
- Covid-19 affects the aged and those below 5 years old.
- If anyone walks into any health facility they will contract Covid-19.
- Covid-19 attacks more light skinned people than dark skinned people.
- Covid-19 affects the old and those living with HIV more than the rest of the population.
- If You Can Hold Your Breath for 10 Seconds, You Don't Have Coronavirus
- The Virus Was Created in a Lab, With 5G Tech Spreading It



Know About Proper Usage, Disposal and Reuse of Masks



The “Doctor’s Corner” column aims at offering sensitization on preventive and curative strategies laid down by health professionals at Kibabii University. The author is a Clinical Officer II at the Department of Health Services.

By Amos Nyongesa

The world these days is gripped with the fear of [Coronavirus](#) and face masks are a very important component to save us from catching an infection. But due to the pandemic, the world is facing a shortage of these masks and hence the effective use of face masks is key. So, I am sharing hints not just on how to effectively use face masks but how to re-utilize, disinfect and dispose this essential but biohazard commodity. Don't forget it's not just the wearing of a mask that is important but it's equally important to use it properly.

Also, the significance of sanitizing your hands with alcohol-based sanitizers or soap and water for at least 20 seconds can't be underrated. Don't forget to frequently clean/wipe with disinfectant on touched surfaces. As much as possible avoid touching eyes, face, nose and mouth.

Please dispose used tissues immediately in the dustbin. Please fit the face mask around the nose and it must be completely covering your nose and mouth and not just hanging loosely around the neck otherwise the rationale of using the mask is will not be achieved. Don't ever touch the front surface of the mask as that's the contaminated portion.

Which one is the Proper Type of Mask?

Please take note that people in good health need not wear a face mask if they are staying at home and not taking care of any sick patient. The masks commonly in use are cloth masks, 3 layered surgical masks, and N95 respirator.

1. Cloth mask – According to World Health Organization(WHO) Not ideally recommended when taking care of infected patients as they do not provide adequate protection but they are still better for routine use than not covering your mouth and nose. However, using a High-efficiency particulate air (HEPA) filter with a face mask might increase its effectiveness but it leads to more difficulty in breathing. *(High-efficiency particulate air filter means a filter that is at least 99.97% efficient in removing mono-disperse particles of 0.3 micrometers in diameter).*

For the general public, if a face mask is not available at least a scarf or a piece cotton may be used to cover the face, however Cloth Mask should be washed properly and frequently and left to hang and air dry.

2. Surgical mask – A disposable loose fitting device made of polypropylene, may be good in blocking particle droplets, splashes, sprays which may contain germs, keeping them from reaching the mouth and nose, though it does not block small particles in the air that may be transmitted by nearby coughing or sneezing person. Preferably to be utilized by persons caring for sick persons with respiratory infections and symptoms such as; cough, sneezing and fever, and health care and frontline workers.

Surgical mask should be removed from the chin upwards and remove it from the strings and be cautious not to touch the front part while taking off the mask. Then please fold it half inwards, so that droplets from mouth and nose are not exposed. Then, fold further the mask into another half, until it looks like a roll or it can also be

wrapped with its strings so that it will not unravel. Finally wrap the mask in a tissue paper or polythene bag and immediately discard it in the yellow waste bag or relevant waste bin.

3. N95 respirator – As per WHO recommendations, it's **NOT** for routine use for the general public. It's made of polypropylene material. These respirators filter out at least 95% of very small (0.3 microns) particles. These respirator masks are capable of trapping 95%, 99% and 99.9% of particles, smaller up to 0.3 microns in size. Its capable of filtering out all types of particles, including bacteria and viruses if used carefully.

It should be worn by:

- i. Healthcare and frontline workers who are attending to patients with respiratory infections and patients under investigation.
- ii. Those persons entering rooms of confirmed or suspected COVID-19 patients.
- iii. Those obtaining clinical specimens, soiled medical supplies and equipment or persons likely to come in contact with potentially contaminated environmental surfaces.

When removing the N95 respirator mask, always hold the edge of the strings/ straps attached to take of the mask. Avoid touching the inside part of the respirator. Wash hands before and after it. Put the mask in a plastic bag or zip-lock bag or in a breathable container such as a paper bag between uses. You always need to Secure the bag tightly as you await placing the plastic bag into garbage bin or in the biomedical waste disposal unit.

How to Dispose of a Used Mask

Putting in mind that masks should be handled as a medical waste therefore different germs can survive on a used mask for different durations. According to WHO, viruses when left exposed can survive between a few hours and a few days.

My personal thinking and request to the public is not to throw the used mask anywhere by roadside, in lifts, parks, workplaces, homes, open dust bins as it can pose a serious health hazard to people who come in contact with such disposed masks. Because some needy people are picking them up for re-use and hence putting their life in danger. The infected face masks have respiratory secretions on them and thus high probability dispersion and air transmission.

Please it's wise to be sensitive and always wash your hands before and after taking off the mask.

Can we Sterilize or Reuse the Mask?

Most of the face masks are disposable and are for one-time use only. In ideal situation, face masks should not be used once they are contaminated or the inner lining gets moist. On rare occasion they can be sterilized for limited reuse. If you want to reuse the mask, it should be kept dry so that it can last long.

N95 respirator – When not use it, store it in a closed plastic container and dispose of and regularly clean the storage containers. However, when reusing the N95 respirator mask there two methods of sterilization:

- ❑ Place a used mask in the dry atmosphere for 3-4 days to dry it out. The best practice is to use four N95 masks and serialize them 1-4, so that On day 1 use mask 1, then you let it dry for 3-4 days. On the second day use mask 2 and then let mask 1 to dry for 3-4 days. Same for Day 3 and Day 4.
- ❑ Hang the mask in the oven (without contacting metal) at 70 degrees C for 30 min.

Or use a wooden clip to hang the respirator in the kitchen oven. But take note that N95 masks are degraded by UV light so keep them away from UV light or sunlight. Label the straps of the mask with your name so that no one else uses it. Follow the guidelines provided by the manufacturer or use it maximum up to 5 times.

Recommendations for the extended use of N95 respirators?

In situation of limited supplies as in a pandemic situation, the user can be extended to protect health care workers from the risk of infection. The extended use refers to the practice of wearing the same N95 respirator for repeated close contact encounters with several patients, without removing the respirator between patient encounters. However, this may be implemented when multiple patients are infected with the same respiratory pathogen and patients are placed together in dedicated waiting rooms or hospital wards. WHO Studies have shown that respirators can be used within their design specifications for 8 hours of continuous or intermittent use.

If the general KIBU fraternity, take care of all these precautions we can prevent the spread of COVID-19 infection to ourselves as well as to people around and also prevent the depletion of supplies of masks during any pandemic. So kindly stay safe, and don't forget the significance of hand hygiene and the utilization of other personal protective equipment (PPE) at the time of need. #COVID free KENYA.



The Concept of Learning from Home Steadily Taking Shape

By Agnetta Shilasi

The Covid-19 pandemic has sent the world into panic with families in different parts of the world subjected to risks of various kinds. On March 20, 2020, the government ordered closure of all learning institutions and initiated e-learning to all students. However, the biggest challenge is that not all students are in position to access the internet.

Like many institutions across the country, Kibabii University suspended face-to-face learning and through the department of Open Distance and Electronic Learning started training lecturers on e-learning. According to the head of ODEL Dr Alice Nambiro, "Currently, 102 courses are loaded on the e-Learning platform. The directorate is in the process of training all lecturers to use the e-Learning platform for relaying knowledge. Currently the platform allows web conferring via BigBlueButton. The process of migrating to e-learning platform has been given impetus by the approval of the ODEL policy by the university senate".

Dr. Kennedy Simiyu, a lecturer in the Department of Journalism And Mass Communication says, online teaching provides both challenges and opportunities to knowledge dissemination. Some of the major challenges are, poor network and lack of equipment. He says that, for institutions to go digital, they need to have invested in online teaching and learning

platforms, digital libraries, and internet access. Most of students cannot afford to buy bundles to access internet whereas others cannot access power to sustain them online for learning.

Though the government has tried to ensure all students access internet learning, they have not yet managed to reach the 100% target. On a phone, interview with Joyce Wafula a finalist student perusing Education Arts [English Literature] at Kibabii University, says that she "face to face learning is highly interactive compared to e-learning, one gets a chance to ask questions and clarification are made where possible. Unlike online, there is minimal interaction with your fellow students and lecturers." Joyce stated that, most students are unable to buy bundle or rather access power.

In conclusion, the government and universities need to develop online platforms that promote active learning and broader interaction. They should have tools for interactive forums, chats, sharing materials and assessments. Lecturers and students need the technical skill to function in this new environment. This means, sustained support before, during and after delivery. The future of learning is likely to become increasingly digital. Institutions should therefore invest in e-learning as a major component of teaching and learning



“QUALITY is Our Guiding Principle”

**-Prof. Isaac Ipara Odeo
Vice Chancellor**

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