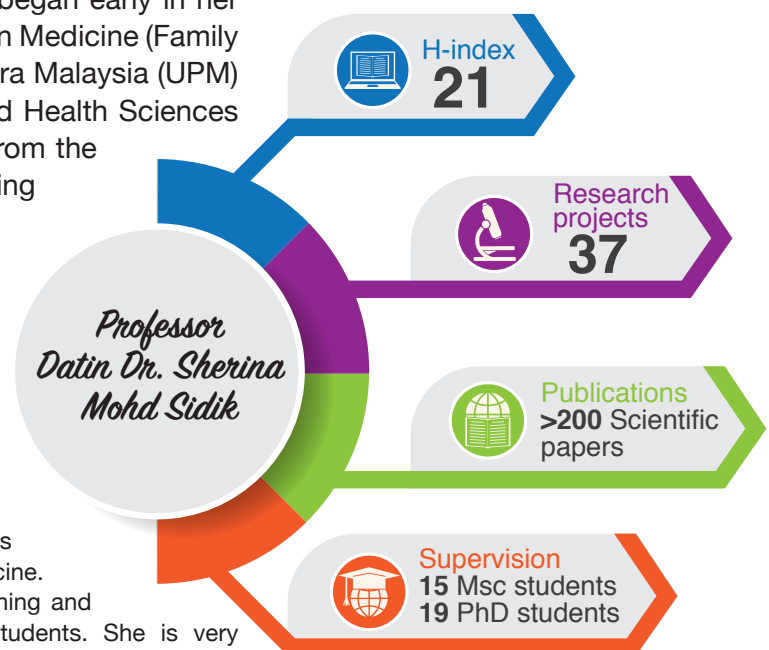




*Professor Datin Dr. Sherina Mohd Sidik*

Professor Datin Dr. Sherina Mohd Sidik has graced the field of community mental health and family medicine with her keen mind and compassionate spirit. This began early in her career, while she was pursuing her Masters in Medicine (Family Medicine) in 1996. She joined Universiti Putra Malaysia (UPM) as a lecturer at the Faculty of Medicine and Health Sciences in 2001. Her PhD is in Community Health from the University of Auckland, New Zealand. Following the completion of her doctorate, she then served as a Professor in the Department of Psychiatry, Faculty of Medicine and Health Sciences. Currently, she has been appointed as the Deputy Director of the Cancer Resource and Education Centre (CaRE).

Prof. Datin Dr. Sherina has achieved many accomplishments to be proud of in UPM. She serves as a Professor and Senior Consultant in Family Medicine. She holds many responsibilities which include teaching and supervision of undergraduate and postgraduate students. She is very committed and passionate about her career, and is very active in research, publications and collaborations with international and national agencies. She works closely with the Ministry of Health Malaysia, especially in primary care clinics and community programmes on mental health. She is also a member of the Malaysian Medical Association, and is a member of over



40 committees both at the international and national level, including the Working Party on Research Assembly World Organisation of Family Doctors (WONCA), World Organisation of Family Doctors Primary Mental Health (WWPMH), and International Primary Care Research Leadership Programme at University of Oxford, United Kingdom.

Her research interests are on the mental health and behavioural intervention in the community and primary care settings. She has led more than 20 research projects, as well as being co-researcher in many other projects. To date, she has successfully published over 200 scientific papers in indexed journals, book chapters, books, conferences proceedings, as well as teaching modules. She has reviewed over 100 research manuscripts for indexed journals. She is currently a member of the editorial board of the Medical Journal of Malaysia, previously an editor of the Malaysian Journal of Medicine and Health Sciences, as well as the guest editor for the *Malaysian Armed Forces Journal* “(Jurnal Kor Kesihatan DiRaja)”.

She has received various recognitions from international and national bodies for her research contribution, clinical work, and community services. Recently, she received the National Academic Award “Anugerah Akademik Negara” (AAN) 2019 for the Journal Article Award (Science Social Category). She was also the recipient of the UPM Research & Innovation Award “Anugerah Fellowship Naib Canselor” for the Journal Article Award Category in 2018. In 2016, she was also awarded the “Insentif Makalah Jurnal” and “Anugerah Jaringan Industri dan Komuniti Berimpak Tinggi” for her publications and counselling work among cancer patients, survivors and carers at the Cancer Resource and Education Center (CaRE). She received the Reviewer and Recognition Award by the Medical Journal of Malaysia in 2014 and research awards by the Doctoral Award & PRESS Fund, University of Auckland in 2010.

**How would you describe yourself as a researcher and what motivates you?**

I see myself as a family medicine consultant, with a special interest in mental health and behavioural medicine. In every task entrusted, I strategically plan to achieve my goals set. I am motivated to research in the field of community mental health because I believe that good health not only comes physically but also mentally. The research I do has more impact if it is used at the community level. In my work, I look into how I can help the entire community and connect them with services and proper management and care. I find it rewarding and inspiring to share the findings of my research at national and international levels, as these results can provide evidence-based medicine which improve the care and quality of life of people in the community.



**What is your most recent research project? How many projects have you successfully managed and which project did you find interesting?**

I have two recent research projects for a 2-year period from 2018-2020. Both are national research projects which are also being developed internationally. The first project which is in collaboration with the University of Auckland, New Zealand is on the “Effectiveness of a “MHealth App” on pelvic floor muscle exercises in improving compliance and continence status amongst pregnant women”. The second project is on the “Mental well-being and Quality of Life among university students in Malaysia” and is a collaboration under an MoU with the University of Tehran, Iran. The project is currently being conducted throughout Malaysia involving public and private university students.

**What part of this field do you personally find the most satisfying? What is the most challenging part?**

I really enjoy helping people. My first research experience in mental health was with the elderly population. Then, I extended my research to other populations at high risk for mental health problems. My profession directs me to help people (in different populations) manage their personal and mental well-being while improving their lives. The positive changes in their lives gives me motivation and inspiration to continue my work as well as improve myself.

Through research and intervention studies, best mental health practices and access to effective treatment can be utilised to improve the quality of care for the community.

**From your perspective, what are the problems working in this field?**

My main objective is to encourage everyone to look after their mental and physical health, without waiting to fall sick before seeing a doctor. Healthy people have problems too, which need to be addressed and managed early and effectively to promote good quality of life for everyone involved.

However, there are challenges in promoting mental well-being because



# WEARING is CARING

All individuals are required to wear face coverings indoor and outdoors of campus while practice social distancing (1m).



many people do not like to be labelled as having any emotional or mental problems. It is not easy to destigmatise mental health issues which is still largely a taboo subject matter among Asians. Although the issue of mental health has begun to rise in our country, the trend is still showing an increase in mental illness. The community still has stigma against people with mental health problems. This stigma prevents those at risk of mental health problems from seeking treatment. Healthcare providers are now beginning to address this problem about mental health by talking openly about it through social media or other mass media such as radio and television. As such, the more they are exposed to this subject matter of mental health; the more open and the more freely people can talk about it. As the saying goes, seeking help is a sign of strength. There is no shame in getting help as it is not the disease that will ostracise us. Rather, if it can be detected early, it would be easier to manage and treated without any (or just minimal) cost involved. The challenge is to know when to seek help and from whom to seek help from.



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Healthcare providers are now beginning to address this problem about mental health by talking openly about it through social media or other mass media such as radio and television. As such, the more they are exposed to this subject matter of mental health; the more open and the more freely people can talk about it

**Describe some of the toughest situations you've faced in this field.**

I do not feel that any situation is tough but take it as a challenge to be strong and persevere. I have been very fortunate to have mentors and successful people who have been kind and patient with me, as well as provided much needed supervision and guidance when I needed it.

**What kind of expectations do you have for academicians pursuing a career in this field?**

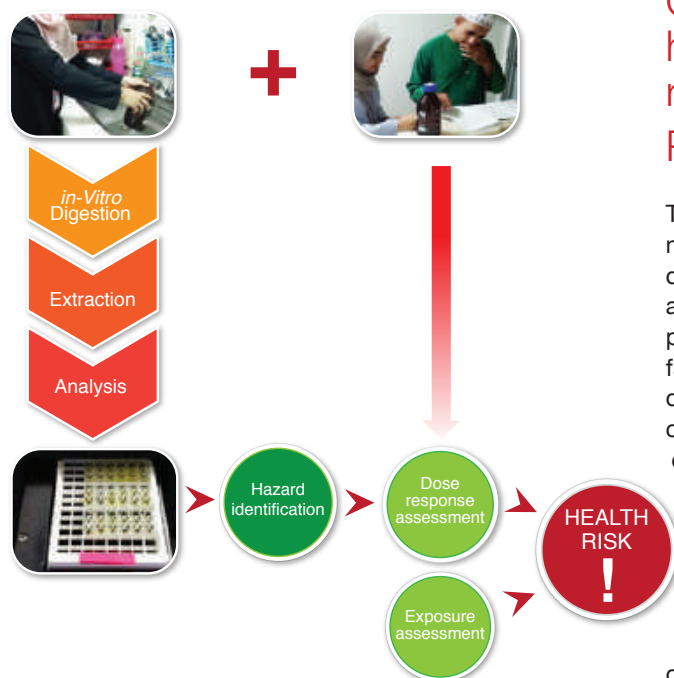
Personally, they need to have academic integrity, enthusiasm and passion in their work, writing skills, and good networking locally and internationally that will help them to sustain in any field as academic researchers.

**What do you find unique about your career field?**

I am a family medicine consultant, with a special interest in mental health and behavioural medicine. Because of this, I have conducted research and community services in various populations from elderly, adults, women, adolescents, children, patients suffering from cancer, diabetes mellitus, hypertension and multiple diseases, to school children and university students, and employees in various workplaces. I believe everyone deserves good mental health and well-being, and this is the key to achieving good quality of life and effective living. To summarise what I truly believe, this is a quote from a famous publication in *The Lancet*: "There is No Health without Mental Health".

**What personal qualities do you see as important for success in this field?**

Be grateful and kind. Have patience with yourself and others. Be passionate in your work and do it with integrity and commitment.

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**Journal:** Ecotoxicology and  
 Environmental Safety

**Volume:** 180

**Research grant:** Trans-disciplinary  
 Research Grant Scheme



## Occurrence and potential human health risk of pharmaceutical residues in drinking water from Putrajaya (Malaysia)

The presence of pharmaceutical residues in environmental matrixes is attributed to pharmacological effluent discharge, municipal wastewater effluent from households and hospitals, inappropriate disposals of expired pharmaceuticals and veterinary drugs runoff from livestock farming. The occurrence of pharmaceutical residues in drinking water has been widely reported in developed countries with steady economic growth. Yet, such an occurrence is rarely reported in developing or under-developed countries including in Asia and Malaysia.

Most of the pharmaceutical studies from developing countries were more focused on the occurrences of pharmaceutical residues in the raw drinking water supply (surface water). In developing countries, including Malaysia, highly stable pharmaceutical compounds in conventional water systems (with primary and secondary treatment processes) have not been sufficiently removed, causing drinking water supplied to the public to carry pharmaceutical residues. However, because of the limited quantification of data, associated human health risks via drinking water ingestion remain unclear, especially in developing countries.

To give more contexts on pharmaceutical residues in drinking water, this study was aimed to quantify the presence of pharmaceutical (amoxicillin, caffeine, chloramphenicol, ciprofloxacin, dexamethasone, diclofenac, nitrofurazone, sulfamethoxazole, and triclosan) residues from 80 Putrajaya residential houses. Additionally, the potential health risks associated with contaminated drinking water were investigated. This study has found the presence of pharmaceutical residue concentrations up to 0.38 ng/L, with the highest concentration of caffeine (0.38 ng/L) and the lowest concentration of diclofenac (0.14 ng/L). In comparison, all nine pharmaceutical residues were substantially lower than previously reported studies. In general, Hazard Quotient (HQ) values indicated that low potential health hazards were present for all age groups.

Although the total HQ values have been computed based on the bioavailability form of the pharmaceuticals in tap water via health risk assessment, yet there were several assumptions due to the lack of chronic toxicity data, risk assessment parameters and toxicity values taken from USEPA and various organism species in human health risk estimation. Furthermore, there is a need to consider the quantitative pharmaceutical residue exposure from other pathways such as from grain, plant, crop, fish, meat and dairy that forms as human diet. Nevertheless, the quantitative occurrence of pharmaceutical residues in drinking water will help to guide future toxicological studies to examine other chronic effects and to aid the design of a proper framework to look into the drinking water risk management and regulation in Malaysia.

## Socio-demographic factors and body image perception are associated with BMI-for-age among children living in welfare homes in Selangor, Malaysia

While obesity has become a major nutritional problem worldwide, childhood obesity is a subject matter of priority as it determines adulthood obesity and increases the risk of adult morbidity and mortality. In a society where most adults, as well as children and adolescents, are emphasising on their ideal physical outlooks and always thinking about losing weight, it is foreseeable that weight concerns and poor body image perception are common.

Considering the double burden of malnutrition in Malaysia, data on malnourished children living in welfare homes are limited. There is a shift in the malnutrition trend among children living in welfare homes from undernutrition to overnutrition within the last seven years. This study aimed to determine the body weight status of children living in welfare homes and its associated factors.

A total of 307 children aged 7–17 years old living in 15 selected welfare homes completed a standardised questionnaire, and their body weights and heights were measured by trained researchers. There were 54.4% orphans, 23.8% abandoned children, and 21.8% children from problematic families. There were 51.5% boys and 48.5% girls; 52.4% were Malays, followed by 31.3% Indians, 12.7% Chinese, and 3.6% from other ethnic groups.

About one in four of the children were facing overweight and obesity problems (23.1%), whereas about one in ten of them were thin and severely thin (8.5%). In bivariate analyses, socio-demographic factors of age, sex, ethnicity, and welfare home enrolment status, and psychological factors of self-esteem, body shape dissatisfaction, and underestimation of body weight status were significantly associated with body mass index (BMI)-for-age. In the multiple linear regression analysis, poor body image perception, being Malays or Chinese, and having been abandoned significantly explained 39.7% of the variances in higher BMI-for-age ( $F = 39.550$ ;  $p < 0.05$ ).

In short, dual forms of malnutrition existed among children living in welfare homes, whereby the prevalence of overweight and obesity was about three times higher than the prevalence of thinness and severe thinness. These findings suggest the need to have a regular assessment of body weight status among children, and preventive actions should be taken by the welfare homes' related agencies and donors. Besides the socio-demographic background, the current findings emphasised the importance of incorporating body image perception in an obesity prevention intervention program in improving the nutritional status of the children living in welfare homes.

- **Dual forms of malnutrition existed among children living in welfare homes.**
- **Overnutrition issue was more prevalent than undernutrition issue among children living in welfare homes.**
- **Besides socio-demographic background, poor body image perception was an important modifiable factor of higher BMI-for-age among children living in welfare homes in Selangor.**

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**Volume:** 11

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Impact  
factor  
**4.196**  
Quartile:  
Q1 (2018)

## Reaching Out

### Young Doctor's Day Programme for School Kids

The idea of Young Doctor's Day came about when we realised how the vast knowledge in the tertiary education system is confined within the institution yet lacking the knowledge transfer and connection with the community, specifically in school children. For the medical and health fraternity to continuously gather great minds with great passion, it has to start early. Thus, this reach out is a pivotal point to cultivate the interest of the young generation. This programme was also intended to create health care awareness among children who will become the pillars to the changes of health practices in the community.

Our first programme commenced in 2017 which was held at a UASSOC. PROF. neighbourhood primary school at Taman Sri Serdang, Sekolah Kebangsaan Sri Serdang. This school was chosen as we were trying to adopt the sense of connection with the community closest to us in campus. In subsequent years, we held our programme in our campus by inviting several schools around Serdang and Cyberjaya including SK Sri Serdang to instil the excitement and positive vibes of school children coming into university campus. We later expanded and collaborated with a community medical outreach programme during National Pathology Day at Hospital Putrajaya and Kem Kesihatan Komuniti at Kg Endah, Morib, Selangor.

We hope to continue to inspire school children in nurturing their love for medicine and health sciences by continuing to organise similar events. Hopefully, we can go to broader levels not only locally but also to the national and international level, bringing along some of these children to uplift their sense of well-being, exposing them to more fun learning experiences in medicine and health sciences.

In all of our programmes, our main activities were based on the applications of medical and health sciences. The activities that we have established include:

- U R what U
- #smokingitdoesntmakesense
- My Blood and I
- Cancer Awareness
- Handwashing Fiesta
- Our body immune system
- Why do we develop fever?
- How to measure temperature?
- Facts and myths of fever
- Doctor! Doctor!



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The activities vary but they all adopt concepts of fun learning. It ranges from games, display posters, interactive discussions, practical hands on, quizzes and many more.

#### Objectives

- To share expertise and knowledge transfer of medicine and health sciences to the community especially primary school children.
- To increase awareness of health and health care among primary school children.
- To empower the children, leading them to change the knowledge, attitude and behaviour in themselves as well as their family and surroundings.

#### Team Members:

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Assoc. Prof. Dr. Norhafizah Mohtarrudin  
Assoc. Prof. Dr. Subashini C.Thambiah  
Assoc. Prof. Dr. Intan Nureslyna Samsudin  
Assoc. Prof. Dr. Rajesh Ramasamy  
Assoc. Prof. Dr. Sharmili Vidyadaran  
Assoc. Prof. Dr. Ho Kok Lian  
Assoc. Prof. Dr. Maha Abdullah  
Assoc. Prof. Dr. Zalinah Ahmad  
Assoc. Prof. Dr. Lai Mei I  
Assoc. Prof. Dr. Sabariah Md Noor  
Assoc. Prof. Dr. Maizatun Atmadini Abdullah  
Assoc. Prof. Dr. Zainina Seman  
Dr. Razana Mohd Ali  
Dr. Huzlinda Hussin  
Dr. Ikmal Hisyam Bakrin  
Dr. Faridah Idris  
Dr. Masriana Hassan  
Dr. Hasni Mahayidin  
Dr. Siti Yazmin Zahari Sham

All support staff of Pathology Department, Faculty of Medicine and Health Sciences.

## Climate Change and Its Impact on Health in Malaysia

There is currently a strong scientific consensus that the Earth is warming and that this warming is mainly caused by human activities. This consensus is supported by various scientific studies and by the position statements of scientific organisations, many of which explicitly agree with the Intergovernmental Panel on Climate Change (IPCC) synthesis reports.

Climate change is a long-term alteration of temperature and typical weather patterns in a place. Climate change is a major aspect of global warming which is the ongoing rise of the average temperature of the Earth's climate system and has been demonstrated by direct temperature measurements and by the warming of the earth. It is believed to alter weather patterns on the regional scale, giving rise to extreme weather events. The impacts of extreme weather events are more acute and traumatic in nature, leading to deaths and injuries, as well as debilitating and fatal communicable diseases. Extreme weather events include heat waves, cold waves, floods, droughts, hurricanes, tropical cyclones, heavy rain, and snowfalls.

Climate change and air quality are closely related. Climate change can deteriorate air quality by increasing or concentrating the pollutants in the stratosphere (lower

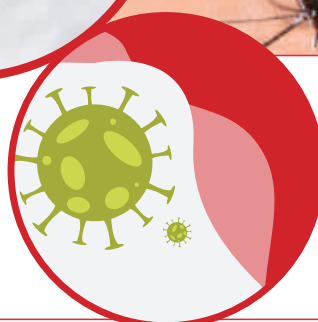
atmospheric layer). Air pollution can cause adverse impacts on human health and the ecosystem. A direct impact could be deaths due to heat stress or respiratory diseases due to air pollution, while indirect effects could include increased food and water-borne diseases, resulting from changes in the rainfall pattern).

The effect of climate change on health is an area of substantial concern in Malaysia. There are six prominent climate-sensitive diseases in Malaysia, namely, cholera, typhoid, hepatitis A, malaria, dengue and chikungunya. The resulting health impacts can be expressed as vector-borne diseases, rodent-transmitted diseases, malnutrition and respiratory diseases. Understanding the complex linkages between climate change, environmental modifications, environmental impacts, and health impacts is critical in planning for mitigation and adaptation plans. Heavy rains create insect breeding sites, drive rodents from their burrows, and contaminate clean water resources. The incidences of mosquito-borne parasitic and viral diseases are among those most sensitive to climate. Climate change affects disease transmission by shifting the vector's geographic range and by shortening the pathogen incubation period. Flooding has been associated with outbreaks of leptospirosis.

**There are six prominent climate-sensitive diseases in Malaysia, namely, cholera, typhoid, hepatitis A, malaria, dengue and chikungunya.**



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## Special Highlights

# UNIVERSITI PUTRA MALAYSIA'S Teaching Hospital

Hospital Pengajar UPM (HPUPM) is the Universiti Putra Malaysia's teaching hospital. The hospital was established to provide sub-speciality medical care to the surrounding community regardless of socioeconomic status. Our vision is to be a leading service provider in the nation in several niches of medical and surgical areas.

HPUPM is built on 38.4 hectares with a capacity of 400 beds and 17 wards. It includes public amenities such as 2000 car parks; patients comfort facilities such as ill patients waiting room, multi-faith outlet rooms, discharged patients' lawns, prisoner holding, 9 retail outlets, cafeteria and playground for client and family convenience.

HPUPM also serves as a teaching hospital for the Faculty of Medicine and Health Sciences. We are dedicated to train future health care professionals, and shape their skills through medical research, sophisticated diagnostic and treatment services.

HPUPM provides various outpatient services such as stroke emergency services (RESQ), Sports Injury And Arthroscopic Surgery Centre of Excellence (SIASCOE), Obstetrics-Gynaecology information centre, early pregnancy assessment unit and daycare, Family Medicine Clinic, Specialist Clinics, Medical Day Care, Surgical Daycare including endoscopic services, IVF Centre, Imaging and Nuclear Facilities as well as pathology and microbiology laboratory services.

With the collaboration of HPUPM and Ministry of Health, Malaysia, a national centre for stroke networks is formed for a rapid and focused treatment

for stroke. The establishment of RESQ is a bold vision to provide the country with cutting edge, efficient and timely stroke services. These promising neurologic interventions are still currently lacking and have huge potential and benefits to healthcare in Malaysia. The operation has begun in March 2020 with strong support from the Ministry of Higher Education Malaysia (MOHE) and is pioneered to cater for South Klang Valley of nearly 2 million people. This ambitious pilot project is expected to expand nationwide, complementing the country's other existing subspecialty services. In this regard, HPUPM is accommodated with a dedicated six





intensive care unit (ICU) beds, eight acute stroke unit beds, and one neurology ward that serve stroke therapies and rehabilitation.

Besides all those subspecialties, HPUPM also offers other subspecialties in clinical services such as

- Zoonotic Disease Research
- Haemato – Oncology
- Geriatric Care
- Prostate Care
- Immunology and Dermatology

HPUPM is committed to assist the poor and needy patients. The welfare programmes ensure that patients have access to the best treatment and facilities in HPUPM. HPUPM provides financial support to patients who face difficulties obtaining medical treatment via collaborations with various welfare agencies such as WAZAN UPM, Zakat Organization, Buddhist Organization, McDonald's, Air Asia and many more. Besides, HPUPM provides special privileges to UPM staff, government servants, and pensioners by offering them a special lane for obtaining medical treatments.

Malaysia is globally recognised as one of the top destinations for medical tourism. As a hidden jewel in the medical tourism sector, HPUPM does not want to miss this opportunity to be part of the world's healthcare marvel. HPUPM welcomes patients from other countries with exclusive international lounge and wards for them to get the best medical treatment.

HPUPM aims to be the centre of choice in training and research, providing a platform which serves as a unique facility focusing on high-quality approaches of training and supervision. HPUPM provides a strong platform for research for various healthcare professionals. HPUPM strives to be at the forefront of medicine by fostering a culture of collaboration, pushing the boundaries of medical research from bench to bedside. HPUPM is committed to train the next generation of leaders and innovators in medical science and to maintain unwavering support to a diverse community.

We were created to serve

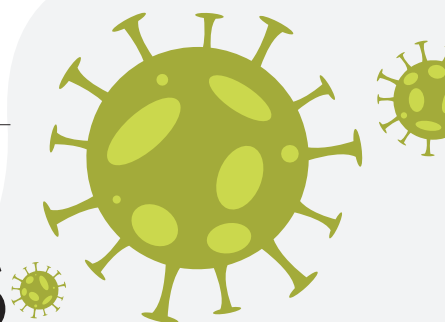
**“PROVIDING EXTRAORDINARY CARE TOGETHER”.**



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Prepared by:  
**Dr. Wan Zul Haikal Wan Zukiman**

# Coronavirus



**Coronaviruses** (CoV) are a large family of viruses and are broadly distributed in human and other mammals such as cat, dog, bovine, pig, rodent, bat as well as birds and chicken. The virus causes respiratory disease in human and mammals. In some mammals, it causes gastrointestinal diseases as well. Currently, there are 7 types of human coronaviruses namely HCoV-229E, HCoV-OC43, HCoV-NL63, HCoV-HKU1, SARS-CoV, MERS-CoV and SARS-CoV-2. The first three cause mild respiratory diseases and are the most common coronavirus causing respiratory disease in human. The last four coronaviruses can cause more severe respiratory diseases.

Human coronavirus was first discovered in the mid-1960s and in 2003, a severe form of respiratory disease was observed and was finally identified to be caused by a new coronavirus, SARS-CoV. The discovery of SARS-CoV marked the animal to human transmission of coronavirus. Since then, additional four human coronaviruses were found: HCoV-NL63, HCoV-HKU1, MERS-CoV and SARS-CoV-2.

Coronavirus is an enveloped RNA virus with a genome length of between 26-30 kb. The virus can be classified into four main sub-groupings based on their genotypic and serological characters namely alpha, beta, gamma and delta coronavirus. HCoV-229E and HCoV-NL63 belong to alpha coronavirus, while the other five human coronaviruses belong to beta coronavirus.

Virions of coronavirus are roughly spherical and exhibit moderate pleomorphic (having variation in size and shape). Coronavirus has a structure of spikes on its surface which resembles crown (crown in Latin is "corona"), therefore the virus was named as coronavirus. The virus has four structural proteins, envelope (E), membrane (M), spike (S) and nucleocapsid (N). The spike protein is responsible for the virus binding onto the host cell via a receptor molecule.



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In the end of 2019, Wuhan, China reported a cluster of virus pneumonia cases and the clinical presentations were different from other known viruses. The researchers isolated the pathogen using human airway epithelial cells from patient clinical samples and identified the virus as coronavirus using transmission electron microscopy. Following that, the genome of the virus was sequenced and was shared publicly. Using the available genome sequences, researchers from various countries started to design SARS-CoV-2 detection kits for diagnosis.

The SARS-CoV-2 genome sequence showed sequence diversity from other known coronaviruses. Based on the size and genome organisation, the virus belongs to the beta coronavirus with about 88%, 78% and 50% sequence similarity with bat coronavirus, SARS and MERS, respectively. Therefore, it was considered as a new virus and was named as SARS-CoV-2, the causative agent for SARS-CoV-2 which stands for the 2019 Coronavirus Disease. Based on phylogenetic analyses, it was believed that the origin of the SARS-CoV-2 was from a bat and that bat infected an intermediate host which has yet to be identified. Humans then interacted frequently with the intermediate host and caused a cross-species transmission.

In the midst of fighting and finding antiviral for the new virus, researchers used bioinformatics approaches to identify the possible receptor for SARS-CoV-2 based on the genome sequences by comparing with SARS-CoV-2 and MERS-CoV sequences. They found that SARS-CoV-2 may use the angiotensin-converting enzyme 2 (ACE2) as the receptor due to the sequence and structure similarities of the spike protein with those in SARS-CoV-2.

Using the information available and the isolated SARS-CoV-2, researchers from various countries started to work around the clock to search for an antiviral and a vaccine. There are antivirals under clinical trials and some hospitals have used Remdesivir, an analogue for the RNA-dependent RNA Polymerase (RdRp) for Ebola virus and a combination of anti-HIV drugs, Lopinavir/Ritonavir, protease inhibitors to treat critically ill patients. The results were encouraging. Following the success of the repurposing the above drugs, now Favipiravir, an RdRp inhibitor and Umifenovir, an anti-influenza drug are amongst those under clinical trials with promising preliminary results. Besides searching and testing for antivirals, vaccines are also under development. There is no doubt that developing a vaccine is the solution to prevent the infection.

Through dedicated, active and extensive collaborations among researchers and doctors around the globe, we are confident that we will contain the virus and stop the disease in the very near future.

### UPM Emergency Response Team (ERT-UPM COVID-19) Handles Management of the COVID-19 Pandemic

Prepared by: Prof. Dr. Azmawani Abd Rahman

SERDANG - Since the start of the Movement Control Order on 18 March 2020 across the country to prevent the COVID-19 outbreak from spreading, the Emergency Response Team at Universiti Putra Malaysia (UPM) (ERT-UPM COVID-19) has played a crucial role in ensuring UPM's continuity of services and preparedness in handling the issue quickly and effectively. The team is led by the Incident Commander, UPM Vice-Chancellor, Prof. Datin Paduka Setia Dato' Dr. Aini Ideris.

In UPM, all activities and issues related to COVID-19 are coordinated in the UPM COVID-19 Operations Room located at the OSH Hall, Occupational Safety and Health Management Office (PPKKP), UPM. The activities in the operations room are led by the Director of Occupational Safety and Health Management Office, Assoc. Prof. Dr. Mohd Rafee Baharudin. All coordination of information, issues, and problems arising from all UPM entities are implemented quickly and effectively in this COVID-19 Operations Room.

This operations room monitors and updates main activities to curb the spread of the COVID-19 outbreak. Information regarding the level of risk within UPM community members is identified and analysed daily. Those at high risk including the ones at Bintulu Campus are contacted immediately for further information. A control measure plan has also been developed to ensure directives issued to UPM community members are clear and informative. Besides that, the operation rooms also manage data related to the number of students residing at colleges, the number going in and out of campus grounds, number of staff and students related to COVID-19 cases, free food distribution schedule for the students and contribution list.



### Orang Asli Student Community Outreach Programme

Prepared by: Noor Eszereen Juferi

PULAU CAREY, Jan 29 - About 100 Year 1 to 6 students and 50 Orang Asli families of the Mah Meri ethnic group participated in the Kiddie Foodie & Waste Champ community outreach programme for Orang Asli students at the Sekolah Kebangsaan Sungai Bumbun (A) here.

The programme, which started in late 2019, aims to improve understanding of nutrition and recycling among the Orang Asli community.

Head of the programme, Dr. Mohd Salahuddin Mohd Basri, said the students were exposed to the method of implementation in the learning of Science and Mathematics, as well as stimulating innovation of the children and community in using food ingredients in cooking.

"It is my hope that the Orang Asli students will take the opportunity to gain experience and knowledge in this programme for future use," he said.

He said the programme also brought the campus and the community closer which allows UPM to continue serving and contributing to the community.

Also present at the programme were member of the Dewan Negara, Senator of the Orang Asli community, Dato 'Isa Ab. Hamid and UPM Deputy Vice-Chancellor (Student Affairs & Alumni), Prof. Dr. Mohd Roslan Sulaiman.

The programme is co-organised by the Faculty of Engineering and the Faculty of Human Ecology of UPM in collaboration with Nestle Products Sdn. Bhd., Restaurant Ali Maju Sdn. Bhd. and Elite Gears Enterprise. – UPM

## UPM wins two National Occupational Safety and Health Awards

Prepared by: Noor Eszereen Juferi

SERI KEMBANGAN, Feb 28 - Universiti Putra Malaysia (UPM) won two awards at the recent National Occupational Safety and Health Award 2019 ceremony. The awards were for two categories, namely Recognition of the Organisation (Institute of Higher Learning) and Recognition of Individual (Chief Executive Officer Award (CEO of the Year) Public Sector).

The award for Recognition of the Organisation (Institute of Higher Learning) category was received by the Director of the Occupational Safety and Health Management Office, UPM, Assoc. Prof. Dr. Mohd Rafee Baharudin, while the award for Recognition of Individual (Chief Executive Officer Award (CEO of the Year) for the Public Sector) was awarded to UPM Vice-Chancellor, Prof. Datin Paduka Setia Dato' Dr. Aini Ideris. These awards were presented by the Ministry of Human Resources Secretary-General, Dato' Amir Omar, here.



The National Occupational Safety and Health Award is an annual event organised by the National Council for Occupational Safety and Health (NCOSH), giving national recognition to leaders, Chief Executive Officers, journalists and organisations from various industry sectors that demonstrate a brilliant record of excellence in managing occupational safety and health at the workplace.

These prestigious awards are a form of recognition for individuals and organisations by the government for their exceptional feats in having a safe and healthy workplace culture. - UPM

## Concerned about COVID-19 issues, YOSH UPM takes initiative to distribute 'Smile Pack'

Prepared by: Nurul Athira Mohd Affandi

SERDANG, March 20 – More than 1,600 Universiti Putra Malaysia (UPM) students from UPM Serdang Campus and UPM Bintulu Campus have been forced to stay at their Residential Colleges following the Movement Control Order effective from March 8 to 31.

Chapter Alumni YOSH UPM, together with MyFundAction and Food For Hunger Organisation - F4H, came forward to help ease the burden of students and frontline staff at UPM by distributing 200 packs of ready-to-eat food, 'Smile Pack'.



'Smile Pack' is a set meal consisting of white basmati rice, beef curry pack and chicken curry pack.

The innovative ready-to-eat food pack could last up to two years without the use of preservatives. It uses a German packaging technology, a retort sterilisation process to eliminate bacteria. Deputy YDP of UPM Student Representative Council (MPP), and Head of COVID-19 Taskforce, Mohd Khairul Amirin, said the number of students who had to stay at residential colleges in UPM Serdang was 1,175, involving 10 colleges and UPM Guest House.

"The Student Affairs Division (BHEP), UPM and the MPP representatives are constantly striving to ensure the welfare of students at colleges is good and safe.

"This form of ready-to-eat food aid is welcomed to help staff and students to obtain food which is guaranteed clean," he said.

President of Chapter Alumni YOSH UPM, Muhammad Azri, said Chapter YOSH took the responsibility by playing their role in helping students. "We collaborate with MyFundAction and Food For Hunger to provide 100 'Smile Pack' supplies to students, consisting of white basmati rice, chicken curry and 100 packs of beef from Qurban Care For Ummah (QC4U)," he said.

He said Chapter YOSH welcomes more alumni to collaborate to ease the burden of students and staff at UPM.

Assistant Fellow of UPM Pendeta Za'ba College, Muhammad Faiz Wahid, said the help of 'Smile Pack' was very much needed to ensure that students could dine at any time and remain at their residential colleges.

## Book Highlights

### MANAGING PATIENTS ON CHEMOTHERAPY

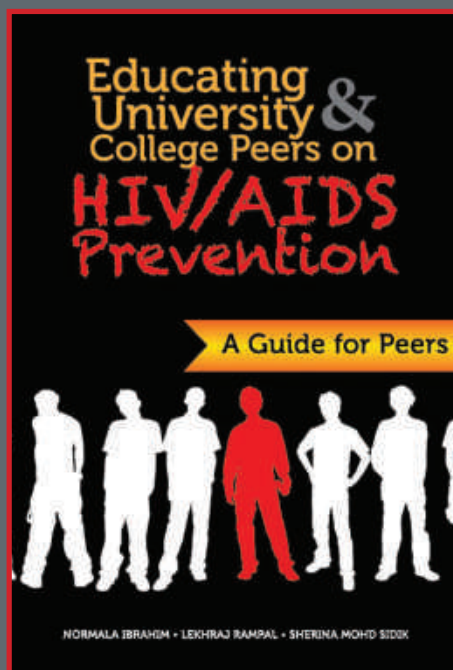
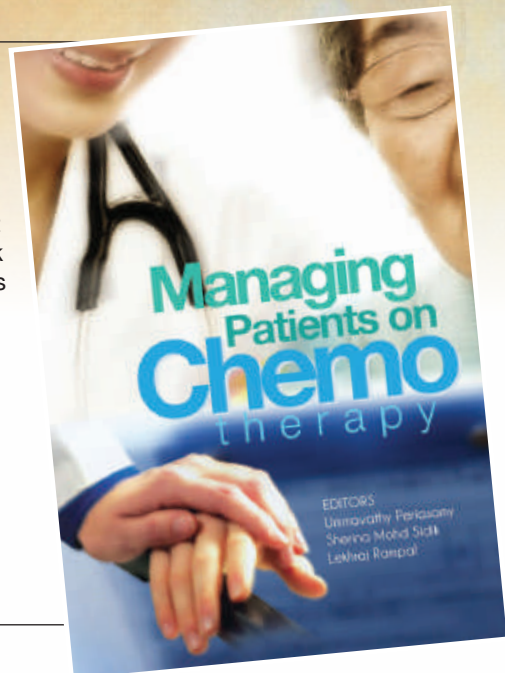
The aim of this module is to guide pharmacists in counselling patients who undergo chemotherapy treatment cycles. Currently, this is not a common practice among pharmacists as they do not have specific guidelines to refer to, and therefore rely on their own reading, judgement and experience in addressing patients' enquiries and needs. This book aims to provide quality care to patients on chemotherapy. This book is especially dedicated to oncology patients undergoing chemotherapy.

**Authors:**

- Ummavathy Periasamy
- Sherina Mohd Sidik
- Lekhraj Rampal

**Price:** RM24.00

**Order and enquiries:** UPM Press



### EDUCATING UNIVERSITY & COLLEGE PEERS ON HIV/AIDS PREVENTION

Young people have been described as the centre of global HIV/AIDS pandemic and considered as population at risk of contracting HIV/AIDS. Their risk is predominantly associated with the two main modes of HIC transmission, namely, unprotected sexual intercourse and via injecting drug use (IDU). Their susceptibility to HIV infection is also contributed by their ignorant attitude, sense of invulnerability and lack of adequate information on HIV/AIDS. This book is developed for assisting the youth to deliver knowledge, instill skills to their peers in order to prevent them from HIV infection. The book gives more emphasis on skills required by youth such as wise decision making and assertive behavior skills in order to deal more adaptively and effectively in situations where they are exposed to risky behaviours that lead to HIV/AIDS transmission. The development of this book is timely. It should offer young people strategies to combat their susceptibility to HIV infection.

**Authors:**

- Normala Ibrahim
- Lekhraj Rampal
- Sherina Mohd Sidik

**Price:** RM25.00

**Order and enquiries:** UPM Press

*"Health is a state of complete physical, mental and social wellbeing  
and not merely the absence of disease"*

World Health Organization (WHO)

# Synthesis

EXPLORING RESEARCH  
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