

ROSS UNIVERSITY SCHOOL OF VETERINARY MEDICINE (RUSVM)

ONE HEALTH DAY 2018 STUDENTS COMPETITION

One Health Week and the final event of One Health Community Fair comprised students from 3 medical schools (UMHS, Windsor, RUSM), 1 nursing college (CFBC), 1 veterinary school (RUSVM) and the St Kitts branch of Alliance Française - a worldwide non-profit, apolitical and non-religious network devoted to promoting the French language and culture, deeply engrained in St Kitts and across much of the Caribbean. Although led by our students, we cannot forget the immense support we have received from our faculty, our colleagues, local government and vendors who are in allegiance with the promotion of health and wellbeing throughout our island. A full list of participants is included in (Appendix I, Full list of participants). Photographs captured the variety of events and participants involved and can be found in Appendix III.

TEAM LEADERS:

Ecology/environmental student: **Nicole Atherley** NicoleAtherley@students.rossu.edu, PhD student, investigating The biology, ecology and diseases of the Caribbean spiny lobster (sponsored by RUSVM and The Caribaea Initiative)

Human medical students: **Kerthy Gunathevan** , ksugunathevan@umhs-sk.net Medical Student, UMHS, St Kitts. **Narissa Narry** narissanarryamo521@gmail.com Medical Student, Windsor Medical School, St Kitts Isorelle1@gmail.com sefaktor.mote13@gmail.com htetmonster@gmail.com **Isabel Tranvn** isabeltranvn@gmail.com Medical Student, RUSM **Iona Halliday Simmonds** IHalliday-Simmonds@rossvet.edu.kn PhD student of Business Administration Healthcare Management and Leadership at Department of Business at California Intercontinental University (CIU), California.

Veterinary medical students: **Kaitlyn Scholl**, KaitlynScholl@students.rossu.edu RUSVM DVM student, **Ysabel Wright** ysabelwright@students.rossu.edu RUSVM DVM, MSc student

Non-medical related student: **Ruth Braganza**, braganzaruth@gmail.com French languages level A2 student, Alliance Francaise, St Kitts

The Team has submitted proof of 'students in good standing' letters for each team member on their respective University's letterhead from a faculty member or Department Head. **Appendix II**

The Team has included its designated point of contact information to whom any award check will be written and how the award money will be shared by the group. **RESPONSE:** Point of Contact Ruth Braganza email braganzaruth@gmail.com telephone 1-732-898-0120. Any award check should be made out to the RUSVM Charitable arm, [One Health Research Foundation \(OHRF\)](#), The OHRF has been established as a charitable organization devoted to research and training with an emphasis on the Caribbean region. Prize money would be used to support further collaborative one health awareness and promotion events within the St Kitts community.

ONE HEALTH WEEK 2018 EVENT REPORT:

Being located on a small island doesn't stop Ross University School of Veterinary Medicine when it comes to driving the One Health movement forward in big way! For the third year running, the vet school located on the 68 square mile Caribbean island of St Kitts, has devoted a week-long series of workshops, lectures and special events focusing on promoting the **One Health concept**. And each year the event just gets bigger and better, as we fulfill our objectives to spread the One Health message across the veterinary school campus, to partner with our sister medical schools and to engage and positively impact the lives of our wider community!

One Health Week kicked off on Monday 29th October with a faculty-led round-table discussion, asking the pertinent question, **What is One Health**, resulting in some diverse and interesting discussions from vets, medics, environmentalists, planners and our diverse community. Ross students took over on Tuesday, Research Day, occupying the Student Union with **40 student posters** on display. The array of information represented the variety of research projects which students are engaged in, all falling under the One Health umbrella and broadly categorized within our Research Centers; One Health Center for Zoonoses and Tropical Veterinary Medicine, the Center for Integrative Mammalian Research; Center for Conservation Medicine and Ecosystem Health, and the Center for Research and Innovation in Veterinary Medical Education. But the pinnacle of Research Day was undoubtedly the **3 Minute Thesis Competition** – an international competition, established by the University of Queensland in 2008, with RUSVM representing the Caribbean region for the first time in the competitions history! Ten students chose to take to the stage and give passionate performances about their research to the 100 strong audience – in just 3 minutes and with one static slide their only prop! Dean Callanan then led an informative and engaging panel discussion on the various **Paths into Research**, closing **RUSVMs 5th Research Day** with awards for the top posters and 3MT presentations as determined by a panel of 6 judges and a vote for the People's Choice.

Wednesday morning, we started bright and early as our local historian and flora and fauna expert, Leonard Stapleton guided our island visitors through the scrub and grasslands to the sacred Carib grounds known as Bloody River. On Thursday night, RUSVM hosted the **7th One Health Symposium**, entitled, **One Health is Going Viral!** - with over 70 people attending and others joining remotely via the live link to hear the keynote address from the 'virus hunter' himself, **Dr Albert Osterhaus**.

The culmination of One Health Week was the celebration of International One Health Day, Saturday 3rd November, set in a bustling Basseterre, the heart of St Kitts, marking another first for our schools and our island! Recognizing that only by uniting our strengths can we meet our objectives in bringing One Health to our wider community and seek to address today's critical global health challenges, over 60 students, representing 12 different organizations, participated in our first **International One Health Day Community Fair**.

Medical students quickly set up their consultation tents and tables, to take patient histories, blood sugar and blood pressure readings; they targeted the high prevalence of diabetes-related complications found within the population of St Kitts by conducting foot and eye examinations and informing of the community services available through the Ministry of Health. Over 100 patients were assessed on the day, a remarkable feat by our medical students and a commendable service to our community. Windsor

Medical school students also demonstrated critical lifesaving CPR techniques. Healthy, vegan treats were in store for those visiting the Ital Creations stand, in a range of compostable and environmentally friendly packaging, also promoted by the St Kitts Department of Environment. RUSVM Lab Services were on hand to explain the importance of simple practices such as handwashing in disease prevention and reduction of parasite transmission. SAVMA Wellness brought us techniques of mindfulness and relaxation through family friendly activities such as coloring, crafting and making stress balls. Alliance Francaise promoted the variety of cultural activities that enrich our small island, ranging from language classes, French food and wine tasting events, as well as music from local and regional artists. SAFE St Kitts promoted the benefits of having companion animals, where rescued and abandoned puppies relished the attention they received by the numerous visitors to their pen.

To reinforce the One Health concept in our community, prizes of One Health recyclable bags, local artwork, and gift vouchers for local retailers were up for grabs for visitors who posted entries of 'What is One Health', in just 10 words or less, and those who participated in video shorts giving brief explanations of 'what One Health means to me'. Please review Appendix III for photos of all events and community responses to What One Health means to me.

The Team's promotional plan:

As well as listing the events on the [One Health Commission](#) site, our schools used internal, web-based and social media links, (homepages, tweets and facebook) to promote the week's One Health events. We sought permission from the government to hold the Community Fair in the center of town, where banners, balloons and giveaways drew in the Saturday shoppers and tourists from the cruise ships.

<https://www.adtalem.com/newsroom/articles/RUSVM-Going-Viral-with-One-Health.html>

<https://veterinary.rossu.edu/news/Going-Viral-with-One-Health.html>

The Team's metrics for measuring success and results/data for those measures:

Ross University School of Medicine (RUSM) conducted health assessments on **over 60 community** members.

Windsor Medical Schools Students for Health saw a constant stream of patients, **exceeding 25 patients**.

University of Medical and Health Sciences (UMHS) saw in excess of **25 patients**.

Ross University School of Veterinary Medicine (RUSVM) student clubs attracted **over 40 visits** interested in maintaining wellness, surgical skills, and adopting or fostering companion animals

Clarence Fitzroy Nursing College (CFBC) saw at least **5 people** for foot care examinations

Alliance Francaise sold at least **five tickets** to performances and made contact with **over 20 people** interested in language classes and cultural events

Photographers were on hand to capture video shorts and photos throughout the day. (Appendix III)

Innovation of Event Concept: At a recent CARPHA conference hosted here in St Kitts earlier this year, Dr Hospedales made mention that an alliance of the Caribbean human and animal medical schools is much

needed. This inspired us to start within our small island, and work with our sister medical and nursing colleagues, with One Health Day Community Fair being the ideal launch pad for this collaboration.

Relevance of the Event to the targeted audience: St Kitts is affectionately known as Sugar City, hailing back to the late 1990's when the island was still a major producer of sugar cane. Those days are gone, but the love for sugar continues and is evident in the increasing trend of diabetes, accounting for 15% of the population and 59% of the population classified as obese ([WHO, 2016](#)). Too often in the Caribbean the disease prevention focus is on reduction of transmissible, or mosquito borne diseases such as zika,, chikungunya and dengue. By liaising with our human health experts, One Health day was able to raise awareness of our risks of non-communicable diseases, often brought about by poor lifestyle choices. By taking health assessments, promoting all aspects of wellness and the importance of good nutrition we believe we have had a positive impact on our community. The Community event sought to appeal to all ages, with games and activities for young and old alike. What is One Health really made the community think about this concept which many had never heard of before - and they were able to consolidate the activities going on around them to formulate a response, as well as enjoying the participation in this event and the possibility of winning a prize!

Event Summary:

Advertising and Participation: Given that we did not have funds available to pay for local media airtime or advertising, we were extremely satisfied by the high turnout of both students and community members on the day, especially given the rain on the day! This was the first time our schools collaborated like this to benefit our community it was a great success, and all participants have given feedback that they would be willing to do this again! Comments include, 'I like the concept of integrating the different sectors in our one health. The location was ideal. The turnout was good. We saw 60 persons in our section and did complete screening. The comments from the clients were positive'. *Dr Allison Burnett, RUSM.*

'I believe it was a great opportunity for our schools to give back to the community with high level of participation' *Dr Guri Tzivion, Windsor Medical School*

Barriers/hurdles? We were unable to connect to the electricity on site – this meant that we couldn't power the microscopes show parasites under high magnification. Also laptops with educational videos were unable to be played to the audience. The rain didn't deter us as we had tents to shelter under, but it did slow down our set up, with patients arriving and with no chairs for them to sit on. Undeterred, our medical students bravely took to kneeling in the ground to take blood pressure assessments!

How did you overcome the hurdles? Living in the Caribbean, we are accustomed to losing power and we always make do with what we have. It's also a good reminder of how resourceful we can be without electricity.

What would you do differently next time, and why?

VET SCHOOL FEEDBACK 'I think the veterinary aspect was lacking in comparison to the numbers of medics. In the future we could advertise to the community for pet owners to bring their pets and have a booth where vet students could do a physical exam on the animals. A representative from the Clinic could be there with the spay/neuter list and aim to educate the community on the benefits of neutering animals' 'Ehrlichia is so common on St. Kitts, it would be helpful to have students talk to the community

about tick control' 'The medical students arrived in scrubs and I think the veterinary students should arrive with a more professional attire, even if that means white coats over street clothes'. This feedback is quite insightful! Even though this event was initiated by the vet school, we felt outshone by the medics. It definitely shows us that we need to think outside of the box at ways in which we can engage with our community as animal owners, many Kittitians are small livestock farmers as well as having domestic pets and there is much opportunity for outreach here.

HUMAN MEDICAL STUDENTS FEEDBACK: There was some overlap with the various medical schools. Next time, perhaps one medical school could focus on respiratory health and how smoking affects the lungs, one could focus on nutrition and have the CFBC hospitality group demonstrate using locally grown produce to make healthy meals. This is a great idea, and takes our attempt at covering all aspects of health to a more integrated level.

OVERALL SUMMARY: One Health week was a success due to the large group of committed individuals, across various organizations, who believe in the One Health concept; who realized that we are greater with our combined knowledge, when we work together, and how we need to address health with a holistic and multifaceted approach. We believe that our celebration of International One Health Day has directly demonstrated the importance of these values, highlighting all aspects of wellness, such as nutrition, disease prevention, detection of communicable and non-communicable diseases prevalent in our society. The day reinforced for many the value of the human-animal bond, as well as the importance of a clean environment and good health in order to be the best that we can be, and, in turn, for the generations who come after us to thrive and enjoy.

Submitted to the OHC 30th November 30, 2018

on behalf of RUSVM, RUSM, UMHS, Windsor , CFBC and Alliance Francaise students