

# PROFESSIONAL

BULLETIN

For members only

75 February – March 2021

#### **BIM Events**

BIM Online Talk: THE ROLE OF MALAYSIA BIOECONOMY CORP IN SUPPORTING THE SMEs IN CURRENT ECONOMIC SCENARIO 13th January 2021 @ 9.30 am





#### **BIM Youth Sustainability Leadership Webinar**

3rd March 2021

**Platform: Zoom Online** 

## YOUTH SUSTAINABILITY LEADERSHIP **WEBINAR**



**BIM Youth** Webinar Registration



3rd MARCH 2021 WEDNESDAY | 09:00 AM

ZOOM ONLINE PLATFORM



OPENING REMARKS

AR. ABU ZARIM ABU BAKAR Balai Iktisas Malaysia (BIM)



KEYNOTE SPEAKER

MDM. ELINA JANI Director Business Development
Malaysian Green Technology &
Climate Change Centre



**MODERATOR** 

DR. ROSAZLIN ABDULLAH Youth Exco Committee Balai Iktisas Malaysia (BIM) BIM Youth Webinar gathers young people from different universities and professional sectors to discuss the role of the youth and attracts the active involvement in the implementation of Sustainable Development Goals (SDGs) in Malaysia.





NG JIA SHIN President Science in Environmental Management Club (SPAS) UM



TAN CHEE YANG Former President
UM Medical Society



MUHAMMAD HAFIZ AIMAN BIN MOHD KHAIRUDDIN Vice President
Student Association
Faculty of Agriculture
(PERMATANI) UPM



EIEZAZ WILFRED President Civil Engineering Society (PEKA) UTM



HARIVALAGAN SIVA KUMAR Student Association Society of Faculty Science and Technology (PMFST) UKM



NABILAH MD. KHALID Final Year Student Bachelor of Economics School of Social Science

Open for Public

No Registration Fee E- certificate provided | For Enquiries - mybim2020@gmail.com

































#### BIM Youth Sustainability Leadership Webinar 3<sup>rd</sup> March 2021 Platform: Zoom Online



The BIM Youth Sustainability Leadership Webinar was successfully convened on 3<sup>rd</sup> March 2021, 10.00 am via online Zoom platform.

BIM Youth Webinars gathers young people from different universities and professional sectors to discuss the role of the Youth and attracts active involvements in the implementation of Sustainable Development Goals (SDG) in Malaysia.

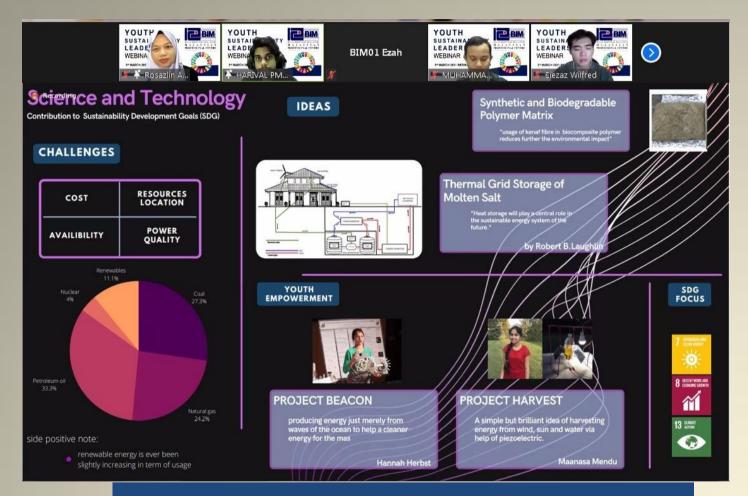


BIM Youth Sustainability Leadership Webinar 3<sup>rd</sup> March 2021 Platform: Zoom Online





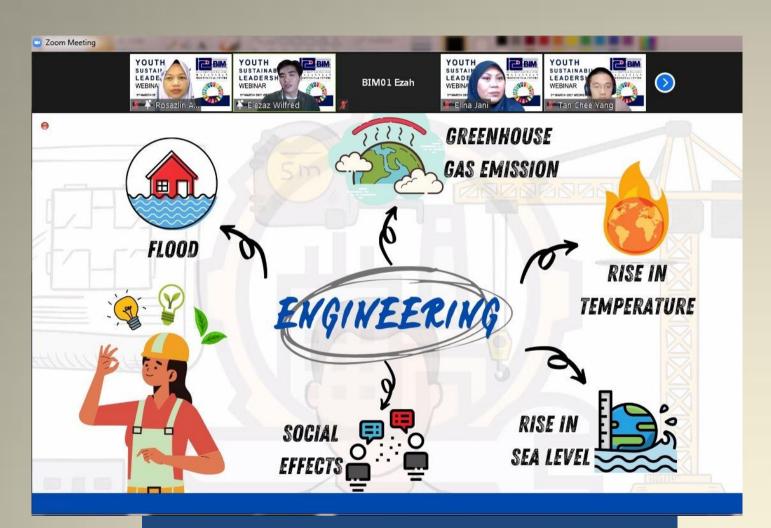
#### BIM Youth Sustainability Leadership Webinar 3<sup>rd</sup> March 2021 Platform: Zoom Online



# **SCIENCE & TECHNOLOGY**



BIM Youth Sustainability Leadership Webinar 3<sup>rd</sup> March 2021 Platform: Zoom Online

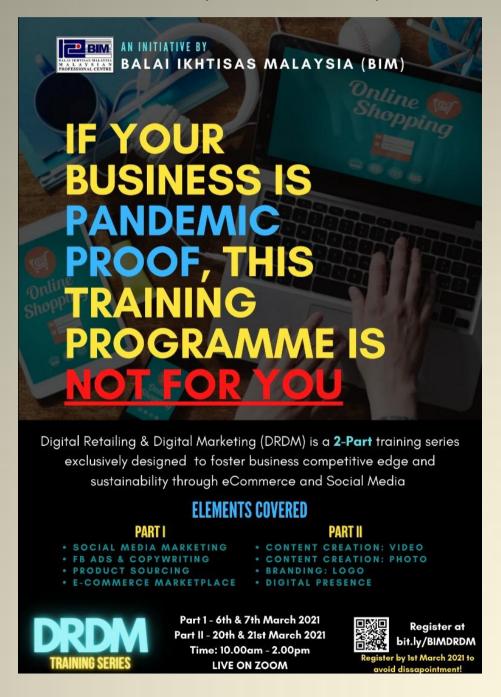


# **ENGINEERING**



#### **DIGITAL TRAINING & DIGITAL MARKETING (DRDM) TRAINING SERIES**

PART 1 (6<sup>th</sup> & 7<sup>th</sup> March 2021) PART 2 (20<sup>th</sup> & 21<sup>st</sup> March 2021)



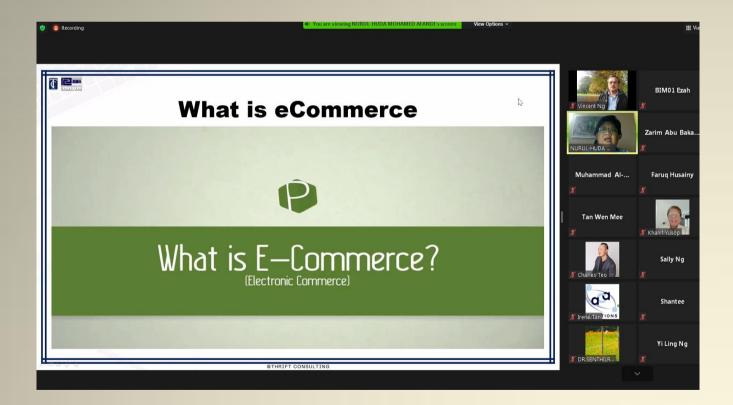


#### **DIGITAL TRAINING & DIGITAL MARKETING (DRDM) TRAINING SERIES**

PART 1 (6<sup>th</sup> & 7<sup>th</sup> March 2021) PART 2 (20<sup>th</sup> & 21<sup>st</sup> March 2021)

As a reward to Member Institutions, Balai Ikhtisas Malaysia was brought an initiative programme called DRDM (Digital Retailing & Digital Marketing) Training Programme which was an online training exposing BIM members to the wonders of Social Media Marketing.

DRDM is a Two (2) Part Training series exclusively designed to foster business competitive edge and sustainability through e-Commerce and Social Media.





# $50^{\text{TH}}$ MSSS GOLDEN JUBILEE | NATIONAL WEBINAR: ROLES OF BIOFERTILIZER IN SUSTAINABLE AGRICULTURE

16 March 2021 @ 10.00 am



#### 50TH MSSS GOLDEN JUBILEE NATIONAL WEBINAR

### Roles of Biofertilizer in Sustainable Agriculture

"Biofertilizer Benefits on Soil and Crop Production"



Assoc. Prof. Dr. Amir Hamzah Ahmad Ghazali School of Biological Sciences Universiti Sains Malaysia (USM)

"Biofertilizer Technology in MARDI"



Mrs. Nor Fadilah Abd Halim Deputy Director of Fertilizer Technology Programme Soil Science, Water, and Fertilizer Research Centre (MARDI)

"Alleviation of Biostress, Enhance Crop Production"



Dr. Md Hoirul Azri Ponari Kulliyah of Science International Islamic University Malaysia (IIUM)

"Biofertilizer Utilization among Modern Farmers"



Mr. Muhamad Nazri Lokman General Manager Edaran NM Teguh Trading

Moderator



Dr. John Keen Chubo Faculty of Agricultural Science and Forestry Universiti Putra Malaysia (UPMKB)

### Open and free for all! Come and join us, e-certificate will be emailed to all participants



-Scan IVIE

Date : 16<sup>th</sup> March 2021

Time : 10.00 am - 12.00 pm (Local MYT +8 GMT)
Venue : Zoom online

Zoom ID :894 5632 6369 Passcode :msss50year



# EXECUTIVE TALK: LANDSCAPE ARCHITECTURE CODE OF CONDUCT: EMPOWERING THE PROFESSIONALS THROUGH THE MALAYSIA COMPETITION ACT 2010 (ACT 712 & ACT 713)

16 MAC 2021 @ 9.30 am





# MSSS 50YR ANNIVERSARY GRAND WEBINAR: PAST, PRESENT AND FUTURE OF SOIL SCIENCE IN MALAYSIA

2 April 2021 @ 9.00 am



Open for Public | No Registration Fee | E- certificate provided | Further enquiries: soilsciencemalaysia@gmail.com



#### NATIONAL SOCIAL WORK SYMPOSIUM 2021: STRENGTHENING SOCIAL SOLIDARITY AND GLOBAL CONNECTEDNESS 27, 28 & 29 May 2021 @ 8.30 am





MPS NATIONAL PHARMACISTS CONVENTION 2021:
"EXPLORATION, INSPIRATION AND TRANSFORMATION OF PHARMACY"

9th - 11th July 2021







MPS NATIONAL PHARMACISTS CONVENTION 2021:
"EXPLORATION, INSPIRATION AND TRANSFORMATION OF PHARMACY"

9th - 11th July 2021







MPS NATIONAL PHARMACISTS CONVENTION 2021:
"EXPLORATION, INSPIRATION AND TRANSFORMATION OF PHARMACY"

9th - 11th July 2021







#### IS IT POSSIBLE TO MIX AND MATCH COVID-19 VACCINES? EXPERT SAYS NO

#### FreeMalaysiaToday (FMT), 3 March 2021

PETALING JAYA: A senior pharmacist says both doses of the Covid-19 vaccine must be administered from the same type of vaccine approved by the government.

Malaysian Pharmacists Society president Amrahi Buang said those who registered for the National Covid-19 Immunisation Programme were not allowed to choose the type of vaccine or request to be vaccinated with a different type of vaccine for each dose.

However, Amrahi said the mixand-match approach to Covid-19 vaccination might be considered for those who had severe allergic reactions after getting their first dose.



Anyone who has a severe allergic reaction after getting the first dose of the Pfizer-BioNTech vaccine should not get the second dose.

"Other than those with an allergic reaction, you cannot mix and match your vaccine doses," he said in a Covid-19 vaccine webinar organised by the Galen Centre for Health and Social Policy and Research For Social Advancement tonight.

This comes as those who had a severe allergic reaction after getting the first dose of Pfizer-BioNTech vaccine were recommended not to get the second dose.

Speaking at the same webinar, KPJ Damansara gynaecologist Dr Imelda Balchin advised pregnant women with existing medical conditions or those who work as frontliners to be vaccinated as they are at increased risk of severe Covid-19.

"I think the benefits of the vaccine outweigh the side effects," she said.



However, she added that all other pregnant women should wait before taking the vaccine, at least until studies on the vaccines have been completed.

"For now, we still don't have enough information on the vaccine," she added.

Meanwhile, a Putrajaya Hospital nephrologist, Dr Rafidah Abdullah said to ensure the vaccination programme was a success, there is a need to reach out to the people who are still "on the fence".

She advised people to obtain information on the vaccine from official sources such as the health ministry, Covid-19 Vaccine Supply Access Guarantee Special Committee, and through the MySejahtera app.

The health ministry had so far given conditional approval for three Covid-19 vaccines.

The three vaccines are Covid-19 AstraZeneca solution for injection, manufactured by MedImmune Pharma BV Netherland; CoronaVac suspension for injection by Sinovac Life Sciences Co Ltd; and Comirnaty concentrate for dispersion for injection by Pfizer.

In a statement, health director-general Dr Noor Hisham Abdullah said the conditional approval meant that the National Pharmaceutical Regulatory Agency will review the data by these companies.

"This is to ensure the safety and effectiveness of these vaccines are updated constantly as well as the benefits over the risks of these vaccines remain positive."







#### PRESS STATEMENT FOR IMMEDIATE RELEASE • 11 MAR 2021

#### The Vaccination Plan Needs Everyone

The Malaysian Health Coalition (MHC) commends the government's initial efforts in the National Covid-19 Immunisation Programme, especially in prioritising healthcare workers in Phase 1 of the rollout. That said, we reiterate our call for transparency and inclusivity in executing the programme as its success requires the mobilisation of all Malaysians and residents of Malaysia (refer to our statement dated 15 February 2021).

In particular, we urge the following:

#### 1. Improve transparency across the board

We strongly urge the government to make all clinical trial data submitted to the National Pharmaceutical Regulatory Agency (NPRA) for all approved Covid-19 vaccines available to the public. We also propose establishing an independent adverse event following immunization (AEFI) review committee that reports to NPRA and can contribute to combatting misinformation. All data related to Covid-19 vaccines should be accessible via a central repository such as the one created by the <u>US Centre for Disease Control</u>. Finally, as the MySejahtera app is constantly being updated, users must be assured that their information is recorded and protected in accordance with the Personal Data Protection Act 2010.

#### 2. Take vaccine confidence seriously

Only about 12% of the population have registered for the vaccine (as of <u>8 March 2021</u>). This suggests that vaccine confidence still very low. It is time for the government to act on, not just talk about, improving vaccine confidence among residents of Malaysia. The approach must be multilingual, multiplatform, and multipronged, involving community leaders of all backgrounds. There must be a proactive effort to improve overall science and health literacy by communicating facts in accessible terms. Higher science literacy has the bonus of helping other vaccination programmes and fighting pseudoscience, fake products, and products with misleading claims.

#### 3. Ensure equity and independence

We welcome the government's decision to allow private general practitioners to administer Covid-19 vaccines, especially to B40 communities (as announced on <u>8 March 2021</u>). We urge the government to also establish partnerships with private hospitals so all hands can be on deck to ensure available vaccines are administered as soon as possible. At the same time, all government agencies must maintain its independence during the rollout, and not yield to lobby and interest groups. The Covid-19 vaccine is a public good and must be handled as such until all vulnerable groups in Malaysia are vaccinated first.

The government's aim to vaccinate 80% of the population before February 2022 is bold but achievable. It will require all public and private stakeholders as well as individual members of society to work together to make it happen.

#### BERKHIDMAT UNTUK NEGARA.

#### Malaysian Health Coalition

Full Signature List on <u>myhealthcoalition.org.</u> 11 March 2021



#### SOCIAL WORK PROFESSION BILL IN FINAL STAGE OF DRAFTING, SAYS RINA

#### Bernama, 17 March 2021



Women, Family and Community Development Ministry Datuk Seri Rina Harun

PUTRAJAYA: The Women, Family and Community Development Ministry is in the final stage of drafting the Social Work Profession Bill, said its Minister Datuk Seri Rina Harun.

She said the bill was being drafted to recognise social work as a profession where those in the profession would be required to register and issued with certificate by the Social Work Profession Council.

"The formulation of the bill is important to face social challenges and to safeguard the welfare and well-being of the people, especially children, women, the vulnerable senior citizens, people with disabilities and the needy," she said in a statement today.

The statement was issued in conjunction with the Social Workers Appreciation Night held to commemorate the 2021 World Social Work Day celebration yesterday.

As of December 2020, there are 3,814 officers in various grades serving as social workers in the Social Welfare Department (JKM).

Social work is an activity carried out by professionally trained social workers to improve the well -being and social functioning of an individual, family, group, organisation or community.- Bernama

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### VOLUNTEER TO SUPPORT OUR MASS VACCINATION PROGRAMME, MPS TELLS PHARMACISTS

#### FocusMalaysia, 21 March 2021

THE Malaysian **Pharmacists** (MPS) Society urged community pharmacists volunteer themselves in the Malaysia Vaccine Support Volunteers (MyVAC) initiative hasten the National COVID-19 Vaccination Programme (PICK).



"Let us all volunteer for the third phase of the PICK. The last phase requires massive support at the vaccination centres, totalling 605 places across the nation.

"This call is not only for community pharmacists but also to pharmacy undergraduates and academics in that area of expertise," its president Amrahi Buang told *FocusM*.

On Jan 11, Amrahi <u>urged the Government</u> to categorise community pharmacists as frontliners, to get them vaccinated under the first phase of PICK.

"This is particularly important as community pharmacists are facing the public every day, both healthy and ill, and are at high risk of contracting COVID-19.

"With them vaccinated, the public can seek their professional consultation with utmost confidence. Community pharmacy service is recognised as an essential service in any form under the movement control order (MCO)," he was reported saying then.



Following the call, the Government recently categorised community pharmacists as frontliners but they would receive the vaccination under the second phase of the mass inoculation programme.

Touching on the Government's decision, Amrahi said he was thankful for the recognition, adding community pharmacists should follow up on it.



Amrahi Buang

"We have submitted our list to the Health Ministry (MOH) and I hope community pharmacists across Malaysia would contact their respective state health offices for further information.

"I was informed that community pharmacists in Kedah and Sarawak had been administered the first dose of COVID-19 vaccines (Comirnaty) recently. From our data, about 89% of the community pharmacists are ready for their shots," he said.

#### Let community pharmacists help

On what community pharmacists can do for PICK, Amrahi said the former can play three roles to ensure the mass vaccination programme becomes a success story for Malaysia.

One role they can play, he stated, was getting involved in advocacy at their respective locality, to raise awareness on the importance of getting vaccinated and achieving herd immunity against COVID-19.

"They will help alleviate any concerns the public may have on the variety of vaccines used under PICK. Community pharmacists can also assist the people to register themselves using the *MySejahtera* app.

"And we need this because as of now, only 5,867,497 people have registered to get vaccinated, which is way below the Government's target of inoculating 26.5 million people," he mentioned.



Secondly, Amrahi added that community pharmacists could also participate in the pharmacovigilance process, by monitoring and reporting adverse event following immunisation (AEFI), as they are well-trained to do so.

"Until today, we still don't have AERI reports despite already vaccinating 367,213 people, as per COVID-19 Vaccine Supply Special Committee (JKJAV) data," he mentioned.

On the third matter, Amrahi said that community pharmacists could also be roped in to inoculate people at their nearest vaccination centre, under the last phase of PICK.

He added the Government could also consider bringing in pharmacists from other countries to speed up the vaccination process.

"According to the World Health Organization (WHO), over 36 nations have allowed their community pharmacists to administer COVID-19 vaccines to the public.

"Even the Philippines recently trained and allowed its community pharmacists to vaccinate its people. Therefore, MPS hopes that the Government would allow our 20,000-strong pharmacists across Malaysia to participate in the PICK," Amrahi remarked. – March 21, 2021.



### MUHYIDDIN: MALAYSIAN FORESTRY POLICY UNITES ALL STATES IN FORESTRY CONSERVATION EFFORTS

#### Bernama, 21 March 2021

KUALA LUMPUR: Tan Sri Muhyiddin Yassin said the Malaysian Forestry Policy, launched today, will witness all states coming together on the country's forest.

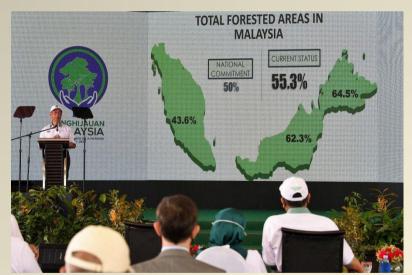
The Prime Minister said all states have agreed to adopt the policy which outlined a clear direction for the forestry sector in facing new challenges at domestic and international levels at the 78th National Land Council (MTN) meeting held on Jan 29.

"I would like to emphasise that the Malaysian Forestry Policy is our shared policy. We must all act and play a more active role as conservation agents and drivers of the country's socio-economic development.

"I hope that the joint efforts of the federal and state governments in implementing the five objectives of the Malaysian Forestry Policy will continue to be strong, to achieve the desired targets," he said.

He said this in his speech before launching the Malaysian Forestry Policy in conjunction with the 2021 National level International Day of Forests here today.

Also present was the Minister of Energy and Natural Resources Datuk Seri Dr



Prime Minister Tan Sri Muhyiddin Yassin delivers his speech at the Malaysian Forestry Policy launching ceremony in a conjunction with the 2021 National International Forest Day Celebration at the Kepong Botanic Garden, Forest Research Institute Malaysia (FRIM). -BERNAMA

Shamsul Anuar Nasarah, with the virtual attendance of menteris besar and chief ministers.



Muhyiddin also said that in order to achieve the goal of becoming a developed country, development is inevitable, but in this case, he stressed that the government is very serious in managing forests responsibly and sustainably in implementing conservation programmes.

"As a responsible and caring government, various efforts were taken to fulfill the commitment pledged during the Earth Summit in 1992 in Rio de Janeiro, Brazil by mainstreaming biodiversity management in national development.

"Of the total forested areas in Malaysia, only 1.7 per cent are degraded forest areas. Since 2016, a total of 1,859 hectares of degraded areas have been reforested with an allocation of RM152.82 million," he said.

The Prime Minister said the cost of maintaining and preserving the country's forest areas which cover 55.3 per cent or 18.27 million hectares of the country's land area is enormous and about RM6 billion is needed for the purpose.

He said towards this direction, various special financial instruments were created including the National Conservation Trust Fund for Natural Resources, Forest Development Trust Fund under the state governments in Peninsular Malaysia and the latest, the Malaysia Forest Fund (MFF) which was established last year.

Muhyiddin said through MFF, the country is expected to receive USD100 million (RM400 million) in the next seven years which would be channeled to state governments for the conservation of forest including social forest to raise the socio-economic standard of Orang Asli and the local communities.

As a record, he said based on the Food and Agriculture Organisation (FAO) report, Malaysia is among 25 developing countries which have high forest cover and low deforestation activities.

The Prime Minister also expressed his appreciation of the commitment of state governments in gazetting sensitive environmental areas as permanent forest reserve, protected areas, Wildlife Reserve and areas of international interest.

At the same time he also called on state governments to step up efforts to gazette and maintain forest areas as Central Forest Spine (CFS) and Heart of Borneo (HoB).



"The Fourth National Physical Plan (RFN4) which is being finalised also emphasises on CFS to ensure the continuity of forest landscape through the setting up of new ecological corridor.

"This approach is able to reduce conflict between humans and wildlife as well as to enable the free movement of wildlife especially national iconic species which are facing extinction," he said.

On threatened species, Muhyiddin called on state governments to gazette the habitat areas of Malayan Tigers as permanent forest reserve or wildlife reserve in their respective states.

He expressed his concerns that if extraordinary actions were not taken now, the country is bound to lose its iconic species such as the Malayan Tiger forever.

Earlier, Muhyiddin also planted a Resak tree or scientifically called Vatica Yeechongii which is named after the late Chan Yee Chong (1946-2013), a forest tree identification expert as a symbol of launching the policy and the national level International Day of Forests 2021. – Bernama



# MMA: MYSEJAHTERA SHOULD ALSO BE MADE OFFICIAL APP FOR COVID-19 TEST RESULT CERTIFICATION

#### The Star, 28 March 2021

"PETALING JAYA: The MySejahtera app should also be made the official app for Covid-19 test result certification, says the Malaysian Medical Association (MMA).

The two tests – reverse transcription polymerase chain reaction (RT-PCR) and antigen rapid test kit (RTK-Ag) – are used by health authorities worldwide to detect the virus.



"MMA believes this would be most practical as one of the app's main features is to provide the user's most updated Covid-19 exposure status.

"For uniformity and consistency, the government should use only one system to record and store individual's Covid-19 data throughout the pandemic," MMA president Prof Datuk Dr M Subramaniam said in a statement Sunday (March 28).

He said this would be besides the app being used to register and generate e-certificates for vaccinated individuals.

At the moment, he noted that laboratories processing the RT-PCR test samples use the Public Health Laboratory Information System (Simka) to report the test results to the Health Ministry before the tested individual gets the test result from the private health care facility.

"Those taking the RTK Antigen tests are informed of their results within an hour by the private healthcare facility.

"It will be good if MySejahtera can generate the Covid-19 RT-PCR and RTK Antigen certificates as well," he added.



Dr Subramaniam also said that test results generated by the MySejahtera app will help prevent issues such as fake certificates and middlemen attempting to capitalise on the Covid-19 situation in the country.

"Malaysia and Singapore as well as other countries are now in talks to open up borders for business travel and tourism.

"As such, the government should consider including e-certification for Covid-19 tests via MySejahtera app apart from vaccination certification," he said.

He also said the government should ensure that all embassies in the country recognise the certification from MySejahtera as the official app under the Malaysian government with regard to the recording of individual's personal data and up-to-date health status throughout the pandemic period.



#### COVID-19 VACCINES AND ALLERGY: LET'S GET IT RIGHT

#### The Malaysian Reserve, 3 March 2021

THE Malaysian National Covid-19 Immunisation Programme has now begun with the prime minister being the first to receive the first dose of the Pfizer Inc-BioNTech SE vaccine, which is sold under the brand name Comirnaty, on Feb 24.

Three days prior to that, the whole nation was enthralled with the arrival of this long-awaited vaccine after its journey really began when the science diplomacy approach was mobilised by MoH- MOSTI-MFA (Ministry of Health, Ministry of Science, Technology and Innovation-Ministry of Foreign Affairs) in April 2020.

While there was excitement in the air then, there were many questions continually asked on the vaccines particularly on its safety.

It is probably appreciated by many that vaccines (for infectious diseases) usually take more than 10 years to produce, but this Covid-19 vaccine in general had taken less than 12 months to produce.

Malaysia had not only the Pfizer-BioNTech Covid-19 vaccine accessed, but other vaccines of different types other than mRNA (messenger ribonucleic acid) vaccines.



Increasing public awareness of allergic reactions to vaccines would assist in identifying those as higher, medium or lower risks

#### **Types of Vaccines**

In general, there are four types of Covid-19 vaccines in clinical trials, and several have been produced as we know them.

The four types include nucleic acid (RNA and DNA), viral vector, whole virus (inactivated and live attenuated) and protein subunit.

As noted in our National Covid- 19 Immunisation Programme, there are three viral vector vaccines (from AstraZeneca plc, CanSino Biologics Inc and Gamaleya Research Institute), one whole virus inactivated vaccine (from Sinovac Biotech Ltd), and the one nucleic acid (mRNA) vaccine from Pfizer-BioNTech.



Only the Pfizer-BioNTech vaccine has been approved by Malaysia's National Pharmaceutical Regulatory Agency thus far.

#### **Vaccine Development**

Despite the speed for which these vaccines were produced (and many more are still in the pipeline), all would have undergone many stages in the development cycle of a vaccine.

These would include the exploratory stage, pre-clinical stage, clinical development, regulatory review and approval, manufacturing, quality control and post-marketing surveillance.

Clinical development is a three-phase process. During Phase I, small groups of people receive the trial vaccine.

In Phase II, the clinical study is expanded, and the vaccine is given to people who have characteristics (such as age and physical health) similar to those for whom the new vaccine is intended.

In Phase III, the vaccine is given to thousands of people and tested for efficacy and safety.

We can all be assured that no shortcuts were taken for each stage and we can be fully confident on the safety and the required efficacy of these Covid-19 vaccines, as determined by the World Health Organisation.

#### **Potential Reactions**

On Dec 8, 2020, UK became the first country in the world to start administering its citizens with a fully trialled and tested Covid-19 vaccine, soon followed by several other nations, including US.

Vaccines often cause adverse reactions; however, the vast majority of adverse events following immunisation (AEFI) are due to the protective immune response induced by the vaccine, and not due to allergic reactions.

Anaphylaxis is a severe, life-threatening form of allergic reaction that may occur after vaccination, with onset typically within minutes to hours.

Anaphylaxis as an AEFI is uncommon, occurring at a rate of less than one per million doses for most other vaccines.

Following implementation of vaccination in the US and the UK, reports of anaphylaxis after the first dose of the Pfizer-BioNTech Covid-19 vaccine emerged. Further surveillance data reported for the US suggest a rate closer to 1:200,000 doses for the Pfizer-BioNTech Covid-19 vaccine.

Approaching this concern in a more objective way, an allergy risk assessment would assist in determining whether an individual should not receive the Covid-19 vaccines, whether there is a personal background allergy history or otherwise.



In general, allergic reactions to vaccines are generally due to adjuvants and other excipients in the vaccine, such as preservatives, rather than to the active ingredient itself.

The Pfizer-BioNTech Covid-19 vaccine is not formulated with any food, drugs or latex, but does contain the excipient polyethylene glycol (PEG) which an individual may be allergic to.

As a result of this, another excipient that is derived from PEG called polysorbate is found in the two viral-vector Covid-19 vaccines from AstraZeneca and Gamaleya. It has been thought that PEG was the excipient likely to have led to the anaphylaxis cases reported in the US and the UK.

#### **Screening and Stratification**

In the risk assessment, stratification of individuals with background allergic reactions, through important screening questions, can be made into higher-, medium- and lower-risk groups. The questions are:

- 1. Do you have a history of severe allergic reaction (anaphylaxis) to an injectable drug (intravenous, intramuscular or subcutaneous) or suppository drug?
- 2. Do you have a history of a severe allergic reaction (anaphylaxis) to a previous vaccine?
- 3. Do you have a history of severe allergic reaction (anaphylaxis) to food, drugs (non-injectable), insect sting venom (from bees, wasps) and latex?
- Higher risk: If the answer is 'Yes' to questions 1 and 2, then it should be determined whether or not the vaccines or injectable/suppository drugs to be administered do contain PEG or

polysorbate. If they do contain these excipients, then he/she is categorised as higher risk for the Covid-19 vaccines, and would require further assessment by the allergist to determine eligibility for the Covid-19 vaccine.

- Medium risk: If the vaccines or injectable/suppository drugs of which declared person experiencing the previous anaphylaxis did not contain PEG or polysorbate, then he/she is categorised as medium risk. The medium-risk group would also include a person who answered "Yes" to question 3, and has a history of anaphylaxis of unknown cause (idiopathic anaphylaxis). Those categorised in the medium-risk group can receive the Covid-19 vaccine with a 30-minute observation period.
- Lower risk: Other allergic reactions that are not anaphylactic in nature, as well as allergic rhinitis and/or asthma are categorised as lower risk groups, and can receive the Covid-19 vaccine with at least a 15-minute observation period.



#### **Importance of Public Awareness**

Therefore, increasing public awareness of allergic reactions — particularly anaphylaxis — to vaccines and/or injectable/suppository drugs and including allergy history in screening questions would assist in identifying those as higher, medium or lower risks.

Hence, all locations involved in the administration of the vaccines must be fully equipped to manage any potential cases of anaphylaxis. This will increase the level of confidence among the public to receive Covid-19 vaccines in a safe manner, and increase the number of those immunised to provide herd immunity to the nation.

Dr Amir Hamzah Abdul Latiff specialises in Clinical Immunology and Allergy for both adults and children, as well as General Paediatrics, and is currently attached to Pantai Hospital Kuala Lumpur, Malaysia.

The views expressed are of the writer and do not necessarily reflect the stand of the newspaper's owners and editorial board.



#### FOAMY URINE A POTENTIAL SIGN OF KIDNEY PROBLEM

#### The Star, 21 March 2021



Bubbles should be in your drink, not your urine.

Chronic kidney disease (CKD) is a condition whereby there is an abnormality in the structure or function of the kidney for more than three months.

CKD affects 15 out of every 100 Malaysian adults and its prevalence has increased over the years.

According to internal medicine specialist Dr Wong Mun Hoe of Pantai Hospital Klang, CKD is associated with diabetes mellitus, hypertension, obesity, ageing,

use of nonsteroidal anti-inflammatory drugs (NSAIDS) or herbal medicines.

#### Signs and symptoms

Common signs and symptoms of CKD include foamy urine, fatigue, swelling (legs, feet, face), weight loss, loss of appetite, difficulty concentrating, difficulty falling asleep, frequent night urination, dry and itchy skin, muscle cramp and puffy eyes.

Foamy urine may occur when you have too much protein in your urine, a potential sign of kidney problem.

Therefore, if you observe that you persistently have foamy urine, please consult your doctor, advised consultant nephrologist and physician Dr Vijaya Bharath Ramasamy of Lam Wah Ee Hospital.

#### **Diagnosis**

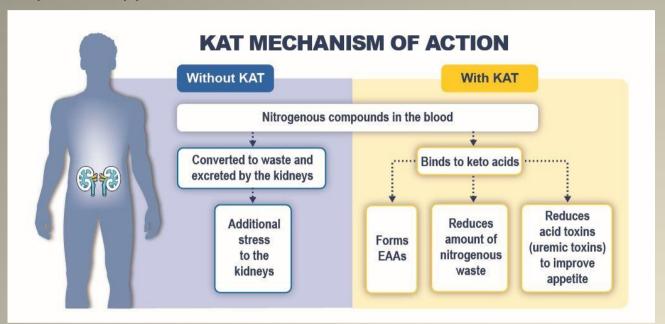
General physician Dr Shafira Mohamad Sha of KPJ Rawang explained that CKD is diagnosed by a combination of tests and procedures which may include blood, urine, imaging (e.g. ultrasound) and biopsy (removing a sample of kidney tissue for testing).

#### Management

Management of CKD typically includes medication, dietary and lifestyle modifications, and for those with end stage kidney disease, dialysis or kidney transplant.



If CKD is diagnosed early and managed appropriately, patients can live well and delay dialysis for many years



#### **Keto acid therapy (KAT)**

Some patients with CKD may be advised to adopt a low-protein diet.

Nephrologist Dr Foo Siu Mei of Pantai Hospital Kuala Lumpur explains that protein in food will be broken down into amino acids and nitrogenous waste after they are digested, and the kidney is responsible for handling these wastes and toxins.

Keto acid is a special type of essential amino acid that does not contain nitrogen.

Keto acid therapy (KAT) helps in reducing the production of nitrogenous waste and the burden on the kidneys, while supplementing patients with their daily protein needs and maintaining their nutritional status.

It has been shown to slow down the decline of the kidney filtration rate and delay the initiation of dialysis.



#### **Maintenance**

CKD can have a significant impact on a person's quality of life and well-being. Therefore, it is important to look after our kidneys.

There are eight golden rules that you can use as a guide:

- 1. Keep fit, be active.
- 2. Eat a healthy diet.
- 3. Check and control your blood sugar.
- Check and control your blood pressure.
- 5. Appropriate fluid intake.
- 6. Don't smoke.
- Don't take NSAIDs regularly.
- 8. Get your kidney function checked if you have any "high risk" factors: diabetes mellitus, hypertension, obesity, a family history of kidney disease.

For more information, call 03-7957 2929.

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