



JAMSA
Journal of Asian Medical Students' Association

ABSTRACT BOOK

**East Asian Medical Students' Conference
(EAMSC) 2021**



**Communication
in Healthcare**

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The Journal of Asian Medical Students' Association (JAMSA) (ISSN: 2226-3403) is an international, peer-reviewed, online, open-access, student-led, biomedical research journal of the Asian Medical Students' Association (AMSA) International created to share the scientific production and experiences of medical students worldwide. Established in 2011, JAMSA has been publishing one regular and multiple special editions annually ever since, which are indexed in Ulrichsweb, Google Scholar, Index Copernicus, and Gale Cengage learning.

JAMSA was established by medical students of AMSA with the motto of encouraging future physician-scientists to develop the critical thinking skills needed to succeed in academia and clinical practice. We believe that enhancing exposure to academic research will enrich the conventional medical curriculum. Furthermore, we are dedicated to revolutionising student-led research and promoting interest in research careers through recognizing the scientific accomplishments of medical students across Asia, Asia-Pacific, Oceania, The United Kingdom, and beyond.

Today, JAMSA is led by a group of passionate medical students from across Asia, having a global vision. We believe in being advocates for positive change and aim to provide a platform for students to engage with healthcare issues through research and other forms of scientific writing. With a combined readership from more than 29 countries, we pride ourselves on consistently producing quality content that is peer-reviewed and evidence-based.

Types of articles considered for publication:

- Original research articles
- Reviews (Narrative & Systemic)
- Meta-analyses
- Case Reports
- Letters to the Editor
- Commentaries and Perspectives

Submit your work at <https://www.jamsa.amsainternational.org/about/submissions>

Consistent with the conference theme, “Communication in Healthcare - Sending the Right Message”, the East Asian Medical Students’ Conference (EAMSC) 2021 organised academic competitions to focus on the unique challenges posed by health communication strategies in their own countries, and how these affect the overall delivery of health services to their people.

Abstracts of the following academic competition are published in this abstract book:

The Scientific Paper & Poster Competition, which aims to produce original full scientific research papers embodying the theme and tackling the problems related to it. These findings must then be translated into scientific posters that are easily digestible by the public, emphasizing the need to communicate these results and generate meaningful discussion with the people who are the major stakeholders in health.

The White Paper Competition, which centers on in-depth reports that provide systemic solutions to the problems presented about health communication. The overarching goal is to create solutions grounded on public health principles and systems-based approaches. Public health policy changes – either local, national, or supranational, are discussed, with the objective of producing a policy brief detailing issues or problems that hinder effective health communication and understanding.

These competitions were designed to provide avenues for medical students to discuss on-ground problems in their local communities and collectively come up with innovative solutions to these pressing concerns.



Oshin Puri
Chief Editor
Journal of Asian Medical
Students' Association

Dear Readers,

In our pursuit of providing a solid ground for an international, indexed, peer-reviewed, student-led biomedical journal in the regions of Asia, Asia-Pacific, Oceania, The United Kingdoms, and beyond, we now present to you the Book of Abstracts of the scientific posters and white papers presented at East Asian Medical Students' Conference (EAMSC) 2021, Manila, Philippines! The Journal of Asian Medical Students' Association (JAMSA) is beyond thrilled to blow your minds with the scientific extravaganza of research papers and policy documents discussed at this year's EAMSC through this Abstract Book.

Coalescing AMSA International's endeavors to introduce medical students to the world of scientific publications, encourage them to actively conduct scientific research, and provide them with a platform to gain international recognition for their contribution to the scientific community JAMSA was established in the year 2011. Since then, JAMSA has been growing exponentially and upholding its vision of revolutionising student-led research by documenting their scientific writings.

JAMSA believes that scientific research is the central pillar of medical knowledge and gives it its dynamic nature. Representing medical students of one of the largest continents of the world, AMSA must contribute to the growing field of medicine, by supporting young and budding researchers to embark on their journey on this road not taken. JAMSA strongly believes that the potential of these young ignited curious minds, with experienced guidance, can change in medicine in a way other can't.

We wish that this abstract book can become a source of inspiration and make you realize your critical thinking and problem-solving potential, encouraging you to contribute to this endless pool of medical knowledge. Along with becoming clinicians in the near future, may you all unleash the scientists within you and become the physician-scientists of tomorrow!

Foreword



Rani Ailyna Domingo
Academics Head
East Asian Medical Students'
Conference 2021

Communication is an integral aspect of healthcare and yet is one of the easiest to brush off and set aside. No one is explicitly taught how to convince a 30-pack year smoker to stop his vices, or how to break the news to a grieving family that their beloved son only has a few months left to live. The ability to properly and effectively communicate to our patients and their families is a vital tool every physician and physician-in-training must have.

This is what the East Asian Medical Students' Conference 2021 has strived for – to equip future health professionals with the knowledge, skills, and attitudes in providing quality healthcare grounded on equitable, accessible, and appropriate health communication strategies. To engage the youth of the world in meaningful action towards the eradication of systemic barriers that affect health communication and health as a whole. Throughout the various plenary and parallel sessions, workshops, and academic competitions held as part of the conference, we have aimed to emphasize the crucial role that health communication holds in the improvement of our patients' health outcomes and health-seeking behaviors, and in ultimately promoting our patients' health.

The Academics Committee, together with the Conference Organizing Committee, have been working hand-in-hand with the Editorial Staff of JAMSA in the accomplishment of these goals. Each member of our team has been instrumental in the fruition of this abstract book, where you may find the collective output of medical students worldwide, discussing how the health problems of today can be improved by the people of tomorrow. We are confident that through this abstract book, you may be able to understand the core of health communication and be cognizant of its role in the attainment of universal health care for all.

Presenting to you the East Asian Medical Students' Conference 2021 Abstract Book on behalf of the Journal of Asian Medical Students' Association

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Managing Editor (Conference Supplement Edition) 2020/20221

Catherine Hermoso

Conference Liaison Officer 2020/2021

Muiz Ibrahim

Managing Editor (Web and Publication) 2020/20221

Charles Kevin Tiu

Associate Editor (Original Research) 2020/20221

Arpit Singh

Managing Editor (Public Relations) 2020/2021

Faida Ufaira Prameswari

Public Relations Executive 2020/2021

For any queries regarding the Abstract Book, please contact the Managing Editor (Conference Supplement Edition) at me.conferences@j.amsa-international.org



Scientific Poster

Healthcare Information Seeking Behaviour among the Unaffected Indian Population during Covid-19 Pandemic and its Impact on Mental Health: A Cross Sectional Study

Introduction COVID-19 information has played a vital role in anxiety and fear emerging during the pandemic.

Significance This study explores the relation between COVID-19 awareness, anxiety, fear, precaution taking behaviour and recreational practices, identifying the role of healthcare communication in it.

Methods This online survey based cross sectional study was conducted with the general Indian population excluding COVID-19 patients. A validated Google form assessing Generalised anxiety (GAD-7), COVID-19 awareness, fear & phobia, precaution taking behaviour and recreational practices was administered through snowball sampling.

Results Among $n = 834$ participants, internet (90.89%) and social media (75.78%) were the dominant sources. 45.56% had anxiety (25.54% mild, 12.95% moderate, 7.07% severe) and 8.52% had phobia. Awareness among anxious and phobic participants was significantly more ($Z = 7.156$, $26.87 > 1.96$, $p < 0.05$), while the precaution taking behaviour was significantly less among anxious ($Z = 2.41 > 1.96$, $p < 0.05$) and more among phobic participants ($Z = 31.31 > 1.96$, $p < 0.05$). Number of sources, frequency, contact with confirmed cases, COVID-19 symptoms, employment and recreational practices correlated with awareness, anxiety, fear, and precautions to varying degrees.

Conclusion Preferred information sources among Indians like other countries indicated that availability rather than reliability dictate usage of a source. Anxiety and phobia directly correlated with awareness while less anxiety and more phobia were associated with less precaution taking behaviour. Recreational practices (exercise, yoga & meditation) reduced anxiety and fear. Availability and accuracy of online healthcare information need to be regulated to overcome its effect on mental health.

Puri O¹, Singh A¹,
Swami K¹, Vignesh B
S², Pathania M³

¹ MBBS Student, All
India Institute of
Medical Science,
Rishikesh, India

² Intern Doctor,
All India Institute of
Medical Science,
Rishikesh, India

³ Associate Professor,
Department of
Internal Medicine,
All India Institute of
Medical Science,
Rishikesh, India

Correspondence:

Dr. Monika Pathania,
Associate Professor,
Dept. of General
Medicine, All India
Institute of Medical
Science, Rishikesh,
India
anshupathania27@gmail.com

A Scoping Review on the Forms of Health Communication and Strategies that Promote Vaccine Confidence, Vaccine Trust, and Vaccine Uptake among Adults, Ages 20 to 59 years old, Living in High, Upper-middle, and Low-middle Income Countries

Introduction Vaccination prevents 2-3 million deaths every year. This is made possible by the effective relay of information about its health benefits. However, 1.5 million people still die every year from vaccine-preventable diseases due to ineffective vaccine communication causing a decrease in vaccine confidence, trust, and consequently, uptake.

Significance Various health communication strategies offer effective and practical vaccine campaigns in the Philippines for implementation and further promotion. This study aims to conduct a scoping review on existing literature to determine the forms of health communication that affect vaccine confidence, trust, and uptake among adults residing in high, upper-middle, and low-middle income countries.

Methods PubMed, Cochrane, and HERDIN were utilized to identify papers of interest. After screening and assessment for eligibility, 29 studies were included in the final review using the PRISMA-ScR checklist and Arksey and O'Malley's framework.

Results Most of the studies recommended telecommunication, vaccine reminders, web-based education, written communication, and multi-interventional programs as communication strategies in cascading vaccine promotion in the healthcare system. Overall, face-to-face education was found to be the most widely accepted form of communication in increasing vaccine confidence, trust, and uptake.

Conclusion Communication strategy for vaccine promotion is most effective to be perceived and comprehended by the target audience when presented audio-visually and technologically. Despite technology's substantial help, face-to-face interaction is still essential when conveying a message to other people. Health communication is essential for vaccine promotion. Proper and consistent messaging lessens the anxiety, doubt, and confusion of the general public who will benefit the most from vaccines.

Sharina Leane T. So¹,
Jim Carlos G. Asenci¹,
Seungye Lee¹,
Nympha Elisa M. Sia¹,
Joseph Rico D.
Wong¹,
Hermenegildo T.
Dumlao III¹

¹University of Santo
Tomas, Faculty of
Medicine & Surgery
(UST-FMS), Manila,
Philippines

Correspondence:

Sharina Leane T. So,
Faculty of Medicine
and Surgery,
University of Santo
Tomas Manila,
sharinaleane.so.med@ust.edu.ph

Telemonitoring Implantable Cardiac Devices in Reducing Heart Failure Complications: An Updated Systematic Review

Introduction: As a newly invented technology, the use of telemonitoring (TM) in healthcare only has weak evidence in international guidelines.

Significance This systematic review serves to supplement the evidence gap to determine whether telemonitoring implantable cardiac devices can reduce all-cause mortality and heart failure (HF)-related hospitalization in worsening heart failure compared to standard care. This innovative communication technology could revolutionize healthcare by sending the right message and effectively detecting upstream predisposing factors to improve heart failure outcomes.

Methods Electronic databases EMBASE and MEDLINE (Ovid), Web of Science and CENTRAL were searched for English full text randomized controlled trials (RCT) for adult heart failure population in peer-reviewed journals from 2010 up to 14 of November 2020, supplemented by a second search in clinicaltrials.gov. Articles were extracted and screened independently by two reviewers with their validity assessed.

Results 11 randomized controlled studies that enrolled a total of 5588 patients were identified. 10 trials reported on all-cause mortality with 512 deaths and 10 trials reported on hospitalization with 2121 patients admitted. Modified Cochrane Collaboration tool is used to assess risk of bias of the trials. CASP (Critical Appraisal Skills Programme) checklist is utilized to critique on the quality of the RCTs.

Conclusion Of all types of implantable cardiac devices, intrathoracic impedance fluid monitoring did not show improvement in outcomes while cardiac rhythm and pulmonary pressure monitoring show the highest effectiveness in reducing heart failure related hospitalization.

T. L. Chan¹, Y.P.M. Ling², A.H.Y. Liu¹, Y. T. Lam¹, T. C. Lam², S.R.B. Yue¹

¹The University of Hong Kong, Hong Kong,

² The Chinese University of Hong Kong, Hong Kong

Correspondence:

Dr. FAN Yue Yan,
Katherine
Consultant
Cardiologist and
Chief of Services in
Cardiac Medical Unit,
Grantham Hospital in
Hong Kong
fanyy@ha.org.hk

The Role of SBAR Communication Tools Implementation for Clinical Handover Among Medical Personnel in Emergency Department: A Systematic Review and Meta-analysis of Hospital Setting Studies

Introduction Patient handover in Emergency Department (ED) plays important role in the impact of patient safety. To overcome this, the SBAR instrument, a communication checklist, is required to relay information in critical circumstances.

Significance This study aimed at summarizing and evaluating the outcome of SBAR tools implementation on patient handover in the ED.

Methods This meta-analysis was reported based on criteria from Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). Different electronic sources were used for the literature search. Mean Difference (MD) and Standard Deviation (SD) with 95% of the confidence interval (CI) were used to evaluate the association between SBAR tool implementation and the increase of total handover quality score.

Results Twenty studies were included in the qualitative synthesis and six studies were admitted into quantitative meta-analysis. The current study showed that the implementation of SBAR communication tool for clinical handover was very beneficial (Pooled MD=1.79, 95% CI (1.59-2.00), $p < 0.00001$, $I^2 = 57\%$). It could also reduce the duration of clinical handover (Pooled MD=1.74, 95% CI (-2.27, -0.67), $p = 0.0003$, $I^2 = 92\%$). Conclusion: This study provides valuable evidence suggesting the implementation of SBAR communication tool as a potential strategy for increasing the total handover quality.

Izza Amalia Putri¹,
Yehuda Tri Nugroho
Supranoto¹,
Hasbi Nurrahim¹,
Rifaldy Nabel
Erisadana¹,

¹Faculty of Medicine,
University of Jember,
Indonesia

Correspondence:

Izza Amalia Putri,
Faculty of Medicine,
University of
Jember, Indonesia
izza02putri@gmail.com

COVID-19 Personal and Perceived Stigma as Predictors of Autonomy and Relatedness Need Satisfaction in Hong Kong's University Students

Introduction Under self-determination theory, need satisfaction leads to psychological well-being, whereas their frustration leads to ill-being. This research explores COVID-19 personal and perceived stigma as predictors of autonomy and relatedness need satisfaction in Hong Kong university students. Personal stigma refers to one's attitudes and treatment of a stigmatized group. Perceived stigma refers to what one believes are their community's attitudes and treatment of the same.

Significance The unprecedented nature of COVID-19 makes it unclear how existing theory translates to COVID-19 stigma. Our research addresses this by showing COVID-19 perceived stigma predicts worsened relatedness satisfaction, which opens implications of its effects on psychological well-being.

Methods 102 university students in Hong Kong recruited in November to answer an online questionnaire. Inclusion criteria include being students in a higher education institution in Hong Kong, at least 18 years of age, residency in Hong Kong, and no prior history of mental illness.

Results High COVID-19 perceived stigma is associated with worse sense of relatedness adjusted for after adjusting for confounders ($\beta=-1.17$, $p=0.017$). COVID-19 fear is associated with both increased COVID-19 personal stigma ($\beta=1.26$, $p<0.001$) and perceived stigma ($\beta=0.70$, $p\text{-value}=0.009$). Personally, knowing someone who was diagnosed with COVID-19 has no association with either decreased COVID-19 personal stigma ($\beta=0.99$, $p\text{-value}=0.355$) or perceived stigma ($\beta=0.65$, $p=0.387$).

Conclusion COVID-19 perceived stigma warrants attention as a predictor of decreased relatedness need satisfaction. Consistent with existing theory on health-related stigma, fear is a factor associated with increased COVID-19 stigma, and should be considered as a target for stigma-reduction interventions.

Y.P.M. Ling¹, T. L. Chan², H.Y.A. Liu²,
Y.T. Lam², S.R.B. Yue²,
T. C. Lam¹, P.K.H. Mo¹

¹The Chinese University of Hong Kong,

²The University of Hong Kong

Correspondence:

Dr. Phoenix Kit-han MO
Jockey School of Public Health and Primary Care
phoenix.mo@cuhk.edu.hk

Exploring the Generational Cognition Differences of Traditional Chinese Medicine and the Impact of Information Communication Media in Taiwan

Introduction Traditional Chinese Medicine (TCM) has become popular in Taiwan, while there are some differences of recognition existing between generations. Studies showed that different generational groups had unequal thoughts toward TCM. Therefore, such diverse understandings might lead to misinformation. Generally, the media have such a huge impact on health communication in modifying the knowledge towards different medical topics.

Significance Therefore, studying how communication technology influences the information dissemination of TCM allows us to look into the possible causes of diverse understandings.

Methods To investigate how differently information sources influence generational recognition, we designed a questionnaire on Google form and collected responses from LINE, Facebook and Instagram. Later, we cross-analyzed the information.

Results According to our research, generational TCM recognition differences exist, and younger generations have a more decentralized and divergent opinion to the same TCM issue. Communication media do influence the generational recognition of medical information, especially media and relatives, and it is important that the society builds up adequate self-awareness of medical information.

Conclusion To sum up, we can enhance the dissemination rate of information to improve the TCM-related recognition, while we can also ask professionals and experts to clarify the TCM misunderstandings and make health education about TCM. The behavior will be able to construct a better environment for information recipients, and bridge the recognition gap between different generations.

Kai-Mon Chuang¹,
Chuan-Ping Wang¹,
Yu-Jiun Liu¹

¹School of Chinese
Medicine, China
Medical University,
Taiwan

Correspondence:

Ying-Ling Chen,
Faculty of School of
Chinese Medicine,
China Medical
University, Taiwan
lingcmu@mail.cmu.edu.tw

Media Reporting of Suicides and its Impact on the General Population: A Scoping Review

Introduction Suicide is one of the leading causes of death among individuals worldwide. Numerous factors contribute to suicide ideation and recent studies are suggesting that the media's presentation of suicide seems to contribute considerably to suicide ideation and attempt among their audience.

Significance This current study aims to evaluate the extent of the literature on media reporting in the context of suicide ideation. It attempts to answer the questions, what potential factors and phenomena in media reporting are relevant to suicide ideation, what are the current solutions to improve media reporting, and what are the implications of the factors and solutions on media reporting regarding suicide ideation and attempt?

Methods PubMed, Google Scholar, CMAJ, PNAS, Research Gate, Science Direct, and Sage Pub were used to retrieve journals of interest; 516 relevant journals were then collected. After which, the PRISMA Extension for Scoping Reviews was employed to screen for eligibility that resulted to the final 61 journals that were included in the present study.

Results Enough evidence supports that media reporting methods are a crucial contributor to the prevention of suicide ideation and attempt. Thereby, the application of positive changes in these methods warrants suicide prevention instead of mediation.

Conclusion Our study strongly suggests that emphasis is needed on guideline adherence, construction, improvement, and implementation of media reporting methods. These methods must be proactively addressed and established with a holistic approach and constant collaboration among mental health experts and media professionals.

Janine Trixia Austria¹, Kevin Miko Buac^{1,2}, Claro Emmanuel Monsanto¹, Ma. Jamaica Monique Ponce¹, Arnold Christopher Soriano¹, Mystie Suzuki¹, and Marc Eric S. Reyes²

¹MBBS Faculty of Medicine and Surgery, University of Santo Tomas, Manila

²Department of Psychology, College of Science, University of Santo Tomas, Manila

Correspondence:

Janine Trixia Austria, Faculty of Medicine and Surgery, University of Santo Tomas Manila, janinetrixia.austria.med@ust.edu.ph

The Impact of Technology-Based Interventions on Informal Caregivers of Persons with Dementia: A Systematic Review

Introduction Poised to revolutionize healthcare, 'telemedicine' is the new buzzword disrupting the global healthcare industry. Increasingly, telehealth services are being integrated into our everyday care. Yet, there is a lack of consensus regarding the efficacy of telehealth interventions in improving the wellbeing of caregivers of patients with dementia (PwD).

Significance To systematically review current literature on the efficacy of telehealth interventions in improving caregiver well-being and to explore possible interventions that would improve its efficacy.

Methods The review was conducted in accordance with the PRISMA guidelines. All studies that reported on the outcomes of telemedicine interventions targeted at the informal caregivers of PwD were included.

Results A total of 4176 participants across 32 RCTs were included in our analysis, with 2243 participants in the intervention arm. Overall, a statistically significant improvement in caregiver self-efficacy and caregiver gain was observed together with a significant reduction in anxiety. Telemedicine was also noted to have modest but non-significant effects on improving caregiver stress, QoL and social support. No consensus was reached with respect to caregiver burden and depression. Additionally, telehealth interventions were not found to have an effect on emotional well-being and psychosocial distress.

Conclusion Telehealth is not a panacea for the concerns of caregivers. A non-specific, 'one-size-fits-all' approach is neither sustainable nor effective in improving caregiver well-being. Given how the efficacy of telehealth interventions as well as the recommended approach remains unclear, further large-scale longitudinal studies involving novel telehealth interventions are recommended to delineate the most effective intervention, or combination of interventions that promotes caregiver well-being.

Joelle Tan Hwee Inn¹, Nicole Han Xinrong¹, Leong Shi Ying Victoria¹, Teo Wei Ling Rachel¹, Christopher Mark Kuek¹

¹Yong Loo Lin School of Medicine, National University of Singapore

Correspondence:

Joelle Tan Hwee Inn, Yong Loo Lin School of Medicine, National University of Singapore
e0313827@u.nus.edu
[u](https://www.nus.edu.sg)



White Paper

Plugging the Gap: The Millennial Surge in Melancholy

Introduction In Singapore, the prevalence of Major Depressive Disorder (MDD) is steadily on the rise, with even more cases remaining undetected and undiagnosed. Recent statistics also show a growing trend of suicidal ideation amongst millennials arising from MDD. Despite efforts by the Singapore Government to address this concern, social stigma towards MDD remains one of the greatest barriers to help-seeking behavior in millennials. This is reflected in the significant 12-month treatment gap of 73% for MDD. That, in turn, has profoundly dire consequences on those afflicted, their families and friends, and Singapore at large.

Methods This paper is informed by discussions with multiple stakeholders including psychiatrists, policy-makers and millennials afflicted with MDD; and is reinforced by media reports and journal articles.

Key findings It recommends a three-pronged approach that tackles every level of society – digitalizing individual anonymity with community support groups, delivering Depression First Aid courses for families and friends, and developing a collective narrative in Singapore society.

Christopher Mark Kuek¹, Nicole Han Xinrong¹, Joelle Tan Hwee Inn¹, Leong Shi Ying Victoria¹, Te Wei Ling Rachel¹

¹Yong Loo Lin School of Medicine, National University of Singapore

Correspondence:

Christopher Mark, Kuek YLLSoM, NUS christopher.kuek@u.nus.edu

Piercing Tribal Language Barriers in Health Communication

Introduction Language barriers are the main cause of miscommunication between healthcare providers and patients which could lead to misdiagnosis, inappropriate treatment, and death. 46.8% of the linguistic minority patients' adverse events had a level of harm ranging from moderate temporary harm to death. Solutions have been developed to solve barriers between common foreign languages. However, the medical miscommunication caused by tribal languages has not been addressed and solved properly. In Thailand, there are about 3 million people in over 40 ethnic groups with distinct languages causing difficulties in obtaining patients' information and conveying messages back to the patients, so effective policies should be proposed. The past solution in Thailand relies on a group of volunteer interpreters enrolled by local hospitals which lacks unified and standardized regulation. Furthermore, the volunteers may not have been equipped with adequate skill set to practically deal with medical communication. To demolish the language barriers, the proper mode of interpretation must be inaugurated.

Methods A suggested policy would be to establish a center to function as a medium between certified interpreters and doctors. These interpreters will be recruited from each ethnic group and trained in a specifically designed program which will provide attendants with essential knowledge and skills required in medical translation. This includes understanding of patient confidentiality, suitable methods in delivering messages to the patients, for example breaking bad news, and basic comprehension in medical terms and procedures.

Key findings Corresponding to the suggested policies, this measure would possibly lead to the improvement of health communication

Christsanutth
Siripakkaphant¹;
Petnumnueng
Ponsumritchok¹;
Siwakorn
Chanchalotorn¹;
Tin Ayurag¹;
Chanodom
Piankusol, M.D.²

¹Faculty of
Medicine, Chiang
Mai University,
Thailand

²Department of
Community
Medicine, Faculty
of Medicine,
Chiang Mai
University, Thailand

Correspondence:

Chanodom
Piankusol, M.D.
Department of
Community
Medicine, Faculty
of Medicine,
Chiang Mai
University, Thailand
[chanodom.p@cmu.
ac.th](mailto:chanodom.p@cmu.ac.th)

The HPV Vaccine Crisis in Japan

Introduction HPV vaccination is one of the most effective ways to prevent cancer. After 14 years since its introduction in 2006, HPV vaccine has been proven to be extremely safe and effective against cervical cancers and other cancers caused by HPV infection. Combined with cervical, rapid scale-up of HPV vaccination can make cervical cancer elimination achievable in most countries. While many countries are on their way to eliminate cancer, the situation in Japan is not promising. After reports of severe adverse events following immunization, the government suspended the recommendation for HPV vaccine, resulting in a significant drop in vaccine coverage to almost 0%. The situation has remained for 7 years, leaving female, especially young women to be extremely vulnerable to cervical cancer. This is a matter of paramount importance and actions should be taken promptly to improve the situation.

Methods We conducted an extensive literature review and consulted with a Secretariat of the Immunization Committee of Ministries of Health, Labor, and Welfare, an Obstetrics and Gynecology Professor, and an Infectious Disease Professor to better assess the local situation.

Key findings We propose a comprehensive and strategic communication plan, involving the key stakeholders and using multiple channels, with a monitor and evaluation system, to counter the misinformation about the HPV vaccine and improve the status quo.

Nguyen Van Tai¹,
Marina Endo²,
Shiichi Ihara³, Ami
Kato⁴, Soma
Sakamoto²,
Takahiro Tanaka⁵,
Yoshino
Tanaka¹

¹International
University of
Health and Welfare

²Jichi Medical
University

³Chiba University

⁴Oita University

⁵Juntendo
University

Correspondence:

Nguyen Van Tai
International
University of
Health and
Welfare, School of
Medicine
17a1035@q.iuhw.ac.jp

Dealing with Health Misinformation in Diverse Social Media

Introduction Useful contents regarding health spread rapidly via social media, and so does health misinformation. Widely accepted misinformation launches various adverse impacts and even causes panic in the society. Measures already taken by Taiwanese government to stop health misinformation are effective so far yet remain unreliable when it comes to long-term protection. Therefore, a long-term strategy over health misinformation is necessary

Methods We search online papers according to our topic and consult professionals to list our problems, then discuss our solutions comprehensively.

Key findings For governments, deploying the influence of celebrities and dramas as a medium to send right messages and correct misinformation, legislating laws that restrain the spreading of misinformation are necessary means to solve this problem. For education institutions, emphasizing more on media literacy is also suggested, thus people can differentiate skeptical information from trustworthy ones. And for medical students like us, we could cooperate with students professional in computer science to establish a system, combining AI technology to inform internet users whether or not the website being visited is credible. Hopefully, by implementing the actions mentioned above, the influence of health misinformation could be deduced to a minimal degree and assist the public to make right health decisions, thus improving the health welfare of the entire human race.

Kun-Ting Lo¹, Yi-Chen Chiang¹, Ya-Chu Chang¹, Hao-Yu Tseng¹

¹School of Medicine, Tzu Chi University, Taiwan

Correspondence:

Ya-Chu Chang,
School of
Medicine, Tzu Chi
University, Taiwan
claire8606181@yahoo.com.tw

Surfing the Waves of Infodemic: Building a Cohesive Philippine Framework Against Misinformation

Introduction The sudden exponential increase in information accompanying COVID-19 has presented significant barriers to effective health communication. In a country where 76 million active social media accounts originate, this Infodemic due to the pandemic has exposed inadequacies in Philippines information systems. As such, this paper aims to present the Infodemic in the Philippine context, analyze existing frameworks countering misinformation, identify problems, and propose solutions for misinformation.

Methods A comprehensive review of existing policies was conducted by inputting keywords in known databases, and analyzing literature, laws, and social media policies in the Philippines.

Key findings The analysis has showed that (1) the current un-centralized system presents difficulties in mobilizing experts; (2) the older demographic is a neglected population amid high risk for misinformation; (3) individual passivity in searching for legitimate sources put people at higher risk; (4) current legal frameworks insufficiently characterize and delineate misinformation and disinformation, leading to concerns on implementation and human rights. To address this, evidence recommends (1) creating a centralized government institution, representative of various sectors, to serve as the source of understandable and reliable scientific information; (2) strengthening current legal frameworks, with an emphasis on education, due process, and human rights; (3) ingraining a culture of fact-checking within the Filipino psyche via stakeholder engagement. Clear roles and responsibilities, along with active stakeholder engagement, are needed to build individual resilience against misinformation and strengthen veritable institutions that aid the country in responding to future health crises.

Dela Cruz, Joseph Rem C.¹, Tiu, Christl Jan S.¹, Velasco, Raphael Ian B.¹, Abella, Hannah Joyce Y.¹, Dela Cruz, Mark Vincent P.¹, Lacson, Jemil Austin M.¹, Macatangay, Ian Oliver D.¹, Ong, Erika P.¹, Paguntalan, Jaypee M.¹, Doroja, Nanette B.¹

¹ College of Medicine, University of the Philippines, Manila

Correspondence:

Joseph Rem C. Dela Cruz,
College of Medicine,
University of the Philippines, Manila
jcdelacruz13@up.edu.ph



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