

International Conference on **ALZHEIMER AND DEMENTIA**

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Lessons learnt from COVID 19: The way forward**Geeta Devi Dorkhy***Highlands Phoenix, Mauritius*

Next step is your next decision. If you are ready, nobody can stop you. Indeed, life has many surprises. The reality is clear, now, COVID 19, has been a great life teacher. The root cause and our existence, the basic unit of life, the cell life cycle revised. Tiny as a virus, its life cycle mutates several million times and it is the survival of the fittest. Vaccines, sanitary measures, social and physical distancing, hand washing practices and face mask have been adopted into daily living now. Several levels of interventions emerged. Individuals showed empathy, humanity, togetherness, in times of stress, distress, mental challenges. At group levels, setting up of public health units, community medicines practices, education in public place, law re-enforcement. Redeployment of workforce and resources. At country level, sharing of resources with those in need, food scarcity, medicines and basic human needs addressed, donations of vaccines. Country inter-collaborations and understanding. Sharing of expertise, knowledge and know-how in globalised world, these exchanges between neighbouring countries enabling research and development, emerging medicines, home remedies have reduced uncertainties during world war three. Given time and opportunities, COVID 19 and its variants, taught us to re-adapt and survive in our own world. Businesses evolved in a new dimension called e-commerce popularised due to circumstances and demand. Similarly, the new generation made e-schooling a reality in many remote places. Education for all and anywhere at any time. Electronic information system in health care and e-prescriptions, a brilliant idea to concretise and focus. E-media took such flights and e-communication is everywhere. Future, challenges are yet to be addressed such as mental health issues and new advents in this new environment. We need ask for ourselves strength to face it all. Do or die.

Biography

Geeta Devi Dorkhy has completed her M.B.B.S at S.S.R Medical College, Mauritius in year 2010-2015. She followed an 18 months internship at Victoria Hospital, after which she worked as private medical practitioner at Clinic St Jean, Belle Rose. She is also a faculty member, lecturer, in the Department of Biochemistry at S.S.R Medical College from year 2017. She has completed her Master of Public Health at the University of Mauritius in 2020. Currently, she is working at the Ministry of Social Security and National Solidarity as Medical Practitioner. Her interest in Alzheimer's disease lead her to publish her first article in Alzheimer's and Dementia Journal in December 2020 and she became an active member, the Vice-president of the Alzheimer's Association Mauritius. She has been presenting her work on Alzheimer's disease at Alzheimer's Association International Conference virtual platform last year. She is a speaker on ADI (Alzheimer's disease International) platform. .