



## **EDITORIAL**

### **The Waters are Receding....It is time to Rebuild**

To use the words and emotions of Morgan Freeman, President of America in the 1998 Sci Fi Movie, Deep Impact, he said, “..... But the waters receded.....”. After the world as they knew it survived the comet that was on a collision course with the earth which would have meant the end of all life, Morgan Freeman repeated, ‘The waters receded..... And it is time to start the process of rebuilding’”. This is exactly how I feel right now as we hear about the lifting of various restrictions occasioned by the long assault of COVID-19 on the world.

Countries are vacating travel restrictions, relaxing testing requirements and even freeing us from the compulsory use of face masks at work, on the road and elsewhere. Use of face masks is now largely left to the discretion of the individual depending on where he or she is going and what the expected level of exposure could be at the venue. It is truly good news. I am sure many people are looking forward to traveling for conferences or even holiday something that was near to impossible in the past several months. There was a cartoon that was shared somewhat early in the days of the pandemic where the dirty, unwashed feet of a man was pictured and the question he was asking was, ‘can we stop washing our hands now?’ implying that he had only been washing his hands and no other part of his body. I believe we can answer the question now with a statement such as, ‘you may wash all parts of your body more equally now without over concentrating on the hands.’ However, COVID-19 or no COVID-19, washing the hands regularly is a practice that we should keep up as much as possible because it is an excellent protective activity against many infectious diseases that are contracted via direct contact including those transmitted via the respiratory route. Yes, it is time to rebuild. It is time to begin to design new ways of doing things because as we all probably know, the old ways of doing many things are long gone. They will not return so we have to fashion out what works in the light of what we have gone through so that we not only engage in new methods and ways of getting work done but in such a way that we ensure that we do not inadvertently invite the next pandemic through our actions and deeds. COVID-19 brought its own set of issues from the actual infection to sequelae after contracting it, to many mental health issues associated with the fear of contracting or spreading it to our loved ones. There is no understating the fact of the many, many lives that were lost to COVID-19 across the globe as well as the miracle of Africa not being as badly hit as the whole world expected. The jury is still very much out on the

whys and wherefores associated with Africa's response to COVID-19 but as I am never tired of saying, we are extremely grateful to God for the unmerited grace and mercy.

It is indeed time to rebuild. As researchers, scientists, practitioners, academics we need to find answers that work. Answers that will help us respond better and faster across the globe if, and when the next pandemic hits. Answers that will help us understand the mysteries of the different actions and/or inactions that result in threats to lives whether at the individual, national, or global level. Answers that will help us identify faster the more vulnerable in our midst and factors that make them so be it genetic, diet, environment or even at the level of biochemical agents present or absent in individuals. Answers that work, plain and simple. The uncertainties that surrounded COVID-19 gave room to so much misinformation and myths that this constituted another pandemic within the pandemic by itself. As people linked by the very fact that we are alive at this point in time, we need to build better friendships and networks. As a global community of people we need to watch out for each other and be careful about actions that we take that could tip us into another unexpected pandemic.

We truly have no choice but to rebuild. I am sure we have all attended one workshop, webinar or event or the other titled around the New Normal even though the pandemic was still very much with us. I believe now is the right time to begin to fashion out those new normals. For instance we need new normals at work as we need to be deliberate about setting work hours and the agenda for work because COVID-19 came in with the virtual, work-at-home option and now it seems we are at work at every and any minute of the day. We need to work on that ASAP. We also need new normals for play whether we are eating out or going to the cinema or simply picking a novel to read. In today's world you can read alone, or you can choose to read with friends across digital devices. The rules around play need to be more clearly defined so that we are actually using the time to recharge our batteries and relax not merely exchanging one highly charged environment for another. Each individual must determine what their 'me-time' is and should guard this time jealously. Time spent with family and loved ones are also very important and should not be sacrificed because we are working at home.

In times of peace or war, or as in the case of the world right now, in times of COVID-19 or post COVID-19, research is a never-ending fact of life. Research is defined as 'the systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions.' Wikipedia defines it as 'creative and systematic work undertaken to increase the stock of knowledge'. It involves the collection, organization, and analysis of information to

increase understanding of a topic or issue. A research project may be an expansion on past work in the field thus it is clear that there will always be something to research as there will always be a need to increase understanding on topics or issues as well as a need to increase the stock of knowledge. It is my belief that we need to encourage and mobilize practitioners to engage in practice based or improvement-oriented research as they have the facilities, the study subjects, and the wherewithal to provide practical, real-life data that will generate practical results that are easily implementable. I therefore enjoin community pharmacists, private physicians, physiotherapists, medical laboratory specialists and all those in direct patient facing services in the private sector to arise and begin to build a research agenda into their practices so as to enable us to generate useful, empirical data that can be used to guide healthcare policies in this country.

It is the first edition of the year so this is our opportunity to specially thank and acknowledge our reviewers for 2021. Without you, we will be no better than a magazine. You work relentlessly with us, despite your very busy schedules, I must add, to ensure that the articles that we publish are up to par and we are truly grateful. Please accept this token shout-out as our way of thanking you profusely from the bottom of our hearts for your support. You contribute in no small measure to the journal moving forward and we are grateful. The list of reviewers can be seen immediately after this editorial.

Thank you; E seun; Daalu; Nagode; You do well.

Thank you and have a great day.

## **SIGNED**

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