Graduate Research Symposium – Proposal Submission

Title – Sudden Nocturnal Death Syndrome (SUNDS) – Global Perspectives

Program of Study – Health Education and Health Policy

Presentation Type – Choose one of the following: PowerPoint

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Category: Experimental (Basic).

Abstract: Background: From the past few year’s reports of death in sleep has been an alarming phenomenon among Thai immigrants in Israel. From 2008 to 2013, according to government figures reported by the Israeli daily Haaretz, 122 Thai workers died in Israel, including 43 from “sudden nocturnal death syndrome,” which affects young and healthy Asian men, five from suicide, and 22 for unknown reasons. SUNDS also called as Sudden Arrhythmic cardiac Death Syndrome (SADS) which is due to multiple causes is studied among agricultural workers (Thailand) migrated in Israel.

Objectives:

1. To review the phenomenon of Sudden Nocturnal Death Syndrome (SUNDS) and the various factors that may be associated among Thai immigrants.

2. To compare and contrast whether the ill effects of SUNDS are similar among immigrants from other countries and possible solution to the syndrome from a global perspective.

Findings:

Some of the causes where thought to be due to Work stress, migration/acculturation stress, No access to health care in rural areas, No care from employers, Living conditions, Climatic conditions, Nutrition (i.e. malnutrition such as insufficient intake of thiamine or potassium), Alcohol, working hours, sleeplessness, exposure to pesticides and no PPEs

Possible proposed solutions include: a) raising awareness about the possible ways to cope with work stress conditions and after effects of unhealthy lifestyle which might be leading to ill health or possible cause of sudden nocturnal death syndrome; b) establishing and implementing on-going and effective monitoring of the working conditions and health status of the migrant workers, and c) providing health education and proper access to nutritional food stores or attracting local entrepreneurs to supply nutritional food to migrant workers at a reasonable price.

References:

**Christian Worldview**

Bible has lots of accounts about immigrants and how god cared for them in foreign countries and fulfilled his purposes for their lives. In the book of genesis God called Abraham to a foreign land cared for him, used him to teach people the character and faithfulness towards god and also sustained him with long life. As a new Christian and an immigrant I am interested and concern about the welfare of immigrants. I am specifically interested in learning and researching their health outcomes and studying biblical based models and health interventions.

Matthew 5:16 “In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” As Christians we not only read the scriptures but practice it in our day to day life. We might agree the problem is far off in another part of the world, but it’s important for us to focus on the issue and help people, in the time of their need. According to the verses from Corinthians 6:19-20 which states “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”

Proverbs 25:2 – “Desire without knowledge is not good, and whoever makes haste with his feet misses his way.” Research has always been the main backbone to find truth about issues that are of concern and provided platform to help professionals find solutions to the problem. As Christians we need evidence based research, since making uneducated decisions can lead to solutions that are not adequate. Research that is systematic and scientifically sound guides us in adding to the body of knowledge in helping people finding healing and wholeness.