



UP VOICE

The Official Newsletter of the University of Puthisastra (UP)

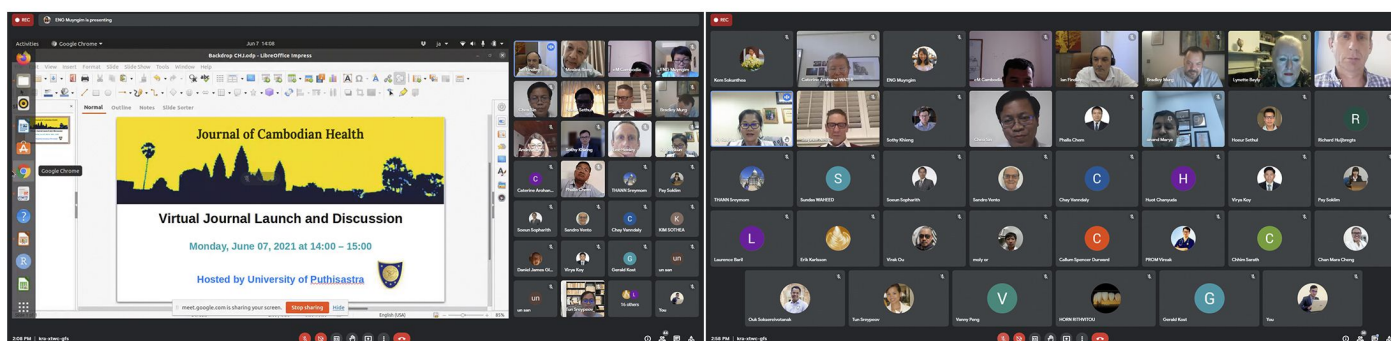
Journal of Cambodian Health

<https://journal.puthisastra.edu.kh/>

UP LAUNCHES THE JOURNAL OF CAMBODIAN HEALTH

On Monday 7th June, 2021, the University of Puthisastra launched the Journal of Cambodian Health.

Over 50 participants attended the online launch, including Cambodia Development Resource Institute, CamTech University, University of Health Sciences, Phnom Penh International University, Kirirom Institute of Technology, Paragon International University, Future Forum, Auckland University of Technology and others.



The purpose of the journal is to promote research and scholarship for all academics, policy makers, health professionals and researchers in Cambodia. OJS (open journal systems) means that it is free to publish for authors and free to access articles via JCH or google scholar.

The first two articles in the first edition include nursing students' perspectives of their academic program and implementing case management pathways to decrease service dependency in a Cambodian Child Protection NGO. We look forward to many more submissions of manuscripts!

The Journal of Cambodian Health (JCH) is a peer-reviewed journal committed to supporting and expanding health research and scholarship in Cambodia and the ASEAN region. The Journal takes a broad approach to contemporary health issues and welcomes submissions on broad health topics which may include Sustainable Development Goals, health professional education, public health, health policy, community health, environmental health, clinical issues, case-studies, evidence-based practice/medicine approaches and decision making, advocacy and human health security, and history and anthropology of health. It was an exciting moment shared by scholars to celebrate the launch of this journal

WHAT'S UP ON CAMPUS

• 18 JUNE 2021 | QUEEN NORODOM MONINEATH SIHANOUK'S BIRTHDAY

OPENING SPEECH FOR JOURNAL OF CAMBODIAN HEALTH

Welcome everyone to the University of Puthisastra, and to the launch of a new Cambodian research journal – the Journal of Cambodian Health.

This journal is the first broad-based journal of Health in Cambodia and complements Cambodia's other health journal "The Cambodian Journal of Public Health" which focusses more on public health. The university of Puthisastra (or UP) has a very strong commitment to health research and education

Just in the last month UP has:

1. Hosted an international conference – "The International Virtual Conference: Understanding Covid-19 Diagnostics & Optimizing Community Resilience", hosting world expert speakers from the US and Cambodia
2. Delivered over 14 sessions (over last 6 months) of continued professional development to over 1000 pharmacists in the topics of Good practice, and evidence-based practice. Upskilling over 1000 pharmacists to provide better healthcare
3. Delivered an orthodontic series called "UP Orthofest – What's New in Orthodontics" run by Cambodia's top dentists
4. Run an online webinar on Cross Infection Control during and after the Covid-19 Pandemic.
5. Delivered Continuing Professional Development (CPD) Training for nurses in the topic of Basic EKG (Electrocardiogram)
6. Delivered professional development on Antibiotic Resistance And Antibiotic Stewardship run by our medical faculty
7. Delivered an information session on "Indoor Infection Control – Making your building COVID safe"

And that's just the research education that UP has delivered in the last month. But UP's commitment to research and education is long term - UP is the only Cambodian university:

1. To offer Continued Professional development across 5 major health fields: Medicine, Dentistry, Pharmacy, Nursing and lab technology
2. Be in the Times Higher Education Ranking – the only Cambodian university to be in the ranks of the world's top universities
3. Have an international quality, research-based degree (Bachelor Science (Research)) – allowing local young people to learn broad principles of research and equip them to be the science leaders of tomorrow.
4. Have significant number of international papers (42 in 2020 and towards 100 in 2021)
5. To integrate research into every single course, into every single education program at UP.

And now we launch an international research journal.

So why is health research and education so important and why does the University of Puthisastra invest so much time, effort and expense in improving health research? Well the answer is simple – we want Cambodia to be a better place and to succeed as a Nation.

There is a very clear correlation between high levels of health and education and the success of both individuals and nations. Put simply – educated and healthy societies have much higher standards of living than those who don't - making health and education (as well as technology) the main drivers for progress not only for Cambodia but across the world.

Health touches all of us whether it is looking after a sick child, diagnostic checkups for cancer, vaccination against disease, improving our quality of life through preventative healthcare, or most recently coping through a world COVID pandemic.

Healthcare has been revolutionized by research over the last 25 years with improved technology, new drugs, new diagnostics (especially molecular genetics), new advanced treatments especially for cancers, and new methodologies such as vaccines. The widespread testing of COVID-19 by RT-PCR and the development of COVID-19 vaccines are entirely dependent on technologies developed from research over the last 25 years.

Where would we be without the research that made vaccines? This is just one reason why research in health is so important the benefits of health research saves lives every day. Put simply, health research leads to health improvements which saves lives.

There are too many others examples to mention but include:

1. Heart Disease Deaths dropping by 40 Percent over last decade,
2. chemotherapy reducing the cancer death sentence to now most cancers are treatable and many survivors live a normal life
3. preventing some cancers altogether by developing vaccines against the cancer for example Gardasil preventing cervical cancer.
4. HIV/AIDS treatment which has transformed from a death sentence just 20 years ago to now just taking a pill a day to keep HIV at bay

But more locally in Cambodia health research has resulted in:

1. Reducing childhood deaths from diarrhea by 90%
2. Halving Infant mortality rate
3. 80% reduction in malaria over last 20 years

These are all incredible achievements but these life-change transformation didn't happen by accident. They didn't happen because of luck? They didn't just happen overnight.

They resulted from long-term research in health – which is exactly what our new Journal of Cambodian Health is here for.

However, health education has not kept up with these rapid advances. It is therefore absolutely critical that health professionals keep up to date with modern technology, modern health practices and evidence-based healthcare through ongoing, continued training, education and research. That's the only way to give the best possible modern healthcare to patients.

In addition, research helps our health professionals learn how to critically evaluate the scientific literature and medical studies to provide best evidence-based care for patients. And those patients are our friends, our families, our parents and importantly our children. Research in health is our investment to give children all over the world and our local Cambodian children a better future, a better opportunity.

It is also becoming increasingly clear that we cannot do this research by ourselves. We need a collaborative effort – taking the best brains from all across the world and creating solutions from the whole of the world for the whole of humanity.

One excellent way to do this is a One health approach. One Health is a collaborative, multisectoral, and transdisciplinary approach — working at the local, regional, national, and global levels — with the goal of achieving optimal health outcomes recognizing the interconnection between people, animals, plants, and their shared environment – all working together for us and our planet. Professor Rethy Chhem will discuss this One Health approach in more detail shortly.

Thomas Fuller stated that “health is not valued until sickness comes”. This has become particularly true as we cope through the effects of COVID-19 – not only for the immediate global carnage, but also as we address the long-term impacts on health, poverty, education, economics and social cohesion.

But good health is not only critical for our own individual wellbeing but our future economic prosperity. Economic growth too is dependent on health - KPMG recently reported that 63% of new jobs created in the next 5 years will be in health, education or science. So strictly from an economic viewpoint, investments in health research and innovation can bring with it new employment opportunities, building the capacity and knowledge base of the Cambodian workforce, higher incomes, growing wealth and a robust tax base that would continue to reinvest in a range of social programs in all sectors of Cambodian society.

But we can only do this if we continue to promote health, and the research and education that drives health improvements. This includes policy, preventative healthcare, social healthcare and alleviation of poverty. We need to do this not just within individual universities, or within countries but by collaborating globally bringing research to Cambodia, strengthening research within Cambodia and sharing Cambodia's rich potential.

Health, research and education are our investment in our future – for all of us.

So I invite all of you to join with me and work together with the Journal of Cambodian Health to create a strong research culture in Cambodia.

Together we can create a brighter future, together we can do this!

UP LAUNCHES COVID-19 RELIEF CAMPAIGN



As COVID-19 continues to spread, the future has never felt so unpredictable and has set all of us back in many ways. In response to the needs of the least fortunate and most vulnerable children in our community, UP has launched a Covid-19 Relief Campaign.

All Funds raised will be directly donated to ផ្ទះបាយកុមារ LRDE: Les Restaurants des Enfants.

LRDE: Les Restaurants des Enfants is French and simply means, The Children's Restaurant. It caters to the street children of Phnom Penh, providing them with daily meals. LRDE is not only a "soup kitchen", it acts like a second home to these street children. The street children in LRDE come from poor family backgrounds, some of them orphans. Most of the children work on the streets of Phnom Penh, ranging from street vendors to collecting garbage for survival. COVID has hit these children especially hard.

The donations to the Covid-19 Community Relief Campaign will be part of our efforts during Covid-19 to show solidarity with those most affected by the pandemic, and just one small way we can help the country during these difficult times. Together we can make an impact!

You are invited to join UP to help some of the children most in need. UP will distribute 100% of donations to ផ្ទះបាយកុមារ LRDE: Les Restaurants des Enfants.

To donate, you can transfer your fund to the following bank account:

- Account number: 002 954 878
- Account name: FINDLAY IAN AND YAM PRASITH AND REM SREYLEAK

We would like to thank all those who have donated already, including very generous donations from Andrew Sinclair and family and AHHA (Australian Health Humanitarian Aid) - <https://www.ahha.org.au/>

Every dollar helps, so please consider donating what you can.

In addition to this campaign, more than 130 UP students from all faculties have also responded to the call from the Royal Government of Cambodia for volunteers to fight COVID-19, especially following the 20th February community outbreak. Many UP students have been volunteering in hospitals, in labs, at Pasteur Institute, in immunization teams and in other important roles.

UP and whole UP family are very proud to have so many courageous students and alumni to volunteer fighting the Covid19 disease. It definitely matches to our core values "Honor Self, Respect Others and Develop Society".

UP FACULTY OF DENTISTRY CLINICAL CASE SERIES CONTINUES TO ATTRACT LARGE NUMBERS OF STUDENTS AND EXPERT PRESENTERS



Over the past two weeks 4 highly regarded speakers have contributed to the UP Case Presentation Series. Good numbers of UP students, as well as students from the other four Cambodian dental schools have been attending.

First up was Dr Anand Ramanathan, who is Senior Lecturer and Oral Pathologist from University of Malaya. He gave a very interesting presentation on white lesions of the oral mucosa, which included a pre-test, a post-test and lots of student engagement. We have asked Dr Anand to do a second presentation at a later date, which will cover pigmented lesions of the mouth.

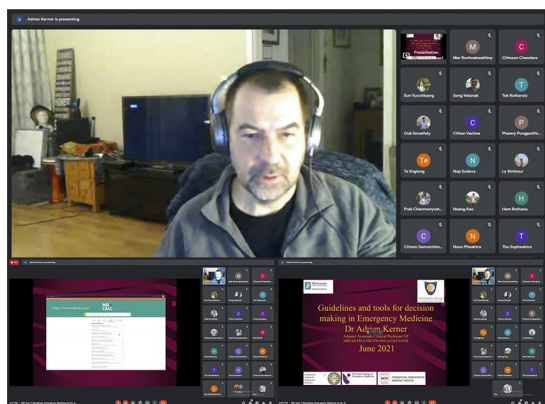
Dr Anand was followed by Dr Chum Chenda from Siem Reap, who is Head of Endodontics at UP and one of only 3 endodontists in Cambodia. He presented a range of interesting cases, and received a large number of questions from the students.

Dr Margaretta Yessi Budiono from Indonesia was next. Dr Yessi is the GC Asia Product Manager and has extensive experience in restorative and aesthetic dentistry. Her presentation was crammed full of useful tips for doing high quality restorative dentistry, and covered both GIC and composite restorations, including the latest international developments. The presentation finished with a live demonstration of placement of a large class II composite restoration, clearly showing every step along the way. We are very grateful for the support from Dr Yessi and GC Asia.

The final speaker was Dr Nol Rithy, another UP lecturer who is from the Roomchang Dental Hospital. Dr Rithy has a Masters in Prosthodontics from Thailand, and a Masters in Implantology from Germany. A large number of students registered for this very interesting presentation of prosthodontic cases.

In the weeks ahead we will have more of Cambodia's top dentists presenting their cases to students, as well as specialists from Australia, Thailand, and Malaysia. We would like to thank all the speakers for volunteering their time and making this series such a success.

PROFESSOR ADRIAN KERNER DELIVERS ONLINE LECTURES ON EMERGENCY MEDICINE TO YEAR 7 MEDICAL STUDENTS.



Dr. Adrian Kerner, Adjunct Associate Clinical Professor at UP, Consultant in Emergency Medicine, Waitemata Health Board, Auckland, New Zealand, is currently delivering online lectures to medical students in year 7 of their MD Program.

His lectures examine best practice in Emergency Medicine and will certainly improve students' skills. The online lectures, which take place every Wednesday, started on 19th May 2021 and will continue until 23rd June 2021.

UP LECTURERS PUBLISH IN HIGH IMPACT FACTOR JOURNAL

Assistant Prof Anand Marya, Assistant Prof Adith Venugopal and Dr. Horn Rithvitou recently published an article entitled "Risk perception of infection and implementation of various protective measures by dentists across various countries" in the "International Journal of Environment Research and Public Health" which has the impact factor of 2.8. All three are lecturers in the Faculty of Dentistry at University of Puthisastra.



Student Senate is currently having the election for the new Student Leadership in 2021, so please join us in voting for your best leader to get your voice heard and your problems solved.

Link: <https://bit.ly/upssvote2021>

MAKING YOUR BUILDING COVID SAFE- (INDOOR INFECTION CONTROL)

Since April 2020, The Department of Laboratory Sciences, University of Puthisastra (UP) has collaborated with Deep Clean Cat (DCC), Siem Reap on a program called Hospitality Infection Prevention & Control for Cambodia.

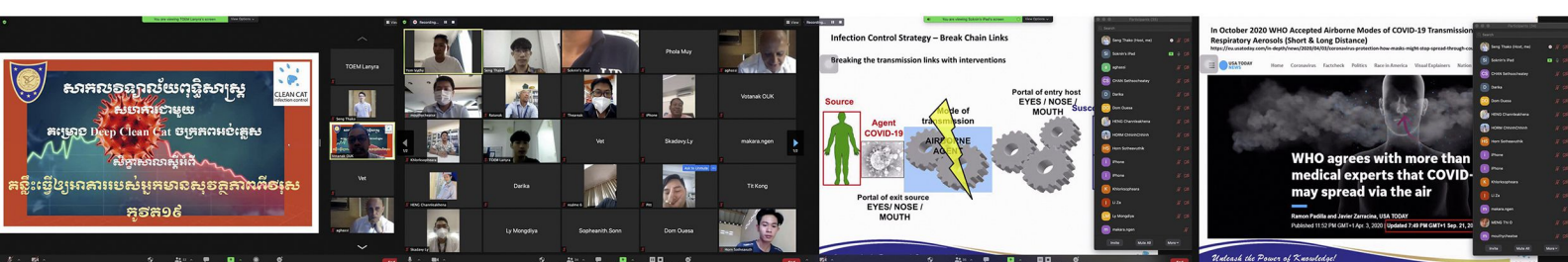
Our effort is to speed up the reopening of Cambodian Hospitality (Hotels & Restaurants) in the safest and fastest way possible by teaching a set of standards that safeguard against common infections in hotels & restaurants.

Since the outbreak events in 2021, we have focused our infection prevention efforts specifically on the spread of COVID-19, not only at hotels and restaurants, but in all non-residential indoor settings and transport that are of concern, as mask-wearing is not possible at many other types of buildings like offices where many people gather. Our focus in this area is called the Airborne Pathway of Infection.

In our collaborative effort, UP and DCC have delivered an online workshop training on June 11, 2021, on a program called "Making Your Building COVID Safe- (Indoor Infection Control)" with the purpose of:

- Understanding about the background of Infection Prevention and Control (COVID-19)
- COVID-19 Building Air Safety Plan
- COVID-19 Indoor Safety Infection Prevention and Control

During the session, participants shared that they found the workshop really interesting. Particularly as the topic was related to COVID-19 which everyone is presently concerned with. It was a great success and everyone is looking forward to having another kind of this workshop soon.



COMMUNITY PHARMACY CLERKSHIP AT UCARE PHARMACY



Pharmacy education has evolved in recent years. Pharmacy students need more practical skills which come from direct interaction with patients, health care providers and community pharmacists. To achieve this, students therefore need more effective courses and internship.

UP's Faculty of Pharmacy has assigned pharmacy students to do Community pharmacy clerkship at Ucare pharmacies. This is 3rd batch of community' pharmacy clerkship at Ucare Pharmacies and students will be able to

- To control and manage stocks in community pharmacy.
- To provide drug information (Therapeutic Class, Generic name, Indication, Interaction, Dosage, Contraindication, Administration, Precaution, side effects, Storage etc) to the patients.
- To identify drug information (Generic name, Brand name, Strength, Source, Form, expiry date, etc).
- To provide counseling and consultation to patients.
- To interpret laboratory results
- To analyze and validate medical prescription.
- To build a professional relationship with patients and other health professionals.

The community pharmacy clerkship lasts 270 hours and students would able to start from Monday to Friday (Part time) and Saturday to Sunday (Full Time).

We received many great impressions from our pharmacy student that have been doing clerkship and finished from 1st batch to 3rd batch:

Sun Nika raised that getting clerkship at UCare is such a great chance for me. It's just two days that I started a clerkship at UCare Park Mall branch, but I can say that all sisters and brother, who are my supervisor and pharmacists there, are so welcoming and supportive. I learned and knew a lot during these two days. They taught and told me about the rules and services. They also asked about few medications and explained afterward. They are opened to all of our questions and happily explain the answer. The most important thing is that I got to know about the system when we want to transfer items or medications from one branch to another and things we need to do when new stocks arrive. Moreover, UCare has so many supplements and cosmetic products which are different from any others pharmacies. So internship at UCare is not only about medicines but also about cosmetics, management, and services too. I have a few more months of clerkship there and I will try my bests to learn from them.

Srun SovanLong mentioned that since I got clerkship in Ucare pharmacy. I got a lot of service skills on how to communicate with patients. Moreover, I got skills of stock management by system and physical management and knowledge about clinical pharmacy about diagnosis, treatment and advice to patient.

Ron Sovanmakara said that I have learned a lot from Ucare. I know many kinds of supplements, and other medicines. Furthermore, they taught me, take a good care of me.

Nop Sopahnaroth was impressed about Ucare pharmacy. On my first day of clerkship, I already loved the environment at Ucare pharmacy. Supervisor and senior pharmacists gave me advice and teach on both counseling skills and practical skills. They are so easy-going and open-minded. They shared me their experiences in community pharmacy and most importantly about pharmacy management skills. I hope to learn more than that from Ucare and I'm so glad to spend my 3-month clerkship there!

Chhom Sreymeng mentioned that first of all, I am excited that I have a chance to do clerkship at Ucare Pharma. I am thankful for my team's work. They are so friendly, kind, and the best coworkers ever. After my internship, I have learned a lot such as building confidence, improving my communication skills, solving the problems with customers and store management.

Lam So Chivy expressed that It is such a grateful opportunity to do clerkship at Ucare pharmacy. I have grown and learned so much as I have done clerkship for these 3 months with the support from Ucare pharmacy staff. I'm so thankful for advice and experiences.

Otherwise, we received the great feedback from CEO of Ucare Pharmacy, Mr. Pascal CATRY, Pharm. D. He mentioned that Ucare Pharmacy is the first chain of pharmacy dedicated to your health, wellness and beauty. There are currently 18 outlets across the country with nearly 60 certified and professional pharmacists ready to solve your health issues.

Following the MoU in November 2019 between UP and Ucare Pharmacy. We are committed to sharing our hard skills and soft skills, as well as expertise to pharmacy students to be qualified pharmacists in the country. This is the 3rd batch of 23 students mostly at year 5th of pharmaceutical sciences field that is going to conduct clerkship in our pharmacies.

We warmly welcome them and are ready to share our expertise and continue to train and build future qualified pharmacists.



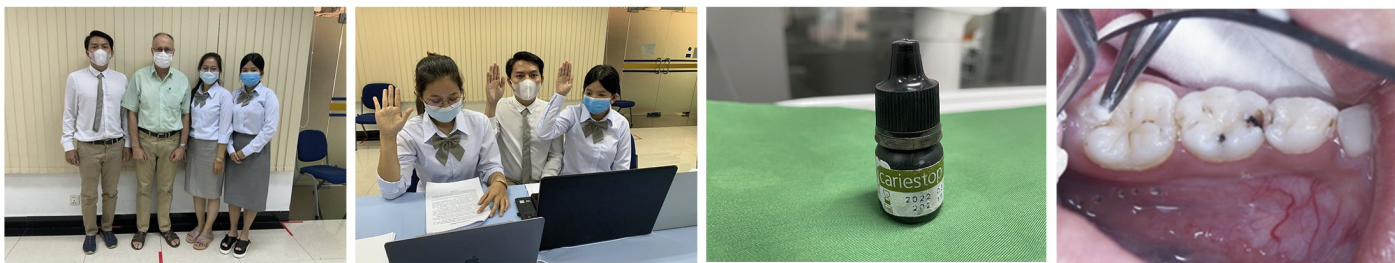
UP DENTAL STUDENTS FIND SILVER DIAMINE FLUORIDE (SDF) TO BE VERY EFFECTIVE IN ARRESTING DENTAL CARIES IN THE PRIMARY TEETH OF CAMBODIAN CHILDREN



Last week 3 UP dental graduates (Kong Karonamonear, Chhun Sambo and Kam Sambath) defended their thesis entitled "Comparison of caries arrest following early and late application of silver diamine fluoride (SDF) in two schools in Cambodia – 1-year results". The research (with approval from the National Ethics Committee) was carried out at two primary schools in Phnom Penh and involved almost 500 children. Silver Diamine Fluoride (SDF) was applied to decayed primary teeth by UP dental students taking part in the Healthy Kids Cambodia project. After 1 year, 71.6% of the decayed teeth had arrested with just one application of the SDF, and in most cases, no further treatment was needed before the teeth exfoliated naturally. The findings were similar to the results of several overseas studies – and even better than some.



The reason that this technique is so important in the Cambodian setting is that most children here receive no dental care, even though the level of dental decay is extremely high. Providing treatment in the "normal" way (ie "drilling and filling") would be far too difficult and expensive, given the lack of funding and dentists. The advantages of treating the decayed teeth with Silver Diamine Fluoride are that: it only costs a few cents to treat each tooth; no injections and no drilling needed; it is quick and easy; and it can be done in the school grounds with just a few simple hand instruments and materials.



The study suggests that children in Cambodia would benefit greatly from a school program which incorporates this approach. The researchers recommended that all dental students in Cambodia should learn the technique, that it be included as part of a school dental service in the future, and that the Healthy Kids Cambodia project be extended so that more disadvantaged children can benefit. The findings of the study will inform future discussions about how to improve the poor dental health of Cambodian children. The students would like to thank their supervisors Dr Tak Ranuch and Prof Callum Durward, as well as Dr Bethy Turton for her help and support.

HIGH QUALITY IMPLANTS IN THE UP DENTAL CLINIC

UP is conducting a postgraduate Diploma in Dental Implantology for some of Cambodia's top dentists, and is looking for patients who need implants. The cost of a high quality implant is up to 75% lower than in some private clinics (as little as \$250 – including crown).

For a free consultation and appointment, please call Dr. Pisal Khom via 089 245 456/016 956 289 For more information about UP Dental Clinic, please visit: <https://www.puthisastra.edu.kh/dental-clinic/>



FACULTY OF PHARMACY LAUNCHES RESEARCH AND DEVELOPMENT PROJECTS TO DEVELOP HEALTH PRODUCTS ORIGINATED FROM MEDICINAL PLANTS



Health products are the diverse group of substances from various natural sources such as plants, animals and living organism. The product, which is made from the medical plants called "herbal products". Many centuries, scientists and researchers were trying to conduct the researches and development (R&D) of the herbal products to fulfill the requirement and the benefits to the human. Among R&D, natural products have a long history of use as drugs, drug precursors, and/or complementary health adjuvants. Many of the research techniques for studying natural products in Cambodia, especially complex mixtures, have remained unchanged over the years and have not yet leveraged advances in technical, biological and chemical methodologies. FoP has an interest in catalyzing advances in methods in these areas.

FoP will support research on all types of natural products as long as projects are within the scope of the center's research priorities and the product(s), which can link to traditional medicine or other complementary and integrative health practices. Interestingly, FoP will provide the sufficient product information, which must be included in the application to allow the peer reviewers to evaluate the significance, and scientific strength throughout the project. Accordingly, those quality products will benefit to develop the health products in Cambodia. Furthermore, there are also the encouragement to FoP's researcher to initiate the idea of producing and improving the quality of the health products, especially with staff members in Pharmacongony's section. Each program staff member is responsible for coordinating research portfolios in various scientific areas.



Last but not least, FoP is committed to the scientific investigation of natural products used in complementary and integrative health practices. Moreover, FoP will develop the research capacities of the staffs and laboratory to be a center's natural product laboratory and an integrity policy establishes guidance on the scientific information regarding to for different types of products used in both mechanistic and clinical research including complex botanical products, health supplements, traditional medicine and cosmetics.

DEAN OF PHARMACY ATTENDED 2021 US-THAI & ASEAN PHARMACY CONSORTIUM



Dr Chea Sin, dean of faculty of pharmacy, University of Puthisastra, attended the 2021 US-Thai & ASEAN Pharmacy Consortium from June 06 to June 09, 2021. The objective of the virtual conference is to share each other on what we do in term of teaching & learning, assessments, and clinical rotations during this COVID-19 pandemic, as well as exploring collaborations opportunity in research and education among pharmacy schools in ASEAN and in the United States.

The US-Thai Consortium for the Development of Pharmacy Education in Thailand was founded in May 1994 when nine schools of pharmacy from the United States and the American Association of Colleges of Pharmacy (AACP) signed a Memorandum of Agreement (MOA) with eight schools of pharmacy in Thailand and the Committee for Pharmacy Manpower Development of the Thailand Ministry of University Affairs. The Consortium fosters a formal link, on an institutional basis, that supports the long-term development plan of the Ministry of University Affairs to enhance the academic, research, and clinical programs of their Schools of Pharmacy and Pharmaceutical Sciences.

