



UP VOICE

The Official Newsletter of the University of Puthisastra (UP)



PROFESSOR. IAN FINDLAY APPOINTED AS CHIEF HEALTH ADVISOR OF THE GOMHA CAMBODIA BRANCH

Prof. Ian Findlay has been appointed as the Chief Health Advisor from University of Puthisastra(UP), Cambodia of the GOMHA CAMBODIA BRANCH from 2021-2023. Professor Ian Findlay is the President and Vice-Chancellor of the University of Puthisastra (UP), Cambodia.

UP has become the only Cambodian university recognised by prestigious THE (Times Higher Education) Ranking. Professor Ian Findlay has had a very successful career in health education, research, learning and teaching and maximising commercial opportunities.

DR. CHEA SIN WAS APPOINTED AS THE PHARMACY BOARD MEMBER FROM UNIVERSITY OF PUTHISAISTRA (UP), CAMBODIA OF THE GOMHA CAMBODIA BRANCH FROM 2021-2023

Dr. Chea Sin was appointed as the Pharmacy Board Member from University of Puthisastra(UP), Cambodia of the GOMHA CAMBODIA BRANCH from 2021-2023.

Dr. Chea Sin has been working for University of Puthisastra (UP) as Head of Pharmacy, Deputy Director of Research Committee, Dean of Faculty of Health Sciences in charge of Medicine, Pharmacy, and Medical laboratory, and finally as Dean of Faculty of Pharmacy and Chair of UP's Curriculum Advisory Committee.



He has also been a member of editorial board for ASEAN Journal of Pharmacognosy, member of Board Director for the French Society of Clinical Pharmacy, Elsevier Journal, member of Editorial Advisory Board and Editorial Board for The journal "Current Trends in Pharmaceutical Research [CTPR], board member of Phnom Penh Pharmacy Council, and Vice President of Regional Pharmacy Council for region 1, which covers Phnom Penh, Kandal, Kampong Chhnang, and Kampong Speu.



DR. ANAND MARYA APPOINTED AS THE PRESIDENT OF GLOBAL OUTREACH SOCIETY OF ORTHODONTICS OF THE GOMHA

Dr. Anand Marya has been appointed as the President of Global Outreach Society of Orthodontics of the GOMHA PHNOM PENH (CAMBODIA) BRANCH from 2021-2023.

Dr. Anand completed his BDS from Seema dental college and hospital, India in the year 2008. Thereafter he completed his Post Graduate diploma in Hospital and Health Care Management (PGDHHM) from Symbiosis Center for Health care, Pune in 2011. Following this he took up his Masters in Orthodontics (M.S. Orthodontics) from University of the East, Manila and graduated in early 2016.

He is a faculty member and a senior resident specialist in the department of Orthodontics at University of Puthisastra, Phnom Penh as well as a Clinical Professor for the Master's program for Orthodontic, Phnom Penh. He has also been the course coordinator for various continuing education programs for orthodontics in Cambodia such as the A-plus comprehensive orthodontic education program and the Live patient Orthodontic program for foreign Orthodontic practitioners organized at University of Puthisastra. In 2019 he was invited to lecture at the Forestadent Symposium held at Phnom Penh on the evolution of orthodontic treatment options.

UP GRADUATE WINS SCHOLARSHIP TO STUDY ORTHODONTICS IN CHINA



UP dental graduate Dr Dy Sovannara has won a scholarship to study orthodontics in China. He is the first UP dental graduate to receive such an award, and will start in September. The first year he will study Chinese language at Shenyang University, followed by three years of orthodontic training at the China Medical University in the same city, Shenyang. We are very proud of Dr Sovannara and wish him every success as he begins on this exciting journey. Dr Sovannara would like to teach at UP when he returns.

UP'S ASSOC/PROF ADITH VENUGOPAL PUBLISHES PAPER IN HIGH IMPACT JOURNAL (5.23)





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Biomedical waste management in dental practice and its significant environmental impact: A perspective

Aravind Kumar Subramanian ^{a,*, ❷}, Dineshkumar Thayalan ^b, Andrew Ian Edwards ^{c, 1}, Abdullah Almaliki ^d, Adith Venugopal ^e

Abstract

Biomedical waste (BMW) is an emerging occupational and environmental health hazard in the health care platform. BMW in any form generated from hospitals during diagnosis, surgery, management of patients, antibiotics, radioactive isotope needs proper handling and disposal. In the field of dentistry, mercury waste, waste from dental amalgam, lead, and silver-containing waste were often found and have severe risks for health and are also environmental hazards. This also has an impact and risk of airborne pathogens if its improperly handled and disposed of. All these contaminated waste-like syringes, needles, sharps, blood-soaked gauze, which leads to infections, must be properly disposed of in various color codes indicated for a certain category of biomedical waste as per the guidelines from the government for the disposal. This article throws light on the categories of biomedical waste and extensive literature review on the research performed, waste generated from dental Clinics and hospitals. Environmental audit guidelines in the health care sector and its importance, alternative waste handling methods like the robotic model, which is an artificial intelligence employed to handle biomedical waste at a large scale, are discussed.

Impact factors measure the importance and the prestige of a scientific journal. The higher the number the better the journal. Impact Factors above 3 are judged to be very good, and above 10 amongst the best in the world.

Assoc/Prof Adith Venugopal's article reviews the environmental impact of Biomedical Wastes, especially from the perspective of a dental practice. Biomedical waste is an emerging serious concern in a majority of healthcare organizations. Proper disposal of healthcare waste and awareness about the handling, segregation, and transport of biomedical waste is vital for all healthcare workers. Improper handling of healthcare waste results in mitigation of risk factors and becomes a threat to the ecosystem causing environmental hazards and occupational health hazards. At UP, healthcare waste from the dental clinic is collected weekly by the Cambodian Red Cross. We are very aware of this important issue. Thanks and congratulations to Dr Adith for being a co-author on this important paper.

NURSING STUDENTS INTERNSHIP AT CHO RAY PHNOM PENH HOSPITAL



On 26th July 2021, UP's Nursing department led 12 bachelor nursing students to Cho Ray Phnom Penh Hospital for their final year internship. It is a crucial time for student's clinical training in order to obtain experiences and apply their knowledge, affective and skills before they can be a graduate nurse in the future.

Students have finished their theory and practice hours at school and they have met their requirements before they are qualified to go to clinical internship. Nursing students are divided into 4 smaller groups to place in different wards such as Surgical unit, Emergency unit, Inpatient Care unit and ICU unit.

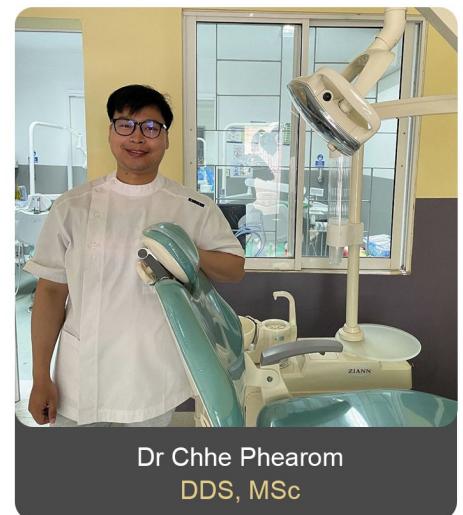
Clinical instructor at nursing department will follow our students at Cho Ray Phnom Penh Hospital to guide them to build their knowledge, affective, skills and confident.

WELCOME TO OUR NEW KIDS DENTIST!

Dr Chhe Phearom DDS, MSc is only the second Khmer pediatric dentist in Cambodia, and he is now open for business at the UP Dental Clinic. Following 3 years of postgraduate study at Khon Kaen University in Thailand, Dr Phearom will be both teaching pediatric dentistry at UP, and also providing treatment for children (up to the age of 18).

Dr Phearom is experienced in all areas of pediatric dentistry including restorative care, endodontic care, trauma, prevention, interceptive orthodontics, special needs dentistry, and treatment under sedation and general anesthesia.

To book an appointment to see Dr Phearom please call the dental clinic on: 012/098-414 563 (during working hours).



Dr Chhe Phearom
DDS, MSc

SCHOLARSHIP NURSING STUDENTS AT UNIVERSITY OF PUTHISAISTRA

University of Puthisastra (UP) believes in 3 core values, which are Honor Self, Respect Others, and Develop Society.

Living with our value and engaging with society development, UP has launched Scholarship Program to give great opportunities to high school graduates who have strong passion, high commitment in nursing education and yet in need of financial supports for making their dream come true.

During the pandemic, students are struggling to have enough financial support for their university degree and it's even tougher for women due to family responsibilities and social norms. We would like to introduce our successful candidates in nursing degree through our Scholarship program at University of Puthisastra.

Ms. Chan Sreynich, 20-year-old with 5 siblings, is currently a student of Associate Degree in Nursing Science. “I was supported by Green Gecko Project in Siem Reap since elementary school because my family is broken and we are poor. I studied very hard, I tried my best to have good result in my studies.

I always received best performance during my studies in order to keep being funded from my sponsor. I studied very hard, because I believed that only education can bring me out of the poverty.” said Sreynich. She also helped her community by joining community education with different projects such as reproductive health, dental health, English literacy (Teaching English to young children in village), and volunteered work at registration office at Angkor Hospital for Children (AHC) for one year.

Sreynich said “Becoming a nurse is always my dream career when I observe nurses worked at AHC during my volunteer work. In the future, after my graduation, I can work as a nurse to help my family, community, children who can't afford to study and patients who are poor. I really thankful to University of Puthisastra and Green Gecko Project who brought me the hope to my life and support me to reach my dream career in the future. I commit that I will put all my efforts to be successful in my study to become a great nurse in the future to response to the scholarship which I received from both institutions.”

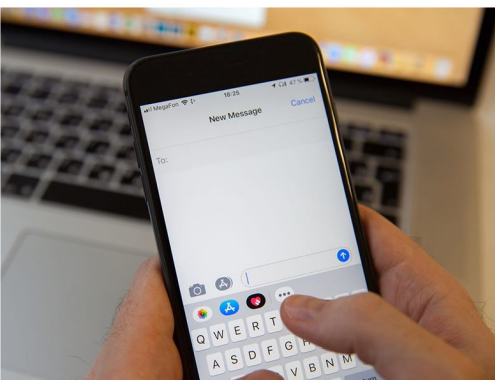


Ms. Penh Sokchea, 20-year-old. She is the oldest child among 3 siblings who are living in rural area at Kandal province. Her parents are farmers. She is the only girl in the family and the only child who has the highest education because her siblings have dropped from school due to financial challenges and as well as Pandemic.

Sokchea says “I studied very hard and met many difficulties as the oldest child I have to help my parents in farming, house chores, taking care of my younger brothers and my school was far from my home so I needed to wake up very early in the morning to prepare everything ready then ride bicycle to my school, people and even my self had not expected that I would finish my high school. But I always tell my self that I have to persevere to be stronger to success in my study. I wanted to become a nurse because I knew that nursing has the qualities which I have such as endurance, perseverance to help my family and community.

I'm really excited and grateful for University of Puthisastra for providing me the scholarship to study bachelor of science in Nursing. It is a great opportunity for me to ignite my dream again. I was so hopeless when I found out that my parents can't afford to support my education at university but UP gives me the hope. Thank you for trusting me!”

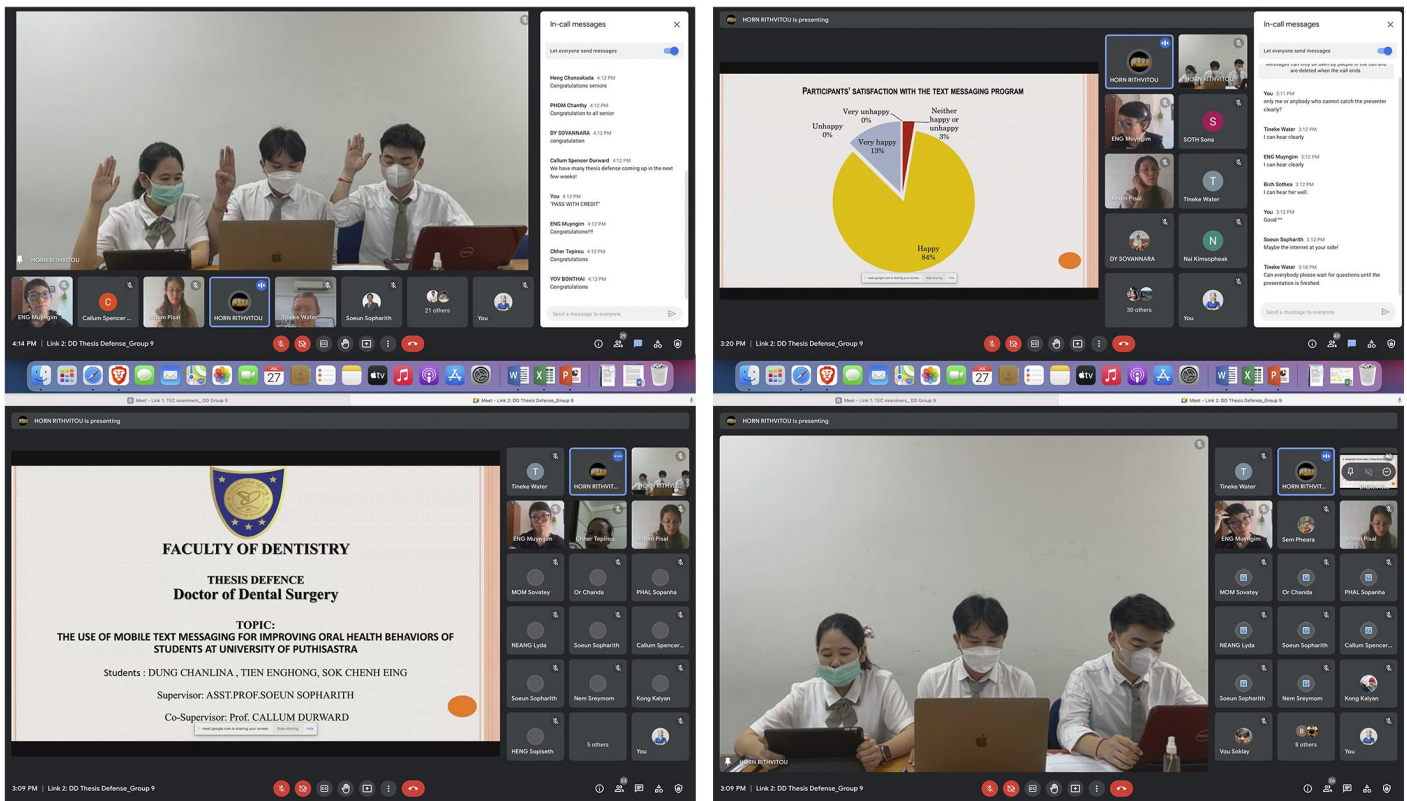
UP TEXT MESSAGING STUDY FOUND TO INCREASE KNOWLEDGE AND CHANGE BEHAVIOURS



Last week three new dental graduates, Dung Chanlina, Tien Enghong, and Sok Chenh Eing, defended their thesis in front of examiners Assoc Prof Tineke Water (Chair), Adjunct Assoc Prof Chher Tepirou (MOH), Dr Khom Pisal (UP) and Ms Eng Muyngim (UP).

Their thesis was supervised by Assist Prof Soeun Sopharith, and Prof Callum Durward, and involved the researchers sending daily texts with dental health messages for 3 months to a group of 186 UP students from various faculties. The aim was to see whether the students' knowledge and behaviors would improve over the 3 months.

The results were very positive, with great improvements in knowledge as well as in oral hygiene practices, dietary practices and visits to the dentist. The investigators showed that sending messages by SMS (or other social media) could be very beneficial in promoting health, at very low cost, and that further research should be carried out.



ABSTRACT

THE USE OF MOBILE TEXT MESSAGING FOR IMPROVING ORAL HEALTH BEHAVIORS OF STUDENTS AT UNIVERSITY OF PUTHISASTRA

Background: Dental caries and periodontal disease affect the majority of the Cambodian population and are associated with a lack of oral health knowledge, low access to oral health care, lack of exposure to fluoride, poor oral hygiene and high sugar consumption.

Aim: To improve the oral health behaviors of students at University of Puthisastra (UP) through the use of mobile phone text messages over a period of 3 months.

Methods: A longitudinal experimental study was conducted using a convenience sample of 186 students from UP who provided written consent. Participants were interviewed about their diet, oral hygiene practices, visits to the dentist and their understanding of oral health. A brief oral examination recorded plaque level. During the intervention each participant received 1 oral health related text message per day over a period of 3 months, after which they were recalled for a second interview (similar to the first) to measure any change in oral health behaviors, followed by an assessment of their plaque level.

Results: Overall improvements in oral health behaviors were observed. There was a significant increase in the frequency of tooth brushing, flossing, use of sugar-free gum, and fluoride toothpaste. In addition, the frequency of sugary drinks and snacks decreased, between baseline and follow up. The amount of sugar added to tea also significantly reduced, but not for coffee. The plaque score decreased from a mean score of 1.9 at baseline to 1.1 at 3 months ($p=0.001$). Knowledge regarding oral health mostly improved at the follow up interviews, compared to baseline. The greatest improvements were related to tongue cleaning, sugar free gum, gingival bleeding, regular dental visits and water fluoridation. One area where oral health knowledge was low and did not improve was related to the relationship between smoking and dental caries. By the 3 months follow-up an additional 6 students had been to the dentist prompted by the text messages. Students were generally very happy with the text messaging program.

Conclusion: The text messaging program over a period of 3 months resulted in improved oral health behaviors, reduced plaque scores and increased awareness among this group of Cambodian university students.

MY PARTAKING IN THE COURSE

LEADING STRATEGIC INNOVATION: HOW TO LEAD WITH PURPOSE

BY SEREY NGUON, LEARNING AND TEACHING OFFICER, UP

From 20th February to 04th March 2021, I was fortunately involved in a 2-week course named “Leading Strategic Innovation: How to Lead with Purpose”. The course was organized by Deakin University (Australia) in collaboration with Coventry University (UK).

In Week 1, I learnt a variety of lessons, including 1. Leading Strategic Innovation, 2. The Nature of Change, 3. Learning from Experience, 4. What is Your Leadership and Strategic Purpose?, 5. Developing Your Leadership Purpose, and 6. Impact of Experience and Leadership on Your Direction.

In Week 2 other lessons from the course were 1. Strategic Thinking, 2. Think Strategy: Doing Things Right and Doing the Right Things, 3. What is Strategic Drift?, 4. The Nature of Organizational Change, 5. Applying the Playing to Win Model, 6. Playing to Win – Sustainability in Action, and 7. Why Some Organizations Prosper While Others Struggle.

Additionally, I also did a reflection on what had been learnt and a quiz where I had to achieve a least 70% of the overall score in order to be eligible for the Certificate of Achievement. And I finally did it and achieved top marks – 100 out of 100.



MEDICAL LABORATORY TECHNOLOGY STUDENT INTERNSHIP IN 2021

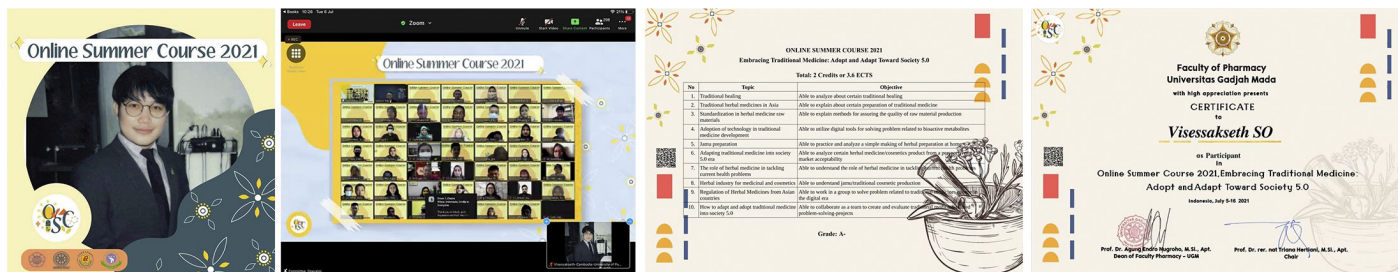


As we all know, the COVID-19 pandemic has been a global coronavirus disease pandemic since 2019 (COVID-19). Since the February 20, 2020 event in Cambodia, universities have been locked down once again. As we deal with this unpleasant pandemic, as in previous semesters our Medical Laboratory Technology students must rely on practical experience at the hospital to improve their skills for success in their careers in the health sector, which is why Internship Programs are so important.

An internship program is a three-month work experience program organized by a university for students. It is important in providing students with opportunities to observe hospital and laboratory room workflows, and students can learn about real-world practice, which is required for their degree.

Medical Laboratory Technology students from the University of Puthisastra began their internship on July 19, 2021, in the Medical Laboratory of Institut Pasteur du Cambodge within the capital city of Phnom Penh, which is led by the staff of The Department of Laboratory Sciences. The internship will last three months (Full Time Shift) which started from July 19, 2021 to October 08, 2021.

UP'S HEAD OF PHARMACOGNOSY SUCCESSFULLY JOINED AN ONLINE SUMMER COURSE ON EMBRACING TRADITIONAL MEDICINE: ADOPT AND ADAPT TOWARD SOCIETY 5.0



Mr. SO Visessakseth, M.Pharm, Head of Pharmacognosy, Faculty of Pharmacy, University of Puthisastra has successfully joined an online summer course (OSC) entitled “Embracing Traditional Medicine: Adopt and Adapt Toward Society 5.0” hosted by Faculty of Pharmacy, Universitas Gadjah Mada, Indonesia from July 5-16, 2021. The participants were from ASEAN countries.

Herbal/traditional medicine has been used extensively by the community around the world for a long time. The World Health Organization (WHO) also reported that 75% of the world’s population uses plants or herbal products as medicine or to maintain health. The use of traditional medicine consists of its use as a primary source of treatment and its use due to cultural and historical influences (in countries with a strong culture of herbal use).

This course has designed to nurture participants’ potential to produce a team-based project covering a problem-solving solution in traditional medicine adoption into society 5.0. In addition, this course was created to preserve culture and the use of herbal/traditional medicines for the improvement of public health, to support the achievement of student competencies in the field of herbal/traditional medicine development through innovative case-based learning media (case-based projects) and teams (team-based projects) and Improve collaboration to solve problems related to the challenges in herbal/traditional medicine development by interdisciplinary and multi-university approach.

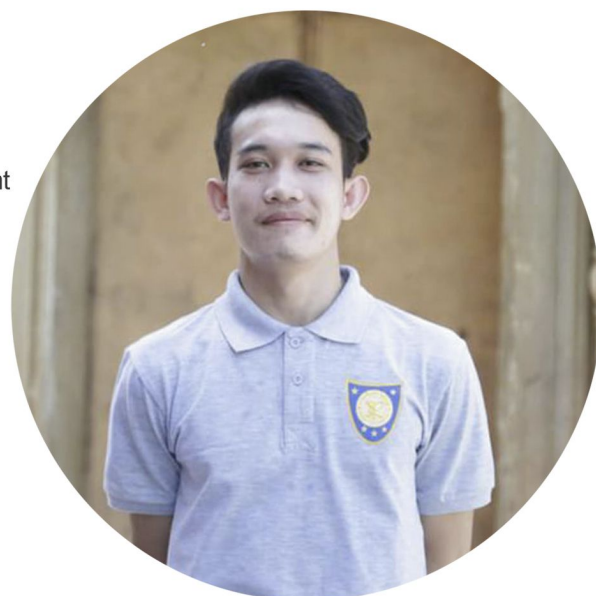
Interestingly, Mr. Visessakseth’s team won the prize on their video of preparation herbal ginger, turmeric and lemongrass which received 400,000 rupiahs per each member of the group. After this OSC, Mr. Visessakseth has a strong commitments and potentials to develop the Pharmacognosy’s laboratory and possesses the research projects related to herbal/traditional medicine in form of finding the phytochemical compounds and bioactive activities to exert the benefits in health consuming and health protection.

ALUMNI STORIES

My name is SENG Thako, and I am currently employed at the Department of Laboratory Sciences, Faculty of Health Science and Biotechnology, University of Puthisastra as a Laboratory Rotation Officer. My degree at UP is Associate Degree of Laboratory Technology by 2018 in the generation 5.

During my student years, my favorite lecturers were Assistant Professor CHROUNG Sopheap (Theory Biochemistry Lecturer) and Mr. YEM Vuthy (Practice Hematology Lecturer). I really appreciate their teaching style, the way they advise and encourage us to study hard, have self-esteem, respect others, and use our knowledge to help our country develop.

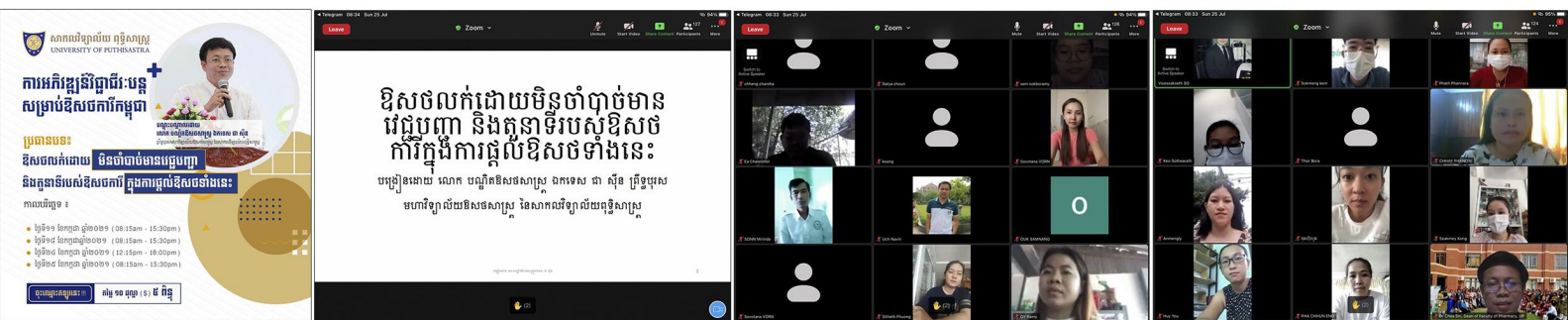
There were many, many wonderful at UP. The Department of Laboratory Sciences has a well-designed curriculum for students (Practice and Theory class), warm support from lecturers and staff, extra-curricular activities, and other community health projects. Especially, we able to meet new people all the time, and many of them become good friends.



My message to juniors - if you are a high school student, please hit the books and make an informed decision about which degree you want to pursue at the university. If you prefer the health sector, you can find out more about UP. To my juniors, who is pursuing a degree in UP, please keep going because you are almost there; I can do it as well as you, although we are in a pandemic situation. We can all work together to improve our country's health-care system. I can't wait to see you all again once we're completely free of the COVID-19 pandemic.

Last but not least, I am grateful to my family for their unending love and encouragement in shaping me into the person I am today. I am grateful to The Department of Laboratory Sciences at UP for molding me into a better person and providing me with the opportunity to serve in the department.

FACULTY OF PHARMACY HOLD ANOTHER CONTINUING PROFESSIONAL DEVELOPMENT (CPD) TRAINING ENTITLED “OVER THE COUNTER (OTC) DRUGS”



On 25th July 2021, UP’s Faculty of Pharmacy introduced round 5 of Continuing Professional Development (CPD) training program under the topic of “Over the counter (OTC) drugs and pharmacist’s role in dispensing OTC drugs” presented by Dr. Chea Sin, UP’s Dean of Faculty of Pharmacy, UP. There were 133 pharmacists in Cambodia who jointed this training program.

Over the counter (OTC) drugs are medicines or nonprescription medicines that are available upon request by patients without prescriptions. OTC drugs are effective and safe to consume with proper label and clear direction of use under the dispensation of health care professions such as pharmacists.

This given topic means to infuse update data and information of OTC use in clinical and community pharmacy in Cambodia in order to offer better service and knowledge to patients. Since OTC is very effective and safe to use in wide range of treatments, pharmacists must provide patients with care because overuse of OTC might cause further health issues and toxicities. To improve pharmacists’ knowledge in their carrier, this training program had included essential updated resources of medicines and how they are used from other countries to increase awareness of OTC usage, benefits and recent medical update from other facilities regarding health.

From many positive feedbacks of participants, this program is very effective for pharmacy profession, earning more updates from professors and pharmacists and sharing current issues along for proper solutions. Participants could connect to other pharmacists and share experiences together to improve health care service to community.

One of the participants Ms.Yin Voleak, said that “I found that this event is very interested and it gave me good experience as a participant. I am looking forward to participating another interesting topic in the following program”. Other comments pharmacist, Ms.Ung Huykhim, “For me, I found it was very useful for pharmacists because in our opinion we always want to provide the right medicines especially OTC drugs to the patients. More than this, I also learnt new experiences from other participants at sharing session.”

Last but not least, after this training, pharmacists received four points from Pharmacy Council of Cambodia. FoP is really delighted to provide this training program and wholeheartedly thanks to all participants for always supporting our trainings.