



UP VOICE

The Official Newsletter of the University of Puthisastra (UP)

UP REOPENS ON

11th October



As you'll have heard by now, Prime Minister Hun Sen announced on 25th September that universities can reopen. For us at UP, this means that our campus will reopen on 11th October 2021, after we have all had the chance to enjoy the Pchum Ben national holidays. For students and teachers in Years 2 and upwards, Semester 1 will commence on 1st November 2021, three weeks later.

It will be really important for us all to support each other in getting used to working and studying from our offices and classrooms together again. A lot has changed when it comes to teaching and learning in the last year and a half, especially with UP's huge investments in online learning, though we are very much looking forward to physical classroom teaching, lab work, practicals and everything else we enjoy doing together so much. In preparing to return, we will now need to undertake a lot of work together to make sure the campus is 100% clean, safe and ready for us all to come back.

The UP-Administration team has been busy preparing the campus for the safe return of students. The team has also been cleaning the campus and repaint all the walls and fences to ensure the welcoming of our students will be full of excitement and surprise.



WHAT'S UP ON CAMPUS

• 05 - 07 OCTOBER 2021 | PCHUM BEN DAYS

Here's some important information for you about plans from 11th October onwards:

Our students

When students return to campus, they will notice quite a number changes:

- temperatures will be checked before entry is permitted on to campus
- hand sanitizer is available for use before entry at the gate, in classrooms and in the toilet areas
- wearing of masks is compulsory for everyone on UP campus
- health information is on signage in classrooms, labs and other places all over campus
- there are crosses on seats and along paving to ensure social distancing of at least 1.5M
- labs and classrooms have been rearranged with seating available for fewer students in each room and strict limits on numbers able to be in the classrooms, labs and other enclosed spaces at any one time
- our dental clinic complies with the new Covid-19 clinic guidelines with thorough, careful cleaning, students and staff in full PPE and screens between chairs

UP has complied fully with the list of requirements provided by MOEYS and is ready to open to students.

Some classes will be on campus while others will continue online. More teaching resources are being acquired in the coming months to enhance student learning both in person and online. We, at UP continue to work hard to ensure that our campus continues to provide a safe environment for our students, staff and lecturers, and really look forward to a return to campus.

Our staff

All staff will be returning to campus from 11th October. There will be a few exceptions at times, for example, if you are a teacher and you're scheduled to teach online, you can continue to do this from home. There may be other examples, but you should speak with your manager in the coming days about any individual arrangements.

It is important that we are clear about returning to campus; we are all required to be on campus unless there is an approved (by President) reason to work from another location. Human Resources (HR) will be supporting everyone to ensure we have a well-planned and safe return to on-campus working. If a staff member does not return to campus from 11th October (and does not have authorisation to remain working from home), we will have to consider this as unpaid leave.



Please also be aware that:

- All staff must be double vaccinated before entering campus (double vaccinated includes those very few people who cannot be vaccinated for approved medical reasons).
- Social distancing measures will remain in effect in all classrooms with a maximum number of 20 students in most classrooms.
- Normal COVID-19 protection measures will remain in effect in all entry/exit areas, for example, signing in/scanning the QR code on entry and signing to acknowledge that you have read the information about the COVID-19 protection measures.
- Car and motorbike parking will be available from 11th October - the Administration Team will be getting this ready with our parking operator.
- All labs and the Dental Clinic (including students in attendance) are open from 27th September.
- UP staff may be required to take rapid tests before entering campus. The details about this are being worked through at the moment, and we will contact staff again about this as soon as possible.

Curricula and teaching preparation

- All academic departments will hold meetings with teaching teams and individual teachers as appropriate to ensure that everyone understands:
 - UP's new suite of policies, especially the new Assessment policies;
 - New Curricula (especially Course Outlines and Assessment requirements) and the expectations from these policies;
 - Our wider UP standards and expectations
 - New timetables, including for synchronous and asynchronous learning, as well as online and offline teaching timetables.
- Colleagues with responsibility from each academic department will be confirming new timetables in writing with the Registrar's Office.
- UPOP remains fully ready to support F2F study and teaching from 11th October onwards, thanks to IT and QLTS colleagues' ongoing hard work in partnership with teachers.
- Deans and Heads of Department (HODs) have overall responsibility for ensuring that all teaching and learning content is loaded onto UPOP.

I have been very impressed with just how hard everyone has been working -contributing to a better future for our students with positive attitudes during our extended campus closure.

As President, I want to say a huge thank you to you all for this. It's amazing how well we have worked together and how far we've all come, because we've all worked together and supported each other.' Our staff have supported UP and we have supported our staff by continuing to pay full wages as well as seniority and payrises during these very challenging times. By supporting each other we succeed. By supporting our staff we continue to provide excellent students outcomes.

I look forward with real excitement and anticipation to seeing you all again on campus. It has been a long time, but the wait has been worth it. See you all from Monday, 11th October!

President Ian Findlay

CHARITY FOR CYLCO PROJECT LAUNCHED AT UP



The "Charity for Cyclo Project" was created by UP dental students from year 3 in collaboration from other dental and medical students. The project leader was Yuk Yi who was assisted by Bunho, Maradin and other students including Year 3 students Pichchansotha, Techhong, Meymey, Chandaly, Kimchheang, Ly Tong, Chansna, Samnang, Vuochlim, Sreyroat, Linkeang, Navi, Raksmeay, Aphireak, Channarak, Vatanak and some year 2 students, including Chanda, Mouyleng, Puthyka, Nita, and Sileng.

The charity aims to help about 50 Cyclo drivers who are in desperate need of income and oral care. This week they were invited to the UP Dental Clinic where they received a range of free dental treatment. Some will be returning for more treatment later. They also received gifts of rice, soy sauce, fish sauce, noodles, canned fish and a T shirt.

Support for the project has come from online donations, private sponsors and companies, and UP. The dental treatment was supported by Denriche Asia.

Thank you to UP and our sponsors for bringing smiles to these cyclo drivers who are an important part of Cambodian culture.

SPECIAL OFFERS AT UP DENTAL CLINIC FOR OCTOBER



UP is offering special prices during October as follows:

- 10% discount for ceramic and zirconium crowns (by dentist)
- 10% discount for appointments with our pediatric dentist specialist, Dr Chhe Phearom

We continue to offer very good prices for all our services. For example:

- extractions ----- from \$3.5
- restorations ----- from \$5
- root canal treatment ----- from \$10
- crowns ----- from \$50
- implants ----- from \$250 (includes crown)
- complete dentures ----- from \$40
- metal partial dentures --- from \$70
- tooth whitening ----- from \$50
- orthodontics ----- from \$850



For more information or to book an appointment please contact our receptionist on 012 414 563 or 098 414 563.

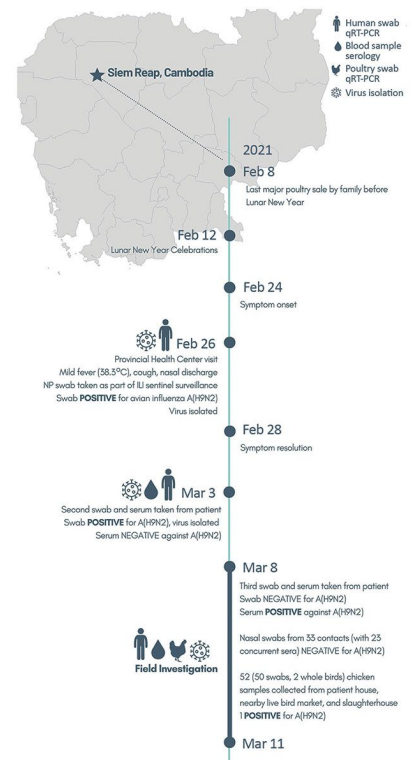
UP STAFF PUBLISH RESEARCH PAPER ON HUMAN INFECTION WITH AVIAN INFLUENZA A(H9N2) VIRUS IN CDC

Recently a paper was accepted for publication in CDC (Centers for Disease Control and Prevention). The lead author was UP Lecturer Samnang Um. The article was entitled: "Human Infection with Avian Influenza A(H9N2) Virus, Cambodia, February 2021".

The paper described the routine sentinel surveillance for influenza-like illness in Cambodia detected a human avian influenza A(H9N2) virus infection. Investigations identified no recent H9N2 virus infections in 43 close contacts. One chicken sample from the infected child's house was positive for H9N2 virus and genetically similar to the human virus.

UP's Samnang Um has been lecturer in Basic Statistics, Nursing Research and basic statistical data analysis in Department of Nursing and Midwifery for Bachelor of Science in Nursing Bridging program since 2020. Samnang is also PhD candidate in Public Health in Disasters at the Centre for Research on Health Care in Disasters of the Karolinska Institutet (Sweden). He holds a Master of Science in Epidemiology from The School of Public Health and Bachelor's degree in Human Geography and English from Royal University of Phnom Penh.

The full article could be found here: https://wwwnc.cdc.gov/eid/article/27/10/21-1039_article



CONTINUING PROFESSIONAL DEVELOPMENT TRAINING FOR CAMBODIAN NURSES

The Faculty of Nursing and Midwifery of the University of Puthisastra (UP) has received permission from the Board of Nurses of Cambodia to organize a training course on vocational development under the theme: Implementing preventive measures and controlling hospital infections in the context of Covid-19

- Date: October 2, 2021 • Via: Google Meet • Time: 9:00 - 12:00 am
- Fee: \$ 5 price • Points: 2 points
- Payment via UP ABA account: 001712925 or UP WING PAY: 39992
- Participants will receive a Certificate of Attendance
- Participants will be rewarded by answering short questions.

CPD registration link: https://docs.google.com/forms/d/1ipx0CnvixrXQiE8N8_DtqR8YVepjWKYDNFZmjZswipo/edit

For more information about the course, please ask Mr. Chhouk Borey: Email cborey@puthisastra.edu.kh or Phone / Telegram 012 588 076

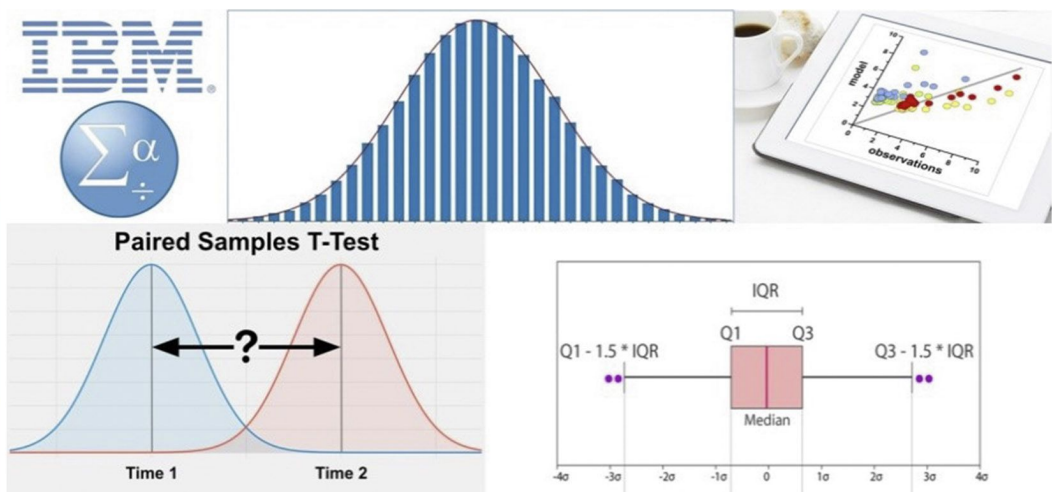
CONTINUING PROFESSIONAL DEVELOPMENT (CPD) FOR STAFF AND STUDENTS DATA MANAGEMENT AND STATISTICAL ANALYSIS USING SPSS

The Faculty of Medicine, in collaboration with the Research Department, is offering a 9-week training Course on the use of SPSS. Dr. Chhim Sarath, Deputy Dean for Research, will provide the training.

This Course will allow participants to develop data analytical skills to staff and students who are/will be working on research projects in different areas. Data management and analysis are in high demand for data scientists to analyze data and communicate their results to inform data-driven decisions.

The Course will provide an application-oriented introduction to the statistical component of IBM SPSS. Participants will review several statistical techniques and discuss situations in which they would use each technique, how to set up the analysis, as well as how to interpret the results. A broad range of techniques for exploring and summarizing data, as well as investigating and testing relationships, will be examined. Participants will gain an understanding of when and why to use these various techniques as well as how to apply them with confidence, interpret their output, and graphically display the results.

This Course will give participants the foundation they need for more advanced learning.



HPLC TRAINING TO PHARMACY FACULTIES



On September 21-22, 2021, Faculty of Pharmacy conducted a training session on how to use and operate a new high performance liquid chromatography (HPLC) which has just been purchased. HPLC is an important analytical method commonly used to separate and quantify components of liquid samples. For two days in a row, full-time pharmacy lecturers, pharmacy assistants and other staffs of Faculty of Pharmacy were enthusiastically learning about the technique and how to work.

During the HPLC experiment, trainee have learned how to identify standard caffeine which prepared by the trainer and determine the presence of caffeine in common coffee drinks available in the market. This experiment uses reversed-phase chromatography, where stationary phase is non-polar, and mobile phase is polar. Aqueous buffer was used as the mobile phase, with methanol added to change the eluting strength. Absorption spectroscopy at a wavelength of 220 nm is used to detect the substance. This experiment can be run at 254 nm, if a detector is not variable. The resulting chromatogram has a peak for caffeine from the samples. Other various components occurred in this experiment as well, although caffeine appeared within 4 minutes. This experiment uses a single mobile phase and pump, which is called an isocratic mobile phase. For samples that are difficult to separate, a gradient mobile phase can be used. The column is heated (usually to 40 oC), which takes away any retention time errors.

Besides this, trainee also gained an understanding of how-to maintain the machine when there were some errors at some parts such as result chromatography was not detected, when the left residue in the stationary became stuck, and how to clean after each processing.

After these two days, trainees were very pleased to be involved in the training on how to use the HPLC as well as minor maintenance when something goes wrong. Trainees are also excited to expand their research skill and study to produce more reliable results. Last but not least, trainees gladly share what they have learned from the training to all interested colleagues as well as in purpose to use it for your research interesting topics. Trainees look forward to having more and more effective research achievements in the future with HPLC.

THE FACULTY OF MEDICINE WELCOMES TWO NEW STAFF MEMBERS



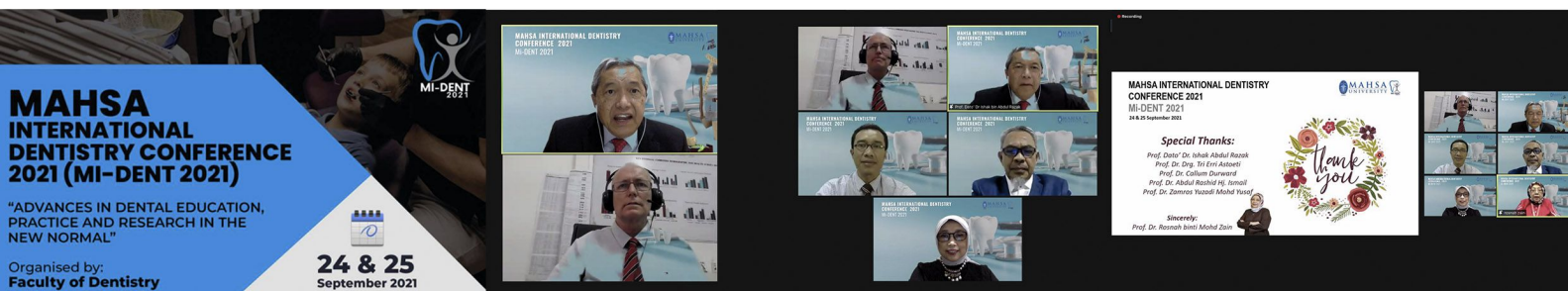
Dr. Yourk Chanleaksmy joined the Faculty of Medicine in mid-May 2021 as Curriculum Revision Officer to assist with the revision of the MD curriculum. She is a recent graduate in Medicine from UP. She has also got a Bachelor's Degree in English Translation and Interpretation from the Institute of Foreign Languages at the Royal University of Phnom Penh. During her time as a student, she participated in elective programs at Ramathibodi Hospital, Mahidol University, Thailand and took part in a Pediatric Winter School Program at the Medical University of Graz, Austria.



Ms. Chim Sineth has joined the Faculty of Medicine as Administrative Manager on 1st September 2021. She got a Bachelor's degree in Business Administration and Management in 2014. Before joining UP, she has had many years of experience in a private clinic in Phnom Penh.

In her important new role, she will work closely with the Assistant Dean for Academic Affairs.

UP FACULTY OF DENTISTRY DEAN SPEAKS AT MAHSA UNIVERSITY CONFERENCE



Mahsa University in Malaysia recently held a 2-day international online conference. The Faculty of Dentistry organized presentations around the theme “Advances in dental education, practice and research in the new normal”.

The scope of the conference included innovations and technological advances in clinical-based education, challenges in dental practice in the new normal, and research options during the “pandemic era”. The plenary speakers were from Malaysia, UK, USA, India and New Zealand. How to conduct teaching in clinical areas during Covid was one focus, for example in Restorative Dentistry (including simulation lab), Orthodontics, Pediatric Dentistry, Oral Surgery, Radiology, and Oral Medicine. Assoc Prof Denise Sweeney spoke about pedagogical strategies in professional-based education.

There was a very interesting session entitled “Virtual hospital-based education in dentistry” by Assoc Prof Rajandram from UKM who showed what could be done at a distance, and how such encounters can still be valuable learning opportunities. Prof Callum Durward from UP joined the session on “Challenges on community-based dental education during the Covid-19 pandemic”, and spoke about our own experiences with school-based and prison based programs, and how these have had to be modified.

The conference was a great success, and provided many good ideas from countries in the region about how our programs can be adapted to fit in with the “new norm”, so that we can continue to provide a high quality education for our students.

UP ALUMNI STORY: SAKSETH

My name is SO Visessakseth. Currently, I am employed as a head of pharmacognosy at Faculty of Pharmacy, University of Puthisastra (UP). My degree at UP is bachelor degree of Pharmacy by 2017 in the generation 1. Throughout my studies, I was ecstatic to gain knowledge and experience in both theory and practical work classes.

The professors are qualified and morally upright. UP lecturers are working on a student-centered strategy. UP was a place with a lot of student services and facilities. Furthermore, there were numerous wonderful experiences with the internship at the hospital, not only in the country but also international. In order to manage and finish my degree, I usually push myself to study with my friends, and we like finding a nice environment in which to recap the lectures and discuss what we didn’t comprehend. My advice to juniors is that if you are truly interested in health-related fields and education, you should major in health sciences. More than that, you should make a commitment to continue learning and searching after class.

Being a pharmacist is my ideal career, therefore it was important to keep me motivated during my college years, even though they were difficult. I remind myself of this every day. My family, professors and peers have also played an important role in my achievement. Last but not least, my university life was very beautiful and enjoyable, even sometimes we have to commit ourselves harder and harder in the study. Until now, I never stop improving myself into higher and further education. “Learning never ends!”.



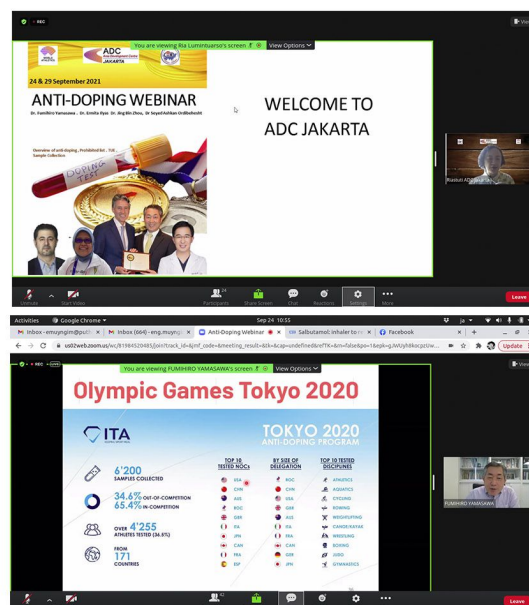
ANTI-DOPING WEBINAR ORGANIZED BY ADC JAKARTA

The purpose of the webinar was to raise awareness about the rules that form the backbone of efforts to promote clean sports, including discussion on prohibited substances to enhance sports performance. The webinar was conducted by the AAA Medical Committee: Dr. Fumihiro Yamasawa (JPN), Dr. Ashkan Ordibehesht (IRI), Dr. Ermita Ilyas (INA) and Dr. Jing Bin Zhou (CHN) on 24 and 29 September 2021. Participants attending from around the region, including Bangladesh, Bhutan, Brunei, India, Indonesia, Iran, Malaysia, Nepal, Pakistan, Philippines, Singapore, Sri Lanka, Thailand and Cambodia.

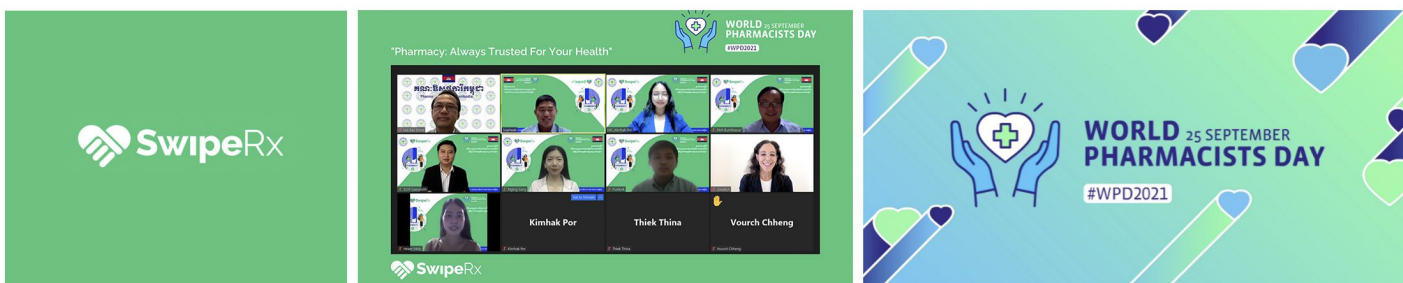
Ms. Muynгим ENG, from Research Department, a researcher, pharmacist and athlete, has an interest in this area, and to support the promotion of clean athletes. She says that when athletes use prohibited substances they not only damage their own health, but also gain an unauthorized competitive advantage. For health scientist and sports scientists it is crucial to be informed and educated athletes on the dangers and risks of 'doping'.

Questions that were raised included athletes who have asthma and take Salbutamol, which is listed as prohibited substance. In such a case, Dr. Fumihiro Yamasawa advised that athletes work closely with the local pharmacists to monitor the dosage of Salbutamol or using alternative medication if necessary.

Other questions whether it was okay to use energy drink, cafe or tea during the event, and taking the Chinese remedies against COVID-19, has also been raised and discussed. Muynгим suggests that health science students in Cambodia might be interested in taking a deeper look anti-doping which could greatly help protect Cambodian athletes clean in the future!



UP ALUMNI JOIN PHARMACY COUNCIL AND SWIPERX FOR WORLD PHARMACYS'DAY



The founder of World Pharmacists Day, the International Pharmaceutical Federation (FIP) is the global body representing pharmacy, pharmaceutical sciences, and pharmaceutical education. Every year, World Pharmacists' Day is celebrated on September 25 all over the world, with the common goal of raising awareness and promoting recognition of the value of the role of pharmacists and contribute to the provision of health care services in the community, at the local and national levels, to other key stakeholders and among the pharmacists themselves.

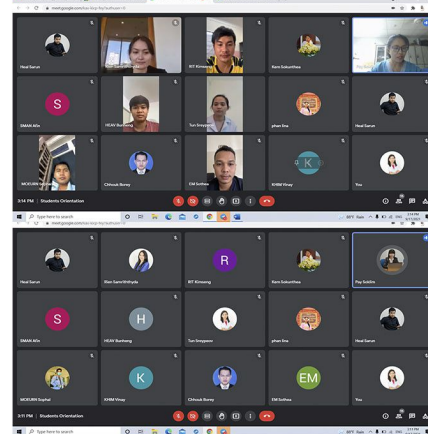
SwipeRx has created webinar for Cambodian pharmacist in theme "Pharmacy: Always trusted for your health" This new topic is a reminder that "trust is not only the foundation of human-social relations in general," but it is also very important in health care, and also an opportunity for pharmacies. To show appreciation for the trust given and in the past profession and to raise awareness of this trust as well as the important role of pharmacists in improving public health. Ms. Kim Nginsan our UP Pharmacy Alumni 3rd generation and the general manager in Punlue Samaki Pharmacy has join as speaker in sharing about Tips to gain trust from patients.

More importantly, the whole program was honored to be participated by HE Ban Botta, President of the Pharmacy Council of Cambodia to open the program, as well as presenting the national updates of the Cambodian pharmaceutical sector and important information on further professional development.

FACULTY OF NURSING STUDENTS IN BRIDGING PROGRAMME ORIENTATION

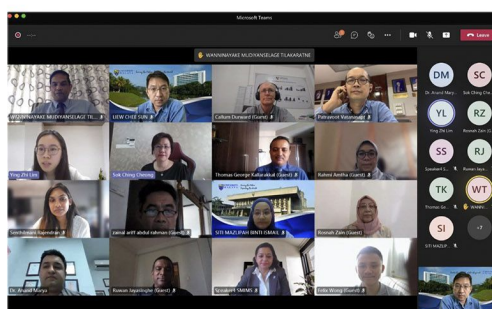
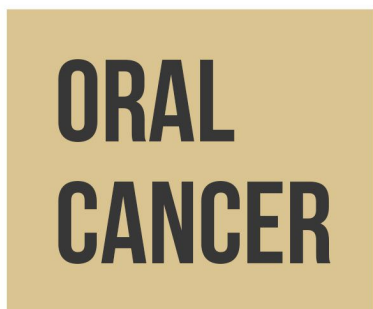
On Friday 17th September, 2021, the Faculty of Nursing team from the University of Puthisastra (UP) conducted an orientation session for new students within our Bachelor Degree of Nursing Science Bridging Programme, with the participation of the Head of Nursing, the Deputy Head of Nursing, the Programme Coordinator, and colleagues from the Registrar's Office.

The orientation was delivered virtually through the Google Meet platform. The Faculty of Nursing's vision, detailed programmes, UP's vision, policies, student policies, student support services, distance teaching, online-teaching delivery platforms (UPOP & Google Meet), learning strategies, ongoing assessments, and fee payment methods amongst other things, were all covered in what proved to be an interesting and informative welcome to our newest Nursing students!



The University of Puthisastra's Faculty of Nursing has also provided a warm welcome to new students in the academic year of 2021-2022 and we're really delighted with their decision, and their trust in choosing UP as their university for their education and their future dream careers! Choose UP and Be Ready for Your Success!!!

UP JOINS APOCNET REGIONAL MEETING ON ORAL CANCER



The majority of oral cancer cases in the world occur in Asia (including Cambodia) and the incidence is expected to continue to rise. The two most important risk factors in Cambodia are smoking and betel quid chewing. Oral cancer is amenable to early detection through visual oral examination yet in many Asian countries, the disease presents at a late stage. The barriers to early detection are similar across the Asia-Pacific countries therefore, strategies to address these could be more effective if there were concerted efforts and joint resources amongst the countries.

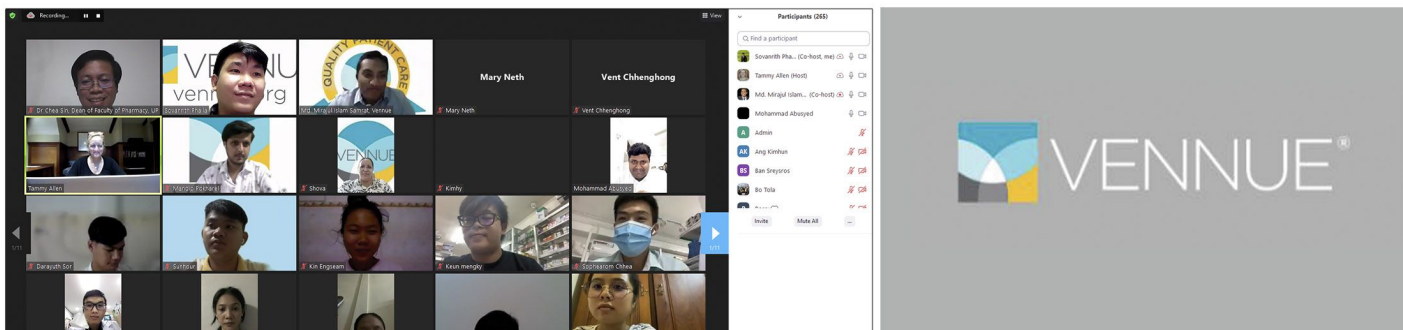
To facilitate better engagement and collaboration between stakeholders in oral cancer detection and management, the Asia-Pacific Oral Cancer Network (APOCNET) was established in 2019, with Cambodia as a founding member. UP has been active in this group since its inception.

Recently an online meeting of APOCNET was held with experts in oral cancer, research, innovation and public health from many Asian countries present. Cambodia was represented by Adjunct Assoc Prof Chher Tepirou (Chief Dental Officer, MOH and UP lecturer), Prof Callum Durward (UP Dean of Dentistry) and Assistant Prof Anand Marya (Head of Orthodontics at UP). Following welcome remarks and an update from Prof. Dr. Cheong Sok Ching (from Cancer Research Malaysia) there was a series of short presentations on oral cancer topics from Malaysia, Nepal, Sri Lanka and Cambodia. Dr Anand spoke about a new proposal to use AI in the identification of oral potentially malignant disorders – as part of a telemedicine strategy.

Other topics included the "Impact of the COVID pandemic on oral cancer prevention", "MeMoSA - Teleconsultation during the COVID-19 pandemic- an experience from a tertiary treatment centre", "Development of oral lesion database for development of algorithms for disease classification", "High-prevalence of smokeless tobacco - what can we do about this?", "A web-based mobile application for early detection of OPMD".

The partners in APOCNET are hoping to collaborate on regional projects for address the high prevalence of oral cancer in the region, and UP is glad to be involved in these efforts.

TRAININGS BY VENNUUE FOUNDATION FOR 283 UP PHARMACY STUDENTS ARE UNDER WAY



The mission of Vennue® is to improve patient care and health outcomes in developing countries by training local health-care professionals in patient-centered care and best pharmacy practices. The University of Puthisastra (UP) is known for the excellence of its teaching, its focus on student outcomes and importantly its service to its communities through its many outreaches.

Nowadays vennue has finished topics such as “Introduction to Patient-Centered Care Basic Pharmacology, Good Dispensing Practice, Medication Adherence, Pharmacovigilance, Medication Safety in Pregnancy and Lactation, Patient and Healthcare Worker Safety, Antibiotic Stewardship, Chronic Disease Management: Diabetes, Chronic Disease Management: Hypertension” and we got a lot of new experience and knowledge in field pharmacy to improve our pharmacy skill in Cambodia to international standard.

There some impression from our Pharmacy Students who had joined this training and vennue coordinator: Mr Palla Sovanrith “As the organizer of this program, I am very pleased to have contributed to the advancement of medicine by training medical students to understand the practice of patient-centered therapies. Care) This practice is also practiced in developed countries in the world. And I hope that every student who is a future pharmacist will get a lot of additional knowledge to apply in the future to improve the field of medicine and the health of the people in Cambodia to be better.

Finally, I would like to thank the leadership of the University of Puthisastra for allowing us to organize this Vennue Foundation and hope that in the future UP and Vennue Foundation can collaborate in educational activities on medicine and Promote the health of many more people.”

Mr. Pahally Panha “Vennue Hub Training is such an important course that encourage Community or Hospital Pharmacist to extend their responsibilities widely. Beside their technical skill about medicines they need more skill to communicate or promote medicine adherence to patient with chronic disease like Hypertension Diabetes Rheumatoid Arthritis, etc. Vennue point out the problems and solution for all of these issues. I highly admire Vennue team and Faculty of Pharmacy for this course.”

Mrs. Khai Pechpisey “Venue training is so good which was given us a lot of advantages such as give us an knowledge about how to administration drugs correctly, learn about practical work in the laboratory and hospital, and it also convince medical students to learn more about pharmacology subjects”.

MAXILLARY SINUS LIFT ON-LINE LECTURES AND HANDS-ON WORKSHOP CONDUCTED AT UP BY A/PROFESSOR SOK CHEA

The Faculty of Dentistry recently organized a workshop on the Maxillary Sinus Lift procedure for dentists enrolled in the Postgraduate Diploma in Implant Dentistry.

The two-day workshop featured online lectures on the first day and hands-on practical on the second day. The course was conducted by A/Professor Sok Chea who is a well-known expert in implant dentistry in Cambodia, with special skills in maxillary sinus surgery.





Recently he published a book about the surgical techniques of maxillary sinus lift/augmentation in Khmer. This the only Khmer book on clinical implant dentistry to be published in Cambodia.

Adjunct Professor Patrick Tseng, who is a course coordinator for the Postgraduate Diploma in Implant Dentistry at UP, invited A/Prof Sok Chea to conduct this part of the course, since the dentists are now learning some more advanced techniques as they approach the end of the course. During the hands-on session dentists had a chance to practice the sinus lift technique on the sinus models offered by the company Neobident.



Almost all the dentists in the course have completed their implant requirements, however new patients are still being accepted at the UP Dental Clinic, where they can get an implant and crown for the discounted price of only \$250.

