



UP VOICE

The Official Newsletter of the University of Puthisastra (UP)



UP ENTERS THE RECORD BOOKS AGAIN AS THE FIRST AND ONLY CAMBODIAN UNIVERSITY IN THE ELITE THE YOUNG UNIVERSITY WORLD EDUCATION RANKING

The University of Puthisastra (UP) is delighted to announce that we have once again broken new ground in the world of Higher Education, becoming the first and only university in the history of Cambodia to become listed within The Times Higher Education 'Young University Rankings,' effectively being recognized as the TOP UNIVERSITY in Cambodia.'

The inclusion of UP marks another huge milestone and major step forward, both for UP in particular, and for the international status of Higher Education in Cambodia. Our inclusion represents clear recognition of the high quality of our education delivery, and the ongoing improvements that UP is making to our already excellent teaching and learning, improved curricula, graduate outcomes, alongside over 100 research publications in 2021 spearheaded by our Cambodian and international academic team of teachers and researchers.

UP is one of Cambodia's younger universities, having been founded in 2007 and is 15 years old this year. So our inclusion into this elite division of The Times rankings is a stunning and amazing achievement for an organization so young.

The Times Higher Education rankings are extremely prestigious as the only global performance tables that assess universities so deeply, against both a wide range of academic, business and professional data sets, as well as against the United Nations' 17 Sustainable Development Goals (SDGs).

This deep assessment further shows the changes that UP is spearheading in Cambodian Higher Education. UP recognizes the need to lead the way in the 21st Century, to provide best opportunities (and highest salaries) for UP graduates and ensuring that Cambodian Higher Education can be measured, compared and match the offers of other elite, global universities.

Cambodia through UP, now joins the leading academic nations of the world, such as the UK, Singapore, the USA, Australia and Japan.

Each university in the rankings has a detailed profile, with a breakdown of its overall scores which they have been working hard to contribute to. The rankings are available here to analyse: <https://www.timeshighereducation.com/world-university-rankings/2022/young-university-rankings>.

Having successfully achieved recognition on the global stage as the number one university in Cambodia, UP will continue our progress upwards in the months and years ahead, to cement both UP's and Cambodia's place and reputation within the Higher Education industry globally.

With our excellent staff and students working in lock-step together, the sky's the limit for this young and UP-coming university! There is no better time to study at UP. Be the best.



SCHOLARSHIP PROGRAM AT UP!

The University of Puthisastra is committed to ensuring access to its outstanding academic programs and services for a range of high achieving Cambodian students who would otherwise not be able to afford a quality education.

UP has a scholarships program based on financial need and merit through a highly selective application process. The University seeks students who need scholarships and who have excelled academically and have participated in extracurricular activities especially community service in Cambodia.

UP is creating Cambodia's next generation of Leaders.

The objective of the scholarships program is to identify and develop student leaders who will prepare to become Cambodia's next healthcare and information technology leaders. Thus, after selection, scholarship winners will become part of the scholarships program community of UP student leaders. They will be expected to continue their participation in leadership on and off campus and will have opportunities to participate in leadership training programs.

• SUBMISSION OF SCHOLARSHIP APPLICATION

Interested applicants submit scholarship form via: <https://www.puthisastra.edu.kh/scholarship-application-form/>

Date: From now until 6th March 2022

• SELECTION

Successful candidates will be notified on 4th April 2022

For more information, please send us your message or call 023 221 624

REGISTER NOW TO GET A CHANCE FOR SPECIAL OFFER FROM UP

Register Now to get special offer from UP!
Get a chance to get a gift package include:

- Free registration Fee
- UP First Aid kits
- UP Masks
- UP Notebook and pens!

5 winners will be drawn from the spinning wheel every Saturday. The result will be publishing on every Tuesday.

The earlier you register, the higher chance to get a gift package! Hurry up! Register now via the following link:

https://docs.google.com/forms/d/e/1FAIpQLSdRyOsXS9XapQKSsodb7ALIVD7hLKgezF15YoP7ZcWytoX_Tg/viewform?fbclid=IwAR3GbWusHPxUQzo9gvRz22qpQutQln560fmgeubk7Zu8KzPsPvHI6Kw3kMY

Note: For Foundation Year Program 2021-2022 Registration only

#UP #Earlybirds

សាកលវិទ្យាល័យ ពុទ្ធិសាស្ត្រ
UNIVERSITY OF PUTHISASTRA

REGISTER NOW!
CHANCE TO GET A SET OF GIFT

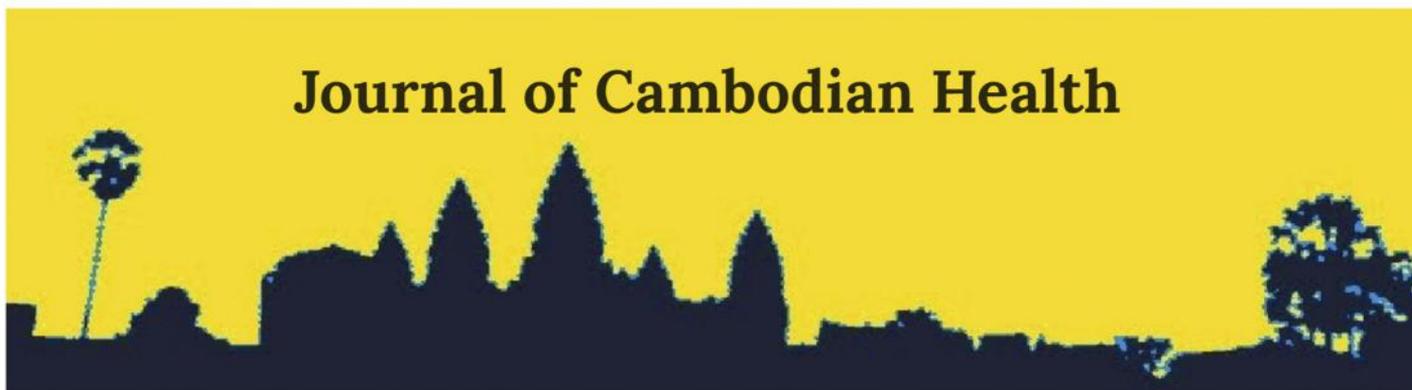
- FREE REGISTRATION FEE
- UP FIRST AID KITS
- UP MASKS
- NOTEBOOKS AND PENS

Note: 5 Winners will be selected every Saturday with the spinning wheel!

EARLY REGISTRATION GET SPECIAL OFFER!
* Terms & Conditions Applied

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ទូរស័ព្ទលេខ 023 221 624 | www.puthisastra.edu.kh | : University of Puthisastra (UP)

UP EXCELS AT RESEARCH - SURPASS 100 FOR 2021 – 240% INCREASE!



Journal of Cambodian Health

UP researchers have been growing from strength to strength and in 2021 reached 101 articles published in international, peer reviewed journals! An outstanding contribution for 2021 with a 240% increase over 2020. Special thanks to Dr Anand and Dr Venugopal from Dentistry.

If any students or staff are interested in publishing their work (original research, thesis, commentary, or reviews) please contact the Research Department (Tineke, Muyngrim or Sethul) who can help support you.

Staff and students are also encouraged to consider publishing in the Journal of Cambodian Health – an international peer reviewed journal (indexed) that accepts both student and academic/researcher/clinicians' contributions.

<https://journal.puthisastra.edu.kh/index.php/JCH>

IDP IELTS CAMBODIA OFFICIAL TEST CENTRE STRENGTHENS COOPERATION WITH UP - 13 ENGLISH FACULTY TEACHERS TO ATTEND CAMTESOL

The cooperation between the IDP IELTS Cambodia Official Test Centre and University of Puthisastra has been strengthened this week with IELTS sponsoring 13 UP English Faculty teachers to attend the 18th Annual CamTESOL Conference on English Language Teaching to be hosted virtually on 18-20 February 2022.

Now enjoying its 18th year of success, the CamTESOL conference, which is an initiative of IDP Education, is now one of the largest such event in Asia, attracting approximately 2000 delegates from over 30 countries worldwide. Due to COVID restrictions, the event will be hosted virtually again in 2022, though the CamTESOL Secretariat hopes to return to a full physical event in 2023.

IELTS is also sponsoring two of the world's leading IELTS teacher trainers to attend the 18th CamTESOL. Dan Golden, is a leading IELTS Teacher Trainer in Southeast Asia and regularly provides training direct to IELTS teachers here in Cambodia. Don Oliver will also attend CamTESOL and is considered one of the world's leading authorities on IELTS training. Don regularly presents the IDP IELTS Global Webinar series with over 12 hours of webinars for IELTS test takers available on the IELTS Prepare resource on the IDP/IELTS.Cambodia website.

The 13 UP teachers will strengthen IELTS and UP's English Faculty co-operation especially in the development of UP's new Bachelor degree of English, Entrepreneurship and Employability as well as the co-branded medical career-focused social media campaign currently running on the UP facebook page.

IELTS is proud of its close cooperation with UP and with the launch of the new UP English Language degree program, we look forward to working with UP to help both medical and English degree & foundation program students benchmark their English capacity with IELTS.

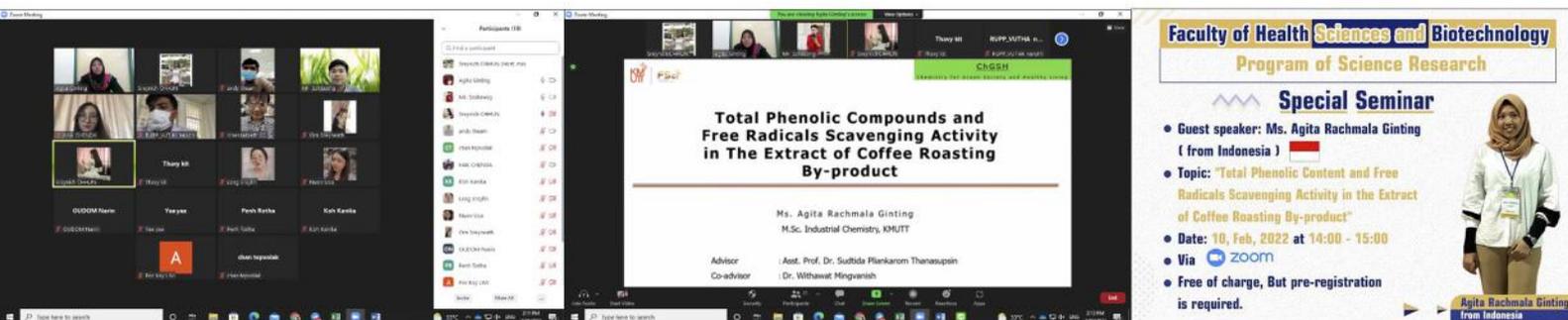
For more information, please visit:

IDP IELTS Cambodia: <https://ielts.idp.com/cambodia>

CamTESOL: <https://cantesol.org>



BACHELOR OF SCIENCE (RESEARCH) PROGRAM LAUNCHES SEMINAR ON “TOTAL PHENOLIC CONTENT AND FREE RADICALS SCAVENGING ACTIVITY”



On Thursday, 10th February 2022, the Science Research Program at UP organized a second special seminar under the title of “Total Phenolic Content and Free Radicals Scavenging Activity in the Extract of Coffee Roasting By-Product” via an online platform (Zoom Meeting).

The invited speaker of the seminar was Ms. Agita Rachmala Ginting from Indonesia, a graduate student in Industrial Chemistry at the King Mongkut’s University of Technology Thonburi, Thailand with Mr. Be Sokkeang, Program Coordinator and Lecturer of Science Research degree Program as the facilitator.

After the special seminar ended, all participants have learned about the above topic and gained new information and research experience from our invited speaker in the Q&A section.

UP YEAR 4 DENTAL STUDENTS PREPARE TO TREAT PATIENTS FOR THE FIRST TIME

Year 4 dental students were delayed in their SIM lab activities last year due to Covid-19. This meant they could not start treating patients this semester as originally planned. However, with the reopening of UP for students from the beginning of this semester, Year 4 students have been completing a wide range of preclinical activities, to prepare themselves for starting to treat patients for the first time following their Semester 1 exams in a few weeks.

Some of the activities include:

- Dental examination and treatment planning practice on each other
- Dental scaling and polishing on mannequin and on each other
- Fissure sealants and fluoride applications on mannequin and on each other
- Cavity preparations and restorations using different materials on mannequin
- practicing extraction and X-ray techniques on mannequins and on each other
- Placement of rubber dam on mannequin and on each other
- giving local anesthetic injections on each other
- CPR and management of emergencies in the dental clinic

Last week students had to do a test on cavity preparation (class II standard) as part of their simulation lab competency assessment. The only remaining activity to complete is the OSCE SIM lab exam, which will take place this week.

Some senior students and new graduates have volunteered to be examiners during the OSCE, which will have 10 stations. At each station the student only has 5 minutes to complete the prescribed task.



STUDENT SENATE RECRUITING BASKETBALL, FOOTBALL & VOLLEYBALL CO-ED

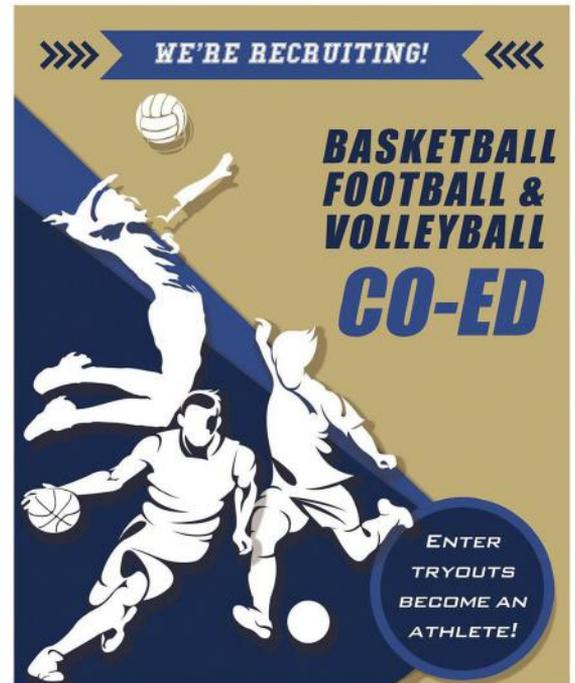
The strain of finishing your work and meeting deadlines can be stressful at the university, and can affect your everyday activity. UP sports teams would like to give you the opportunity to let off steam with your friends and a way to get to know your seniors in a safe and encouraging environment by creating UP official sports teams.

You'll be able to reflect back on a memorable and happy university experience whilst making friends with your seniors and juniors both inside and outside the university.

If you're interested in becoming a member, you can simply sign up via this survey: <https://forms.gle/vvKmo0JoMPpVxEvc7>

For further inquiries, please contact +85577240440 on telegram or via email nsaknessa.student@puthisastra.edu.kh

Looking forward to seeing you in our school's jersey!
Senate Team



UP OUTSTANDING STUDENTS 2021

UP's Wall of Fame (opposite Learning Centre) now demonstrates UP's top students of 2021.



UP LAUNCHES CPD ON MENTAL HEALTH AND RESILIENCE

Announcement on Continuing Professional Development Training for Cambodian Nurses. The Faculty of Nursing-Midwifery of the University of Puthisastra has received permission from the Board of Nurses of Cambodia to organize a training course on professional development under the theme: Mental Health and Resilience.

- Date: February 26, 2022
- Platform: Google Meet Online
- Time: 9:00 - 11:00 (morning)
- Free registration
- Earn 2 CPD Points
- CPD registration link: <https://tinyurl.com/HEROSEACambodiaMentalHealth>
- Participants will receive a Certificate of Attendance

For more information, please contact Mr. Chhouk Borey: Email cborey@puthisastra.edu.kh Phone / Telegram 012 588 076/093 233 311

DR PROM VIREAK, DEPUTY DEAN, FACULTY OF MEDICINE PROVIDES TRAINING ON MEDICAL EMERGENCIES IN THE DENTAL CLINIC



Last week dental tutors, residents, staff and students in years 4, 5 and 6 underwent several hours of hybrid training on management of medical emergencies in the dental clinic.

Although medical emergencies are very rare, it is important that every dentist and dental student is prepared to handle such an emergency should it arise. The UP dental clinic is well equipped with the necessary drugs and equipment, including an AED (Automated External Defibrillator), pulse oximeter and oxygen equipment. Dr Vireak's course covered diagnosis of collapse, Basic Life Support (eg CPR), and most of the emergencies which can occur eg stroke, epileptic seizure, asthmatic attack, choking, hypoglycemia, myocardial infarction, angina, fainting, hyperventilation and anaphylaxis.

Following his lecture, which contained many video clips, Dr Vireak demonstrated resuscitation techniques, recovery position, Heimlich maneuver, airway management and the use of the oxygen equipment for the participants. Some students were able to practice on the CPR mannequin. Further practical hands on sessions are being organized by the clinic managers Dr Horn Sereybot and Dr Bich Sothea in the near future.

CONSULTATION WORKSHOP FOR HEALTH WORKFORCE DEVELOPMENT PLAN 2022-2030

Dr. Prom Vireak, Deputy Dean for Clinical Affairs of the Faculty of Medicine, represented UP in the consultation workshop organized by the Ministry of Health in collaboration with the WHO and held at Sokha Phnom Penh Hotel on 3rd and 4th February 2022. The workshop aimed to collect ideas and feedback in order to improve and enhance the health workforce development plan for 2022 to 2030.

This is the fourth Development Plan since 1997. The first one (1997-2005) focused on developing health human resources in number and equal distribution. The second (2006-2015) and the third (2016-2021) plans intended to increase the capacity, skills and quality of the health workforce. The participants came from the main health sciences universities (UHS, UP and IU), all the health-related councils, and relevant departments from the Ministry of Health and the Ministry of Planning. 6 action domains, along with specific strategies and various goals, were discussed:

1. Advancing pre-service competency-based education, assessment and high quality preceptorship.
2. Timely and responsive in-service training, post-qualification education and lifelong learning.
3. Growing the health workforce capacity through job creation, recruitment, deployment and retention of high quality staff.
4. Regulation and governance of the health workforce and associated sectors.
5. Work/learning enabling environment for a fully participating workforce.
6. Sufficiency reached through health workforce planning, research, innovation and influence of multi-sectorial plans.

The participants were divided into smaller groups to discuss and provide feedback on each of the strategic objectives and goals of the action domain. All the feedbacks will be taken into the consideration by the technical team who will finalize the work. UP is very proud to make strong contributions to the planning of Cambodia's future. We look forward to the final plan from the MoH!



THE QLTS DEPARTMENT HOSTED AN INTERACTIVE CURRICULUM DESIGN WORKSHOP FOR UP STAFF

On 08th Feb 2022, the QLTS Department run a workshop on How to Design Interactive Curriculum for academic and teaching staff at the University of Puthisastra with the primary aim of advancing their skills in developing course outlines for their teaching subjects.

The workshop was begun with an introduction to the ABC Learning Design, which is a card-based approach to curriculum design, and why it is vital for curriculum design. The letter A stands for Arena, B stands for Blended, and C stands for Connected.



This workshop is important because it can improve all of the course outlines at UP and shows teachers how to use interactive elements in their course design which will help to improve the education at UP.

The QLTS team was really pleased to share our knowledge with UP staff during this workshop and we hoped that all the participants did enjoy the workshop and acquired new insights upon the completion of it.

UNMASKING COVID-19: PROTECTING HEALTH DURING A GLOBAL CRISIS CONFERENCE



Associate Professor Tineke Water and Ms Tun Sreyrov contributed to an international nursing conference “Unmasking COVID 19: Protecting Health during a Global Crisis” Dec 2021 attended by a global audience of more than 45 countries.

The conference was hosted by Mae Fah Luang University, Thailand. Dr Tineke and Ms Sreyrov were actively involved in the conference planning and facilitating workshops/panels.

Dr Tineke also was an invited keynote speaker on “Maternal and child health: Nurses’ actions towards sustainable development goals”. This was a very successful event with nurses globally joining together to share their experiences and knowledge of how nurses contribute so much to health care environments. There were deep connections made and great partnerships for working together in the future.

UP DENTAL STUDENTS EXPOSED TO ISSUES AROUND SMOKING



Approximately 2.4 million Cambodians, or 22 percent of people aged 15 and older, use some form of tobacco and are at a substantially increased risk of diseases, early deaths and impoverishment. Each year, tobacco causes 15,000 deaths, a third of which are among the poorest in Cambodia (WHO 2021).

Over the past 3 weeks, year 3 dental students have had two special lectures about tobacco and smoking from Dr. MOM Kong from the Cambodian Movement for Health (CMH). This NGO has taken a leading role in Cambodia in recent years focusing on the dangers of smoking, and promoting various measures to reduce its popularity.

The two lectures from Dr Mom Kong covered the relationship between smoking, general health and oral health, the influence of the tobacco companies (both international and Cambodian), and how health professionals (including dentists) can play an important role in promoting smoking avoidance and smoking cessation.

Dr Mom Kong and UP hope that in the future CMH and UP can work together on tobacco and other public health issues, including in the areas of research and health promotion. Thanks to Dr. Mom Kong for highlighting these important issues for UP dental students, and showing the students that health professionals can play their part in educating and advising patients about the risks of smoking and the various strategies for smoking cessation.

YEAR-5 MD STUDENTS PROVIDED GENERAL HEALTH CHECKUP TO CHILDREN IN A KEP PROVINCE VILLAGE



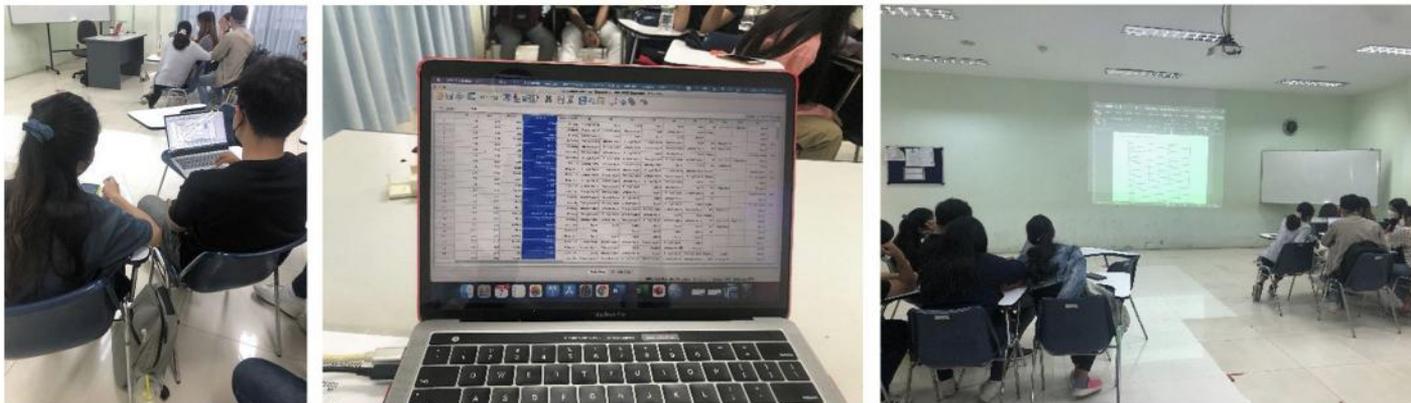
Four year-5 MD students joined a community project in Kep Province. The Quality, Learning & Teaching, and Students Department arranged this project, which focused on the general health checkup of children aged 6 to 13 years.

The volunteers were trained on the head-to-toe examination of children before the trip. They also learnt to plot and interpret a growth chart and to complete medical notes. Among 37 disadvantaged children from the Kep Gardens Association School, our volunteers found some with tonsillar hypertrophy grade 1 to 2, allergic rhinitis, or overweight. The children have been referred to see medical doctors for further investigation and management.

The volunteers had also a chance to provide general education for a healthy lifestyle to the children and provided them with one tablet of deworming medication and with multivitamins.

Mr. Bunheng Rothnakseth says: "This was a valuable experience and also an opportunity for me to learn and improve my medical skills! I look forward to joining the next community project at a different location!".

DENTAL STUDENTS TRAINED IN BIOSTATISTICS AND DATA ANALYSIS



This semester UP year 5 dental students have been studying biostatistics and practical data analysis using SPSS. The class was taught by Dr. Horn Rithvitou. The class focused on teaching students about basic biostatistics and data management, including different types of data, hypothesis testing, appropriate statistical tests for different situations, and how to manage, manipulate, analyze and present data using SPSS.

Next semester these year 5 students will be choosing their thesis topics, and having this training in biostatistics will be very helpful, as having a basic understanding of biostatistics and SPSS will enable them to analyze their own results.

BUDDHISM AND PUBLIC HEALTH WEBINAR



In partnership with the Center for SouthEast Asian Studies, UP hosted a webinar on Buddhism and Medicine. The webinar explored the recent excavation and restoration programme by the APSARA National Authority in Siem Reap of a medieval hospital that highlighted the extraordinary early health innovation at the service of the Khmer people.

Other speakers included scholars who study ancient medicine in China, Vietnam, Tibet, and India and who addressed the long background of humanity's development of medicines and the distribution systems that spread the time-honoured cures and the new scientific discoveries throughout the world.

The webinar was a huge success with archaeology meeting medical anthropology and public health. The team from the Center for SouthEast Asia Studies hope to visit Cambodia in July, with a conference being planned.

UP YEAR 6 DENTAL STUDENTS BEGIN DATA COLLECTION FOR THESES

57 year 6 dental students in 14 groups are mostly ready to start their data collection for their theses, which must be completed during 2023. Last year, while in year 5, students selected a wide range of interesting topics and developed their proposals for submission for the UP Research Committee.

Over the next few weeks and months students will be collecting their data, following their carefully developed research methods. Unlike previous years, it is our intention that every research group will complete their thesis group before they take the National Exit Exams. Here is the list of students, thesis topics and supervisors:

Name of students	Thesis Topic	Supervisors
BORANN Voleakjemmey KEAN Sereypanhaneath NGOV Chekngy	Perceptions of patients, students and dental supervisors about chairside medical health screening	Adj. Assoc. Prof. Hak Sithan Dr. Som Sochenda (Co-)
Phom Chanthy Kun Mengkhorn Ay Sokundarath Hai Sokhour	Smoking habit, behaviors, and attitude toward oral and general health among young men in Cambodia	Mr. Mom Kong
CHHEAN Pisethsathya CHHIM Chamroeun PHAV Samnang	Patients' Educational Level Influencing Their Perception of Esthetic Treatment Needs	Asst. Prof. Anand MARYA
Im Puthisa Horn Sotheareak Heng Sopsiseth	Effect of SDF on arresting caries between atypical and typical caries on primary school children	Dr. Horn Rithvitou Dr. Bethsheba Turton (Co-)
Soun Somaly Keo Sokcheat Chan Davin	Perception of pain as a result of orthodontic treatment with fixed appliances in UP dental clinic	Asst. Prof. Anand MARYA
Chhneang Vichetra Mom Sovatey Na Chihan	Size and morphology of Sella turcica in Cambodian population : a lateral cephalometric study	Asst. Prof. Anand MARYA
LORN Pechmarnyret CHAY Lyhour SUM Sakkda	Oral health status and treatment history of children with special needs who attend government-run facilities	Dr. Horn Rithvitou Dr. Bethsheba Turton (Co-)
Hong Konitha Seat Moniroth Hen Sopheakta	Assessment of Smile appearance among children with high caries experience following the use of Silver Diamine Fluoride (SDF) with and without the use of Potassium Iodine (KI)	Dr. Horn Rithvitou Dr. Bethsheba Turton (Co-)
Than Vuthy Dy Sovanrith Chin Lyhok	Dental Student Perception and Work Experience in Dental Clinic of University of Puthisastra	Dr. Kong Kalyan
Lim Monyroth Han Sopheara Sovann Rithy	Daily toothbrushing and Biannual application of SDF vs GIC Fissure sealants for prevention of cavities on First Permanent Molars; A meta-analysis	Dr. Horn Rithvitou Dr. Bathsheba Turton (Co-)
Hong Sopheanith Han Monokitya Leang Sokea	Management of children with special needs using the HKC approach including Atraumatic Restorative Technique (ART) and Silver Diamine Fluoride (SDF) at Krousar Thmei School	Dr. Sieng Chanthya Dr. Bathsheba Turton (Co-) Dr. Chray Mengkheng (Co-)
Hong Hengchhay Ouch Chanbunkheang Tieng Chheangmeng	Motivation of students to study dentistry - survey of FY students	Dr. Horn Rithvitou
Cheam Samnang Soth sona Ra David	Perceptions and experiences of patients with oral cancer in Cambodia	Ms. Eng Muygnim Dr. Thoeung Chanseiha
Kou Lyhour Phal Sopanha Ly MengKheng	Knowledge and Preparedness of Cambodian Dentists for Management of Medical Emergencies	Dr. Som Sochenda

FACEBOOK DIGITAL MARKETING

UP has just organized the important training course for our students about FACEBOOK DIGITAL MARKETING which was trained by Ms. Hok Sreymom, a member of Pack Cambodia on February 12-13, 2022 in order to manifest the significant concepts of the running online business, categorizing eye-catching products and using creative tools of FACEBOOK.

The students could obtain satisfied feeling about the core parts of the training such business objectives, target audience, unique selling point, content strategy, best practices, and analytics after attending the course both days.



DENTAL STUDENTS' SHOOT THE "10 REASONS TO STUDY DENTISTRY AT UP"

In the past 2 weeks many dental students have volunteered to help make video clips of the "10 reasons to study dentistry at UP". The students all feel that they made the "right decision" to study at UP, and are not shy to say why. Already the first few video clips have been a hit on Facebook – and have been shared thousands of times.

We hope they can reach some of the year 12 students who are currently considering which university they will put down as their first choice, in the expectation that they will pass the upcoming Ministry of Health National Entry Exam (NEE).

At UP dental students believe they will succeed in their studies to become well qualified and professional dentists. They know that the competition between dental clinics is intense, and that those with the best knowledge and skills will be the most successful.

Some are already thinking about the possibility of postgraduate specialist training, and UP hopes to offer such courses in the future. Do look out for these videos, and do share them with others.



ARRIVAL OF NEW X-RAY SCANNER FOR UP DENTAL HOSPITAL

Recently the UP Dental Hospital received a new X-ray Scanner Machine (brand MyRay from ITALY) from Unident Company.

This high quality X-ray Scanner will improve the ability of students and dentists to take accurate clinical records and make accurate diagnoses. UP is continually updating its equipment so that we can continue to provide a high quality service for our customers.



DIPLOMA OF ENDODONTICS STUDENTS PROVIDING HIGH QUALITY TREATMENT IN UP DENTAL HOSPITAL

Postgraduate students in the new endodontic diploma program have started to treat patients, following several months of intensive theory training and practice on extracted teeth. UP has been getting referrals for the students from both our own clinic and from outside.

The students come to UP one day per week and are closely supervised by our 4 specialists in endodontics. The treatment is provided at very reasonable prices and must reach a high standard of excellence. The pictures below show two cases successfully treated by Dr. Lim Ratanak and Dr. Hy Hongthien.

