



# UP VOICE

The Official Newsletter of the University of Puthisastra (UP)

## WELCOME TO UNIVERSITY OF PUTHISA STRA

UP celebrates more than a decade of excellence in health sciences and technology and aims to train and inspire the next generation of doctors, dentists, pharmacists, nurses, midwives, laboratory technicians, computer scientists and technology entrepreneurs. UP comprises of the following Faculties:

- o Faculty of Dentistry
- o Faculty of Pharmacy
- o Faculty of Medicine
- o Faculty of Health Science and Biotechnology
  - Department of Laboratory Sciences
  - Bachelor of Science (Research)
- o Faculty of Nursing and Midwifery
  - Department of Nursing
  - Department of Midwifery
- o Faculty of Business Entrepreneurship and Technology
- o Bachelor of Arts, English Language, Entrepreneurship & Employability

For more information, please contact 023 221 624 or visit University of Puthisastra at Building no.55, Street 180 and 184, Sangkat Boeung Raing, Khan Daun Penh, Phnom Penh.



**WHAT'S UP ON CAMPUS**

• 08 MAR 2022 | INTERNATIONAL WOMEN'S DAY

# NATIONAL ENTRANCE EXAM PREP COURSE LAUNCHES 24 JANUARY

The Foundation Year Office is pleased to announce that the NEE Prep Course starts on 24 January. This course allows prospective university students to study with UP lecturers who are experts in Chemistry, Mathematics, and Biology in order to prepare themselves for the exam.

Classes will be held online daily, with the option to study in the morning or afternoon.

Lecturers will also provide practice questions and test-taking tips to allow students to sit the exam with confidence. Registration is open now!



**ចាប់បើកហើយ!**

ថ្នាក់ត្រៀមប្រឡងចាក់ធាតុ  
ចូលរៀនជំនាញវិស័យសុខាភិបាល  
និងត្រៀមខ្លួនជានិស្សិតសាកលវិទ្យាល័យ

**NEE / PRE-UNIVERSITY  
PREPARATORY COURSE**

សម្រាប់ព័ត៌មានអំពីការចុះឈ្មោះសិក្សា  
ប្តូរទ្វេភាគីនាក់ទំនងដោយផ្ទាល់មកកាន់

NEE Preparation Course

<https://t.me/neepreparationcourse>

មុខវិជ្ជាសិក្សា : គណិតវិទ្យា | ជីវវិទ្យា | គីមីវិទ្យា

# WELCOME TO NEW PROGRAM AT UP!

Study Bachelor of Arts, English Language, Entrepreneurship & Employability at the University of Puthisastra! 50% scholarships available!!!

This programme is designed to successfully prepare graduates with underpinning knowledge and skills that guarantee a high degree of fluency and exceptionally strong communication skills in the English language.

Daily English classes in Foundation Year' (in both synchronous and asynchronous styles) provide graduates with modern English (international language of success), entrepreneurial and employability skills to succeed in 21st Century!

Featuring subjects including:

- Creative English Course (Foundation Year)
- Critical Thinking skills
- Employability skills
- Communication skill



សាកលវិទ្យាល័យ ពុទ្ធិសាស្ត្រ  
UNIVERSITY OF PUTHISASTRA

**50% SCHOLARSHIP AVAILABLE!**

**JOIN US NOW!**

**NEW PROGRAM  
BACHELOR OF ARTS**

**English Language, Entrepreneurship & Employability**

អគារលេខ ៥៥ ផ្លូវលេខ ១៨០ និង១៨៤ សង្កាត់បឹងរាំង ខណ្ឌដូនពេញ រាជធានីភ្នំពេញ  
ទូរស័ព្ទលេខ 023 221 624 | [www.puthisastra.edu.kh](http://www.puthisastra.edu.kh) | : University of Puthisastra (UP)

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# SPECIAL OFFER TO UP STAFF AND STUDENTS!

**ពិនិត្យ និងសម្អាតធ្មេញ ឥតគិតថ្លៃ**  
ជម្រកដែលទទួលបានបណ្ណនេះ។

UP Dental Clinic and Faculty of Dentistry

អាសយដ្ឋាន ៥៥ ផ្លូវលេខ ១៨០ និង ១៨៤ សង្កាត់បឹងកេងកង ខណ្ឌដូនពេញ រាជធានីភ្នំពេញ ជាប់វិទ្យាស្ថានពេតន ( អាជ្ញាប័ណ្ណ )

ទូរស័ព្ទ : ០១២ ៤១៤ ៥៦៣  
០៩៨ ៤១៤ ៥៦៣

ផុតកំណត់ ត្រឹមថ្ងៃទី : ៣១ ធ្នូ ២០

**តើអ្នកធ្លាប់ឮ? ឬមានបទពិសោធន៍ផ្ទាល់ខ្លួនទេដែលថា ធ្មេញសស្តាតមិនមានពាគពេទ្យពេញតែ ធ្មេញអង្កែរហើយពេលដុសធ្មេញមានចេញឈាម?**

មានមូលហេតុពីរបីឱ្យមនុស្សច្រើនម្នាក់ៗមានជំងឺ ទី១ ដោយសារពាគពេទ្យពេញ និងទី២ ដោយសារជំងឺរោគចាមិកស៊ីញធ្មេញ។ ទោះអ្នកមានធ្មេញសស្តាត និងមិនមានពាគពេទ្យពេញដោយអ្នកមានជំងឺសស្តាតក៏ដោយមានបញ្ហារោគចាមិកស៊ីញធ្មេញមួយចំនួននោះក្តី។

- ដំណាក់កាលដំបូង : ចេញឈាមមកមកពីធ្មេញនៅពេលយប់ឬថ្ងៃ ឬដោយសារសស្តាតធ្មេញ។
- ដំណាក់កាលមធ្យម : មានភ្នែកក្រហម ឬធ្មេញអមពេញ អញ្ចាញហើមរង្វើងក្រហម និងមានក្លិនចាមិក។
- ដំណាក់កាលធ្ងន់ធ្ងរ : អញ្ចាញមានខ្លះរង្វើងពណ៌ក្រហម មានការលើក ផ្ទុះឈាមធ្មេញស្រពេច ធ្មេញអង្កែរ រួចសណ្តាត។

**បញ្ហា ៖**  
ធ្មេញសស្តាតមិនមានពាគពេទ្យពេញ និងមិនមានកំណក់ចោលពីអញ្ចាញដែលមានមើលនិងស្រែកយើង តែមានកំណក់ចោលក្រោមអញ្ចាញ ទោះកំណក់ចោលនេះផុតក៏ដោយ បើអ្នកធ្ងន់ធ្ងរ វាអាចធ្វើឱ្យបញ្ហាធ្មេញអង្កែររង្វើងនិងដំណាក់កាលធ្ងន់ធ្ងរបាន។ ហើយមុនពេលអ្នកលុបដល់ពេញដាច់ អ្នកនឹងឆ្ងល់ថាហេតុអ្វីធ្មេញអង្កែរចាប់ផ្តើមអង្កែរ និងច្រុះខ្លះមួយ។

**ដំណោះស្រាយ ៖**  
មកពិនិត្យ ដើម្បីប្រឹក្សាឈាមដល់ និងសម្អាតកំណក់ចោលទាំងអស់ និងក្រោមអញ្ចាញធ្មេញចេញ យ៉ាងតិចឱ្យបានពីរដងក្នុងមួយឆ្នាំ។

To welcome in the New Year at the UP Dental Hospital, we are now offering special coupons, not only to UP students, but also to UP staff. The coupon entitles students and staff (or a family member) to:

- a free dental check-up (with a senior students)
- free cleaning
- free Xrays (2)

If you would like to take advantage of this special offer, please pick up your coupon from our UP Dental Hospital receptionist. We look forward to welcoming you soon!

# SCIENCE RESEARCH STUDENTS PRACTICE USING UV-VIS SPECTROPHOTOMETER



The UV-Vis Spectrophotometer is a significant analytical instrument in the Program of Scientific Research as well as other departments, especially in Research Technique in Chemistry.

This machine is capable of analyzing many chemical parameters such as heavy metals, minerals, organic and inorganic components, which can be used in the quality control of clothing, food, beverages, soil, water, contaminants, or even color ink or paint. In addition, the device is found in both scientific laboratories and production.

Currently, students of the Program of Science Research, the Faculty of Health Sciences and Biotechnology, University of Puthisastra have been studying and practicing to understand the basic principles of this machine including application techniques, analysis, and setting up of analytical programs, maintenance, and other principles in the first semester of the second year.



# PRE-HOSPITAL TRAINING FOR YEAR 5 MEDICAL STUDENTS



The Pre-hospital Training for Year 5 medical students took place in early January 2022. The training included two skill stations (wound suture and dressing, and basic life support in children) and a workshop (approach to chest X-ray reading). The medical students, divided in three groups, rotated between the skill stations.

Two surgeons provided the training on wound suture and dressing, teaching the aseptic technique and demonstrating how to ensure infection control. Basic Life Support in children included cardiopulmonary resuscitation and choking. “The Approach to Chest X-Ray Reading” workshop included interpretation of real cases presented by the instructors.

The pre-hospital training embedded the students with the essential skills needed during their year-5 clerkship and built their confidence in examining and treating patients in the hospitals under the doctors’ guidance and supervision.

## UP RECRUITS PART-TIME LECTURERS FROM UITM IN MALAYSIA

In recent years the UP Faculty of Dentistry has strengthened its ties with one of Malaysia's top dental schools, Universiti Teknologi Mara (UiTM) in Kuala Lumpur. This semester we have 3 dental public health specialists, Assoc Prof Budi Aslinie Sabri, Assoc Prof Norashikin Yusef and Dr Nor Faezah Bohari joining our Cambodian lecturer Adj Prof Hak Sithan and Adj Prof Chher Tepirou to teach Community Dentistry.

All three have been appointed as Adjuncts at UP, and bring with them a wealth of knowledge and experience. During the course this semester, the lecturers taught about how to conduct a community needs assessment, and about the planning cycle. Four groups of year 5 students then had to prepare proposals for an assigned community oral health project in Cambodia, and present it to the lecturers and the class.

The topics included:

1. Designing an oral health program in a primary school
2. Organize an oral health promotion for adolescents in an orphanage to raise awareness of the dangers of smoking and high sweetened beverage consumption.
3. Organize a program in a rural community to raise awareness about oral cancer.
4. Organize an oral health promotion program among toddlers (1-4 years old) in a rural village where the level of Early Childhood Caries was high.

The three lecturers have also agreed to be thesis examiners for some of our upcoming thesis defense. In addition, this semester Dr Nur Aliana Hidayah Mohamed from UiTM is providing dental students in year 3 with lectures on dental pharmacology, building on what they have learned from Dr Chuon Vibol who teaches general pharmacology in Semester 1. Dr Alia is the Head of Postgraduate studies at the UiTM Faculty of Dentistry, and is in charge of their dental pharmacology course. Dr Alia has offered to run a UP CPD course for Cambodian dentists later in the year.

UP is very happy to have these experienced and enthusiastic teachers join our own remarkable team of Cambodian lecturers, and we look forward to continuing our collaboration in the future.





# NEW NURSING STAFF INTRODUCTION



On 11th January, the Department of Nursing conducted orientation for a new staff. She used to be a student of University Of Puthisastra and is one of the outstanding students who had an exchange study in Faculty of Nursing Khon Kaen University (KKU), Thailand.

Hello my name Kim Sreyath . And I'm new staff member here Work as a Clinical Instructor/ lecturer. I recently graduated in Nursing Science from the University of Puthisastra. During study here I studied hard to become an outstanding student so that I had the opportunity to exchange study in the Faculty of Nursing Khon Kaen University (KKU), Thailand.

It was such a good experience and I know lots of techniques of health care in Thailand. After I graduated from university I had been working as a Nurse in a Private Clinic. While working there, I learned lots of procedures about nursing and communication skills. Recently I just finished Covid-19 volunteer for about 2 months at Olympic National Stadium and it gave me good experience on how to provide healthcare to patients in this condition.all of that made me get more stronger about Nursing Science.

Now I come here to teach you some techniques on how to get a high score in this major to become an outstanding student and also share some experiences with all of you. Who wants to be a part of UP ?

# MOBILE DENTAL CLUB MISSION TO SIEM REAP

In November, the Mobile Dental Club Cambodia, in collaboration with the Angkor Kampuchea Dental Clinic, initiated their very first mission. The team provided checkups and preventive care, and taught children about good oral hygiene.

Following the success on the first mission, the second mission was planned for January 7 2022 with more volunteers and participants involved. This mission was supported by a grant from AHHA, a partner NGO from Australia which has worked closely with UP on several dental projects in recent years.

Mobile Dental Club Cambodia is a project initiated by Batch 6 and 7 dental students from University of Puthisastra. The project is managed and organized by students Ho Puthyka and Yorm Sileng.

Mobile Dental Club Cambodia recognizes that during the Covid-19 pandemic everyone is facing challenges. During this time children are at risk of developing dental problems. Thus, the main aim of the Mobile Dental Club Cambodia is to bring basic oral health care to some of these disadvantaged groups of children. Our interventions include a dental checkup, scaling, and application of silver diamine fluoride (SDF) to arrest and prevent dental caries. Oral health education is another important component. We hope to visit the same community again in the coming year.





# THE FACULTY OF MEDICINE ORGANIZED THE INTERNAL EXIT EXAM AFTER THE DELAY DUE TO THE COVID-19 PANDEMIC



Thanks to the effort of the Royal Government of Cambodia in vaccinating the population against COVID-19, UP re-opened and the Faculty of Medicine recently organized the Internal Exit Exam for MD batch 3 students, which had been delayed. 63 students sat for the exam; the session lasted three days.

# UP DENTAL STUDENT MAKES PATIENT SMILE

Ms Pech Marrynet, a year 6 dental student, recently made a complete upper and lower denture for a 76 year old woman from Phnom Penh. She was recommended by her friend to come to the UP Dental Hospital but was a little nervous at first.

Over the several weeks of making the dentures, Marrynet and the patient got to know each other quite well. This was Marrynet's second complete denture case, and she has almost completed 3 partial dentures and 10 crowns. The patient was delighted with the result and very happy with her new smile. Well done Marrynet.





# UP POSTGRADUATE STUDENTS RECEIVE GIFT OF ENDODONTIC INSTRUMENTS FROM ADJ PROFESSOR STEVEN COHN

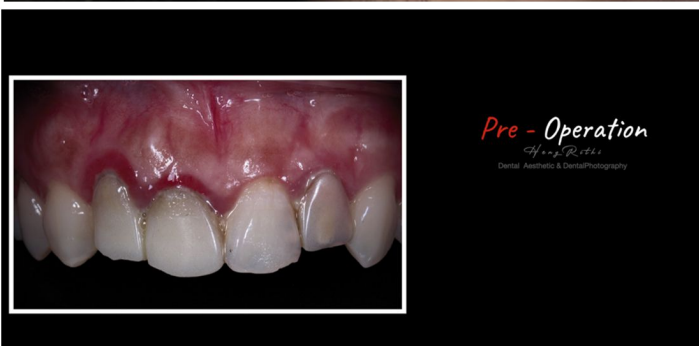
The 5 dentists in the new postgraduate endodontics course at UP have received a generous donation of instruments from course Director Adjunct Prof Dr Steve Cohn. The donation included over 120 instruments which are difficult to find in Cambodia, and will allow the students to perform high quality endodontic treatment on their patients.

Recently the 5 dentists completed written and oral exams after the first semester of the course, and all passed. As they commence the next part of the course, UP is seeking suitable patients for them to treat. They will be supervised by Dr Soy Rasy, Dr Chum Chenda, Dr Leng Ravuth and Dr Peung Kimsreang - our UP endodontic specialists. UP is very grateful to Professor Steve Cohn for his generosity and support for this very important course.



# ANOTHER BEAUTIFUL SMILE CREATED BY A UP DENTAL GRADUATE

Recently UP Dental Hospital resident Heng Rithi shared a case he had recently treated in private practice. This involved the aesthetic rehabilitation of a severely compromised upper anterior dentition. The patient was very satisfied with the outcome and said that she is now more confident to smile again. If you would like to improve your smile, please make an appointment for a free consultation with Heng Rithi. Call our receptionist on: 012-414 563.





# IMPLANTS AT THE UP DENTAL HOSPITAL



Dr Hout Youngman is a postgraduate diploma of implantology student at UP. Here are some photos of one of his successful implant cases. If you have missing teeth and would like to have some high quality implants at reasonable prices, please contact Dr Khom Pisal for an appointment at the UP Dental Hospital. Tel: 089-245456

## UP CANTEEN OPENS NOW!

It is with great delight to announce that UP canteen is now OPEN!  
 The Canteen opens from 7:00am and workers will be on duty through the rest of the day to serve UP family food and drink.  
 UP Canteen is located on top of building A.

