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Adapting Online Training amidst Covid 19: Staff from 7 panel hospitals and clinics received training from Peth Yoeung in April

Amidst the Covid-19 pandemic, when everyone is practicing social distancing, Peth Yoeung still tries our best in order to provide support and training to our panel hospital through various way, including online training, remote training, video materials. Sometimes, we also go to the panel hospitals directly if it is compulsory.

In April 2020, the “Peth Yoeung” System Training team have been providing training sessions to 7 different panel hospitals and clinics, some are the training to new hospitals that decided on using Peth Yoeung, and some are refresh training to older panel hospitals.

At the **National Pediatric Hospital**, where around 20 Specialists exist, there are still on-going standby, trainings and support provided by Peth Yoeung team to the hospitals' staff, nurses and doctors. Little by little, the whole hospital from every department and specialist, started to familiarize themselves with the system, and use it bit by bit now.



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Joining Peth Yoeung the previous and this month, staff from 2 private clinics received training from Peth Yoeung training team: **Rithy Clinic and Maternity**, located in Prek Leap Commune, Chroy Changva District, Phnom Penh, decided to use Peth Yoeung this month, and **Bio Plus Health Centre**, located in Harward Street, Diamond Island, Sangkat Tonle Bassac, Khan Chankamon, Phnom Penh, signed up with Peth Yoeung earlier this month.

With both of the clinics, we have provided exclusive training both in-housed and online training for some days, and would

continuously support and answer any questions the users have while using Peth Yoeung system. All of these clinics are located in Phnom Penh.

Beside above training, this month, Peth Yoeung team have been spontaneously conducting refresh Online Training and Support to some older panel hospitals such as **Tevin Raksasok Polyclinic**, located in Banteay Meanchey Province, **777 Clinic**, located in Siem Reap Province, **Hout Sokun Dental Clinic**, located in Battambang Province, and **BC Skin Clinic**, located in Phnom Penh. With our

hard work and the cooperation from the staff and doctors at the hospitals, we are sure that these hospitals will officially go digital very soon.

To all these panel hospitals and clinic, the training session included mainly on showing the nurse, doctor and all the hospital staff on how to register the patient in the system, storing medical records, and manage many other hospital operations. We hope all of these hospital will go digital very soon.



Peth Yoeung Staff provided remote training to a clinic, talked on the phone



Screen Shared with the hospital staff during remote training amidst Covid-19

Peth Yoeung _ e-Health Yoeung Response to COVID 19 in Cambodia

In the past several months, the world as well as Cambodia has been suffering from the effect of the most terrifying pandemic over the decades, Covid 19. Because it can easily be spread from one person to another, people have been practicing social distancing and personal hygiene, and major cities are on a complete lockdown in order to slow down the spread.

Generally speaking, the Covid 19 event not only has negative effects to personal, but social and economic at that. Particularly, in Health Sector, the number of people going to the hospital

daily has significantly dropped by almost 70% according to our panel hospitals, partly because people have been trying to avoid public places, especially germ-rich area like a hospital. We understand that some people, even sick, try to avoid going to the hospital, afraid that they might pick up the Covid 19 unexpectedly. On a different note, significant amount of fake news, rumor, unlicensed online sells and false information have been going on in social media these days, leading to social incitement.

Therefore, in order to solve the above problems, we came up with two solutions,

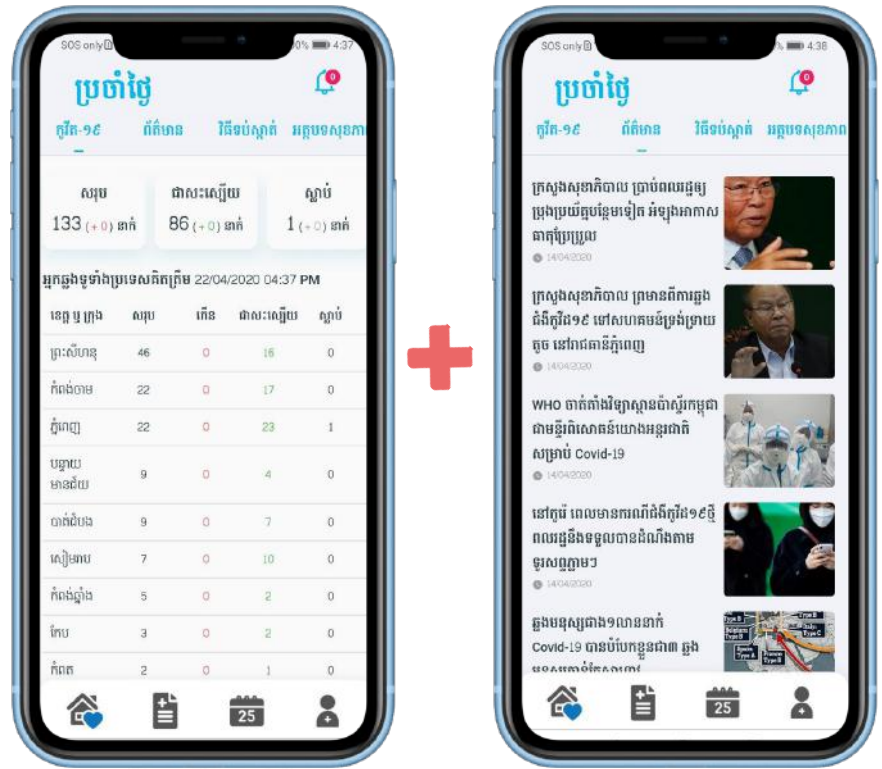
in one platform. Consider that everyone uses mobile phone these days, and that we already have a mobile phone application; e-Health Yoeung; with significant number of users, we are planning on creating 2 more functions.

First, we will create a Tele-Consult function in our mobile app and Peth Yoeung system. With more than 100 hospitals in Cambodia, patients can register for tele-consulting appointments with doctors, at the same time receive a digital consultation service, medical documents and medicine prescription in their phone.

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Second, partnered with the Ministry of Health, we will create a news function that give the most accurate, recent updates and news about Covid 19 status in Cambodia, posted daily by the Ministry of Health, and collected from trustworthy news sources. We will also include a map, displaying information like testing centers, number of cases found.

The project aims at empowering people of all age groups. Our first step is to target city dwellers, especially those who use e-Health Yoeung app. We believe with our project, more people will feel safer, at the same time promoting social distancing, stopping the widespread of the virus. We also believe accurate knowledge and updates about Covid 19 status is the key to individual awareness and prevention. Fighting Covid 19 starts from well-informed citizens.



Screenshots of e-Health Yoeung Mobile App new Feature _ Response to Covid 19

5 Questions and Answers about Covid 19 with WHO

Since the Covid 19 pandemic first occurred in December 2019, a lot of news and information have been going on about this disease. As far as news goes, while some are trustworthy, some are not; therefore, we took the matter in hand to provide the most trustworthy news from reputable source for you. Below are 5 questions and answer with World Health Organization with the latest updates of the Covid 19 :

- 1. Does scientist find vaccine against Covid19?
According to the WHO, not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials. WHO is coordinating efforts to develop vaccines and medicines to prevent and treat COVID-19. (Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>).
- 2. How long Covid19 survive in atmosphere?
According to WHO, it is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other viruses. Studies suggest that coronaviruses

(including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment). (Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>).

- 3. How does coronavirus spread from one person to another?
The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick. Source: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- 4. How does coronavirus attack human body?

The lungs are the major target of the virus. As it continues to replicate and spread into the lung, it can cause respiratory problems like bronchitis and pneumonia. When pneumonia occurs, the body reacts by sending immune cells to the lung to fight it off.

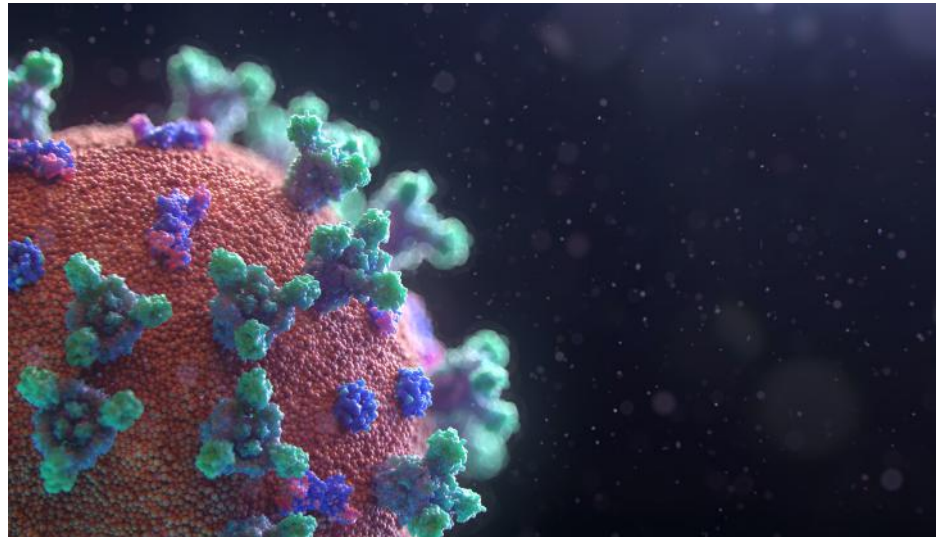
That results in the lungs linings becoming thicker, until they essentially choke off the little air pocket, which is what is needed to get the oxygen to the blood. It is “a war” between the host response and the virus. There are good outcomes where patients recover or bad outcomes where they don’t, depending on who wins the war.

Restricting oxygen to the bloodstream deprives other major organs of oxygen including the liver, kidney and brain. In a small number of severe cases that can develop into acute respiratory distress syndrome (ARDS), which requires a patient be placed on a ventilator to supply oxygen. However, if too much of the lung is damaged and not enough oxygen is supplied to the rest of the body, respiratory failure could lead to organ failure and death.

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5. Does coronavirus have high impact on pregnancy women, spread out from a person to another person through blood transfusion, or from pregnancy mother to womb?

Research is currently underway to understand the impacts of COVID 19 infection on pregnant women. Data are limited, but at present there is no evidence that they are at higher risk of severe illness than the general population. We still do not know if a pregnant woman with COVID-19 can pass the virus to her foetus or baby during pregnancy or delivery. To date, the virus has not been found in samples of amniotic fluid or breastmilk. (Source: <https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding>)



How Can You Take Care of Yourself When You Are on Period?

7 Way to Self-Treat Period Cramp

Every time you are on a period, you always have terrible period cramp that it make it hard for you to work, sit or perform any daily activities. Therefore, what can you do in order to reduce the cramp. Below are some activities you could do in order to treat yourself at home :

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Contact Us:

Peth Yoeung, #15D, St. 03 (Corner St. 230)
Sangkat Teok Laak III, Khan Toul Kok,
Phnom Penh, Cambodia.
Tel : +855 78 668 578 / 15 550 471
Email : info@pethyoeung.com
Facebook : [@Peth Yoeung](https://www.facebook.com/PethYoeung)
Website : www.pethyoeung.com

Hot compress
your belly



40°C to 50°C

Drink hot
Ginger tea, or
Chamomile tea



Perform gentle
massage around
the painful area



Add food such as
Ginger, Peppermint,
Cinnamon into your
diet



Exercise



Drink a lot of
water



Avoid eating full-fat
food, alcohol, fizzy
drink, coffee, and
salty food

