



Mahidol University
ASEAN Institute
for Health Development



Participant Information

Study Program on

“Disease Prevention & Health Promotion in the Aging: Integrating
Modern and Traditional Medicine”

Nagoya University Graduate School of Medicine/School of Health Sciences

2 – 7 September 2018

1. Organizer and Instructors

Organizer: ASEAN Institute for Health Development (AIHD), Mahidol University
www.aihd.mahidol.ac.th/new/en/

Instructors:

AIHD

1. Asst. Prof. Somsak Wongsawass

Nagoya University

2. Prof. Hisataka SAKAKIBARA
3. Prof. Atsuko MAEKAWA
4. Prof. Takaaki KONDO
5. Asst. Prof. Tomome INOUE

2. Course format and time management

This 5-day study program will be covered by lectures, practical exercises, and field visits to health services in Ratchaburi and Bangkok. Participants will enhance their understanding of health delivery systems and management at community, district, and provincial levels of Thailand

Practical sessions include

- Ratchaburi: Study visit to Ratchaburi Hospital, Suan Phung Hospital, and villagers' home visit
- Bangkok: Study visit to Siriraj Hospital and museums

Course Timings: Course sessions will start promptly at 09:00 and end at 16:00 except for field visit will be earlier.

There will be two short breaks for refreshments and lunch will be served at 12:00 of each day's sessions.

3. Arrival and Departure

Arrival: AIHD will provide welcome service at the Suvarnabhumi Airport

* All participants should arrive Bangkok on 2nd September and return to Japan on 10th September 2018.

4. Venue

ASEAN Institute for Health Development, Mahidol University



ASEAN Institute for Health Development was established in 1982 as the ASEAN Training Centre for Primary Health Care Development. It was a joint effort of Mahidol University, the Ministry of Public Health and the Department of Technical and Economic Cooperation (DTEC, now TICA) of the Royal Thai Government, with strong support from the Japan International Cooperation Agency (JICA). AIHD is based on a forward-looking and conceptually challenging perspective on human resource development which aims to support the global strategy of “Health for All” through the primary health care approach advocated by WHO, an approach which is valid not only for Thailand but also other ASEAN countries. AIHD has three key missions, namely education and training, technical services, and research and development, focusing on participatory community-based health and related program management, with a special emphasis on facilitating the paradigm shift from a “service-oriented” approach to a “development” approach in order to promote “Health for All” through human capacity building and community empowerment.

Source: http://www.aihd.mahidol.ac.th/new/en/about_en.html

5. Field Visit Sites

Ratchaburi Hospital

Ratchaburi Hospital is the main hospital of Ratchaburi Province, Thailand and is classified under the Ministry of Public Health as a regional hospital. It has a CPIRD Medical Education Center which trains doctors in the Praboromarajchanok Institute of Mahidol University. The foundation stone for Ratchaburi Hospital was laid on 2 April 1941 and the hospital opened in 1941, consisting of a small patient building, a building for doctor's lodgings and a kitchen. Initially, the hospital had a capacity of 25 beds. The hospital was later expanded and between 1951 and 1952, hospital operations were transferred to the Ministry of Public Health.

On 30 September 2003, the hospital received ISO 9002:20031 accreditation and in 2006 received HA (Hospital Accreditation). Ratchaburi Hospital currently operates 855 beds (including 40 ICU beds).

Source: https://en.wikipedia.org/wiki/Ratchaburi_Hospital

Suan Phung Hospital, Ratchaburi

Suanphung Hospital is multispeciality hospital in Suan Phung District, Ratchaburi, Thailand.

6. Cultural Visit Sites

Wat Maha That Worawihan



Wat Maha That Worawihan is ancient temple, believed that this temple was built in the Dvaravati Period, around the 10th - 11th Century, nearly the same time as when the old city of Ratchaburi was built. The local people call Wat Na Phrathat or Wat Phra Si Rattana Mahathat. There is a 12-wa stupa made from laterite. Inside was decorated with wall paintings. There are Buddha's relics in the temple. Moreover, interesting things in the temple

are Wihan Luang where Phra Mongkhon Buri is enshrined. It is a stucco Buddha image in the gesture of subduing Mara, which has a lap width of 8 Sok 1 Khuep. Its characteristic is of the Pre-Ayutthaya art, with a Sukhothai style face. It has a long body but short knees. He turns his face to the east, and there is another Buddha image behind his back, turning its face to the opposite side or the west. This means we ask the Buddha's blessing to prevent danger from the front as well as the back. Thus, it is also called Phra Raksamueang-city's protective Buddha-along the belief of people in the Ayutthaya era. In front of the Wihan, there is a boundary wall made of laterite

Source: <http://thailand.sawadee.com/ratchaburi/attractions.html>

Suan Phung District

If you wish to go to somewhere cooler but do not want to travel too far, we would like to recommend Suan Pueng which has many months of cool weather during winter. Suan Pueng is located at the west border of Thailand. It is a place of beautiful scenery among the hills. Once a mining area it is now filled with many boutique resorts. It is popular for wedding couples and many families bring their children to come and take photos with the sheep in the farm. The most popular activity that the tourists do is to watch the sunrise at the peak of Kra Jom Mountain. During winter, Suan Pueng has a candle in the winter festival of music.

Suan Pueng also has a local museum named Pawothai which is opened only on Saturdays and Sundays. This museum is a Thai style house that displays many antiques.

Suan Pueng still preserves a country living style. Tourists who travel here can get a taste of original Thai food. Many restaurants here still preserve the old way of cooking and all the dishes are freshly made such as tom yum pla chon fried fish-paste balls.

Source: <https://www.tourismthailand.org/Suan-Pueng>

Bangkok National Museum

Bangkok National Museum is the first National Museum in Thailand, established in 1859 to exhibit and showcase Thailand history, Art history, Archaeology and Ethnology.

The Bangkok National Museum currently houses three permanent exhibition galleries.

- The Thai History Gallery exhibits in the front of the Siwamokhaphiman Hall
- The Archaeological and Art History collection showcases items divided into periods of time;
- The Prehistorical Period Gallery is exhibited in the back of the Siwamokhaphiman Hall.
- The Historical Period Gallery 1) Mahasurasinghanat Building displays the exhibition with order from Dvaravati, Srivijaya, Lopburi periods. 2) "Prapatphiphitthaphan Building displays the exhibition with order from Sukhothai, Ayutthaya to Rattanakosin periods.
- The Decorative Arts and Ethnological Collection are displayed in the old central palace buildings. This collection contains a variety of artistic, cultural and ethnological objects such as gold treasures and precious stones, mother of pearl inlay, costumes and textiles, ceramics, carved ivory, old royal transportation, old weapons and musical instruments, Khon masks, puppets, etc. Other exhibits of interest include the Cremation Chariot Hall which houses various Thai royal funeral chariot used for royal cremation ceremonies.

Source: <https://www.tourismthailand.org/Attraction/National-Museum--67>

7. Practical Information

Meals

Refreshments and meals are provided during the training program. Alternatively, participants may eat at one of the facilities on or outside the campus. There are many restaurants located near the campus that serve a wide variety of food.

Language

English is spoken in most hotels, shops and restaurants as well as in major tourist destinations.

Time

The time in Bangkok is 7.00 ahead of Greenwich Mean Time (+7.00 GMT).

Electricity

The electric current is 220 volt AC throughout the country.

Money/Currency

The basic monetary unit in Thailand is the Thai Baht. A baht is divided into 100 satang. The following coins and notes are currently in use:

Coins: 25 and 50 satang and 1, 2, 5, 10 baht

Banknotes: baht

20 (green), 50 (blue), 100 (red), 500 (purple) and 1,000 [grey and brown (beige)]

Banking hours: 8.30 – 15.30 hrs. , Monday to Friday.

Banks located in a department store are open daily from 11.00 – 19.30 hrs.

Automated Teller Machines (ATMs) can be found on or near the campus.

The effective limit of a single ATM withdrawal is 20,000 THB (around US\$ 600)



8. Contact Point

For any further information you may require, please contact:

No	Name	Sex	Position	Office Address	Contacts
1	Ms. Suwannee Hanmusicwatkoorn	F	International Relations Officer	ASEAN Institute for Health Development (AIHD) 999 Mahidol University, Salaya Campus, Phutthamonthon, Nakhon Pathom 73170, Thailand	Tel: +66 2441 9040 Ext. 66 Fax: +66 2441 9871 Mobile: +66855071542 E-mail: suwannee.has@mahidol.ac.th
2	Mrs. Thiprada Kongtapan	F	Head of Academic Services Unit	ASEAN Institute for Health Development (AIHD) 999 Mahidol University, Salaya Campus, Phutthamonthon, Nakhon Pathom 73170, Thailand	Tel: +66 2441 9040 Ext. 66 Fax: +66 2441 9871 Mobile: +66811732139 E-mail: thiprada.kon@mahidol.ac.th

Ready to get started?

We hope you enjoy staying in Thailand!

List of Participants

Study Program on
“Disease Prevention & Health Promotion in the Aging: Integrating modern and traditional medicine”
2 – 7 September 2018
at ASEAN Institute for Health Development (AIHD), Mahidol University

No.	Name	Department
1.	Ms. OHASHI Yuna	Nursing
2.	Ms. HAGA Maoko	Nursing
3.	Ms. KATSURAGAWA Chieko	Nursing
4.	Ms. OYABU Yuri	Nursing
5.	Ms. OGAWA Yuka	Nursing
6.	Ms. HAMAGUCHI Sae	Nursing
7.	Ms. Hotta Hitomi	Nursing
8.	Ms. TAKASU Minami	Medical Technology
9.	Ms. TAKABA Miho	Medical Technology
10.	Ms. NISHIHARA Nanami	Medical Technology
11.	Mr. MATSUOKA Kouhei	Medical Technology
12.	Ms. IGA Chika	Medical Technology
13.	Ms. SHIMIZU Ayako	Medical Technology
14.	Ms. TANASE Shiori	Medical Technology
15.	Ms. SUZUKI Yumika	Physical Therapy
16.	Ms. IWAMURA Tatsui	Occupational Therapy
17.	Ms. TSUJI Akiyo	Assistant
Faculty members		
18.	Prof. KONDO Takaaki	Medical Technology
19.	Prof. SAKAKIBARA Hisataka	Nursing
20.	Prof. MAEKAWA Atsuko	Nursing
21.	Asst. Prof. INOUE Tomome	Physical Therapy
