

SDG REPORT

WALAILAK UNIVERSITY 2022 – 2023



GOOD HEALTH AND
WELL-BEING

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The Collaboration in Advancing Healthcare with Local, National and Global Health Institutions

Walailak University develops cooperation with external agencies in various professional fields. One prominent field is health care with a collaborative force from all levels - local, national and international - to improve health and well-being through cooperation agreements and projects.

The Project on Using Telehealth Technology to Care for Patients with Diabetes Type Two or High Blood Pressure is a project resulting from the signing of a cooperation agreement to support the development of telehealth technology to care for patients in the upper southern region between Walailak University and local and national health agencies. The local levels are the National Health Security Office (NHSO), Sichon Hospital and Koh Samui Hospital, whereas the national institutions are the Health Systems Research Institute (HSRI) and the National Science and Technology Development Agency (NSTDA).

Also, Walailak University has ongoing cooperation with an international health agency from Taiwan, Overseas Medical Mission Center Changhua Christian Hospital, to expand medical education and research projects, such as the medical nurse training project, officer training project, medical technology knowledge sharing and student exchange program.

Notably, Walailak University had the privilege of co-hosting the 2022 Taiwan-Thailand Smart Healthcare Conference with Taiwan's Changhua Christian Hospital. The conference theme, "Reshaping the New Normal: Smart Technology in Precision and Regenerative Medicine," featured over 16 prominent companies showcasing their medical technologies. Distinguished speakers from both Thailand and Taiwan presented on various topics, including smart healthcare, precision medicine and regenerative medicine.



The 3rd Consecutive Year Outreach Project, titled "The Development of Sustainable Care and Rehabilitation System for the Elderly"



Walailak University, in collaboration with the School of Allied Health Sciences, the Center for Academic Services, and local health institutions, has launched an outreach program for disadvantaged individuals in the local community. This initiative, titled the "Project to Develop a Sustainable Care and Rehabilitation System for the Elderly in Satit Walailak Pattana Community Area," is now in its third year of development. The project is dedicated to enhancing the healthcare network within the community, following the principle of a "Seamless Service Network," and strengthening the capabilities of the Subdistrict Health Promotion Hospital in the field of rehabilitation.

Over the past two years, the project has primarily focused on providing rehabilitation services for elderly patients with long-term health issues. To ensure clear clinical outcomes for these patients, the project has evolved in its third year to establish a more comprehensive service system. 1) a database system and referral system for patients who need rehabilitation services; 2) a physical therapy system for sub-acute and long-term patients; and 3) a disease prevention and promotion service system for those at risk of developing health issues.

Additionally, the project conducts various activities as follows:

- ◆ Evaluating movement problems, fitness tests for both physical impairment and activity levels, and other problems to confirm the recovery level target and to plan an individual-level additional inspection

- ◆ Carrying out a movement rehabilitation program for ten elderly people stuck at home and bedridden by providing a rehabilitation program, and a program on how to properly move elderly people stuck at home and bedridden, as well as giving advice to family caregivers, Subdistrict Health Promoting





Hospital staff and village health volunteer leaders

In this regard, the project team plans to provide ongoing rehabilitation services by physiotherapists, students and village health volunteer leaders and will implement a monitoring and evaluation system supported by the “Application Restoration to Movement” system.

The Free Access to Mental Health Support for Students and Staff by Smile & Smart Center



The establishment of Smile & Smart Center was to make mental health services available to students and staff of Walailak University. Serving as a caring center for students facing psychiatric problems, Smile & Smart Center provides mental health services by medical experts and well-trained professionals.

The efficient services are made possible through collaborations with schools, Smile & Smart Center, and Walailak University Hospital. Students with signs of depression and anxiety can get early treatment and support to develop a happy college life. All consultation services are free of charge and available on campus. To access the services, one can follow these two methods.

- ◆ Students and staff can walk in to the center and request the services.
- ◆ For alternatives, visit <https://smileSMART.wu.ac.th/site/index?language=en-US>

In addition to regular services held within the center, it also organizes extra activities. In 2022, the Smile & Smart Center held various activities to fulfill its mission of providing mental health support:

- ◆ **Basic Satir Model Counseling Training:** This training program aimed to equip lecturers and personnel from different schools and colleges with an understanding of the Satir Model, enabling them to serve as consultants for students, lecturers and staff.
- ◆ **World Café Activity:** This engaging event facilitated the exchange of knowledge regarding the challenges faced by students, lecturers, and staff, while also sharing essential life skills necessary for thriving in a university environment.
- ◆ **Happy Mind Activity:** Focusing on nurturing positive energy among students, this activity was designed to enhance the

mental well-being of individuals within the university community.

◆ **Create Happiness, Awaken Smiles Activity:** This initiative aimed to inspire students in their academic pursuits and provide fresh perspectives on their studies, future careers, and personal development. It also served as a platform for stress relief and sharing of valuable life insights and ideas.

These activities underscored the Smile & Smart Center’s commitment to promoting mental health and fostering a supportive and positive atmosphere within Walailak University.

Walailak University’s Commitment to a Smoke-Free Environment in 2022

In 2022, Walailak University conducted a comprehensive review of its “Policy to Protect Nonsmokers’ Health and Designate Specific ‘Smoking Areas,’ B.E. 2565 (2022)” to raise awareness of the adverse health effects of smoking and to encourage strict compliance with this policy across all university departments. This initiative led to implementing various activities to promote a smoke-free environment on campus.

To promote the policy effectively, the university organized the World No Tobacco Day 2022 campaign to raise awareness of smoking cessation in alignment with global efforts. Additionally, the declaration of non-smoking areas was made at the internal sports competition, “Pradon Games.”

Highlighting the university’s commitment, the School of Pharmacy at Walailak University received the prestigious award for “Educational Institutions Leading the Way for a Smoke-free Thai Society.” This honor was bestowed during the Dean Summit on Tobacco Control, recognizing the university’s outstanding dedication to creating a smoke-free environment in Thai society.

