

# What's up, Doc?

No. 2 - April/ 2020

## FV RECEIVED APPROVAL FROM MOH TO PERFORM COVID-19 TESTING



On April 3rd, 2020, The Ministry of Health officially approved FV Hospital to become the first non-public hospital in Vietnam to provide testing and test results for SARS-CoV-2. FV Hospital's Laboratory and Blood Bank applies modern Realtime-PCR technique to provide highly accurate results

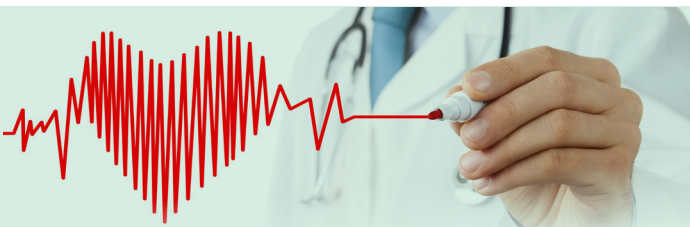
with few hours. All screening, sample taking and testing procedures are strictly follow the WHO, CDC and Ministry of Health Biosafety regulation to ensure safety for patients, staff and the community at large.

Patients, relatives and visitors who come to FV Hospital for medical examination and treatment, whether with an advanced appointment or not, must go through a screening process to detect suspected cases with epidemiological factors required mandatory testing. FV Hospital will temporarily isolate

ALL PATIENTS with high risk factors indicating Covid-19 infection in separate isolation areas during the result waiting period. All patients with positive results will be referred to medical facilities as per CDC guidelines (HCMC Centers for Disease Control). All suspected case will be reported to CDC following to the current MoH regulations.

Patients who would like to be tested, please contact FV for more information via phone and fulfil a medical report prior to arrival at the hospital for instructions on the safety process.

Recently, on March 13th 2020, FV Hospital has donated 1 billion VND to the Ministry of Health (MoH) and the Department of Health of HCM City. This donation is to support the fight against Covid-19. As the pandemic begins to develop more seriously in Vietnam and global, FV Hospital comprehensively equipped and qualified to get ready with healthcare system to fight against COVID-19 pandemic.



## ESTABLISHING FV CARDIOLOGY PATIENT CLUB TO ENSURE A HEALTHY HEART

Since the end of 2019, FV Hospital has collaborated with OTB, its partner in medical communication and marketing, to establish the FV Cardiology Patient Club. The club promotes a community of like-minded individuals who care about their cardiovascular health and are concerned about potential high-risk factors. The club provides updates on new information, and connects and shares experiences in how best to take care of the heart. Doctors are also available to offer consultations and provide important, relevant medical knowledge, which contributes to raising the effectiveness of treatment and minimising possible complications. Being members of the FV Cardiology Patient Club, customers will benefit from the following:

- A free consultation at FV Cardiology Patient Club, which includes; blood lipid testing, blood glucose, vital signs measurement, and cardiovascular health assessment.

- Discount of 5% to 10% when you; participate in the FV Membership Programme, take a general health check-up package, heart attack screening package, or an all year cardiovascular disease package.
- Free entrance for workshops and healthcare activities provided by the FV Cardiology Patient Club.
- Upgrade to a VIP member when you buy one of the all year screening/ cardiology packages.
- Also, VIP members will receive a 5% discount when taking cardiovascular intervention services in FV's modern Interventional Catheterisation Laboratory.

In addition, the FV Cardiology Patient Club will organise a series of social activities to connect members and update them on cardiovascular healthcare information. These include; cardiology seminars, talk shows with doctors, sport activities, meditation, yoga, among others..

**To join the FV Cardiology Patient Club, please register at the registration desk in the Main Lobby of FV Hospital. Hotline: 0947701010. Membership fee: 299.000 VND per year**

# TREATING FLAT FEET CONDITION BY IMPLANT

*FV Bone & Joint Centre successfully treated the case of patient Ms H.C., 62 years old, from HCMC with the flat feet condition..*

Ms H.C., 62 years old, from HCMC, came to FV Hospital suffering from pains in her legs and encountering trouble when she walked. She shared that the pain in her left foot and ankle had been there for many years, however, recently, the frequency and intensity of the pain started to become worse. So much so that she had trouble walking. After undergoing an examination and diagnosis with imaging technology by Dr Le Trong Phat, Head of FV Hospital's Bone & Joint Centre Department, Ms H.C. was diagnosed with flat feet. Dr Phat recommended that the optimal treatment method for the condition was to perform minor surgery to adjust her foot axis. This procedure would require a HyProCure implant. Here, a small titanium tube is inserted into the tarsi sinus to correct the flat feet issue by holding the sinus tarsi in a stable open position. Such an implant helps keep the patient's ankle bone from sliding forward or beyond the heel bone and back arched foot. The procedure only takes approximately 15 minutes, and the patient was required to be hospitalised for only two days for follow-up treatment.

According to Dr Le Trong Phat, Head of The FV Hospital Bone & Joint Centre, flat feet without early intervention can lead to; tendonitis in the ankles, ankylosing fasciitis, and heel spikes. The dislocation from the body can also have a long-lasting effect on the knee, hip, back and neck joints. Currently, the procedure to place titanium implants for flat feet treatment in Vietnam is only available at FV Hospital.

The arch development within the feet begins from the ages of two to three years old. From three years onwards, the arches begin to increasingly shape more clearly. It is advised that parents should take their children to see a doctor if, after five years, the parents still find their children have flat feet, with a difficulty to walk, run and jump, or if they detect symptoms such as:

- The sole of the child's feet are not arched as normal
- The child seems to be in pain from walking and running.
- There are signs of the child's legs showing deformation and leaning inward.
- The child complains about pain in the calf muscle, foot arch, or around the foot area.

## SAVING A PATIENT WITH SEVERE INTRACEREBRAL HEMORRHAGE

FV Hospital successfully saved the patient C.P (61-years-old, Cambodia) with severe intracerebral hemorrhage. This patient was brought to FV's Accident & Emergency Department in a coma which has a high risk of death. Dr Nguyen Manh Hung examined and diagnosed the condition through imaging technique. The result shows that patient had a large bleed in his ventricle increasing intracranial pressure, clogging ventricles, obstructing cerebrospinal fluid circulation, causing brain compression and brain hernias.

In this critical situation, if the patient can have surgery performed timely, it will lead to death. After the doctor explanation with consent from patient's family, Dr Nguyen Manh Hung performed micro surgery (using microsurgical glasses). Dr Hung cut and enlarged the left side of the skull to remove the hematoma, placed a catheter in the lateral horn of the ventricle to drain the excess cerebrospinal fluid and the hematoma in the ventricle. The surgery lasted more than 3 hours where almost all the hematoma was collected and drained resulting in the improvement of the patient's clinical condition. After 45 days of treatment at FV Hospital in intensive care, the patient was discharged completely conscious, can move the right side of his body and has feeling in the left side, He can sit-up and eat rice soup.

Dr. Nguyen Manh Hung described, "We treat intracerebral hemorrhage (ICH) by ventricular drainage, this is a less invasive technique with high difficulty, but an effective treatment helping patients avoid many dangerous complications. Ventricular drainage is vital in case of increasing intracranial pressure due to acute ventricular dilatation".

This is a new method treatment for cerebral hemorrhage recently applied, which requires the modern medical equipment, and an experienced neurosurgeons team. The most important thing is having the correct judgment to remove the hematoma and to minimize the damage to the brain as much as possible.



If you require advice about flat feet, book an appointment with Dr Le Trong Phat, Bone & Joint Centre, by contacting:  
(028) 5411 3333 – Ext. 1226



For an appointment with Dr. Nguyen Manh Hung, Department of Neurosurgery and Endovascular Neurosurgery, please contact:  
028 54 11 33 33 Ext. 1519