

# What's up, Doc?

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## Dr *Nguyen Nam Binh* Joins FV Pain Clinic



**D**r Nguyen Nam Binh graduated from Ho Chi Minh University of Medicine in 2006 and achieved her Specialisation Degree Level I of Anaesthesiology & Intensive Care in 2016. Dr Nam Binh also participated in many advanced training courses to support for her specialty including: Anaesthesiology, Echocardiography, Musculoskeletal Ultrasound, Optimizing opioid use in clinical practice, Cancer Pain etc,...

Dr Nam Binh has 13 years of experience and she has worked at Anaesthesiology & Intensive Care Department of Tu Du Hospital, Ho Chi Minh City, Vietnam (2007-20). In 2021, Dr Nam Binh decided to join FV Pain Clinic and as a senior consultant with the ambition for career development.

Besides specialised clinical fields such as pain-relief for cancer patients and palliative care, Dr Nam Binh also wishes to introduce new technology of interventional pain-relief for other chronic pain associated with diseases such as musculoskeletal and degenerative spine conditions.



To book an appointment with Dr **Nguyen Nam Binh**, at Pain Clinic, please contact: **028 5411 3333, ext1294**

## DR *Nguyen Thuy Minh Thu* Joins Paediatric & Neonatology Department At FV Saigon Clinic

**D**r Nguyen Thuy Minh Thu graduated in 2007, achieved her Specialisation Degree Level I in 2011 and Paediatric Specialisation Degree Level II in 2020 from the University of Medicine, Ho Chi Minh City. Dr Minh Thu has also participated in many advanced training courses abroad that related to her specialty such as: Paediatrics, University of Sydney (2015); Neuropaediatrics, Hospital of Geneva University, Geneva, Switzerland (2016).



With 14 years of experience in treatment in many specialised clinical fields such as Child Developmental Disorders, Epilepsy, Febrile Convulsion, Speech and Language Delay and Hyperactivity. Dr Minh Thu has previously worked at the Neuropaediatrics Department, Children Hospital No.2 (2011 – 2017). In May 2021, Dr Minh Thu decided to join Paediatrics & Neonatology Department at FV Saigon Clinic in the role of Senior Consultant.

Dr Minh Thu is very passionate about Neuropaediatrics. Her training in Neuropaediatrics at Geneva University, Switzerland required high levels and research and the publishing of



To book an appointment with Dr **Nguyen Thuy Minh Thu**, Paediatrics & Neonatology Department at FV SaiGon Clinic please contact **(028) 62 90 61 67 or 0903 013 500**

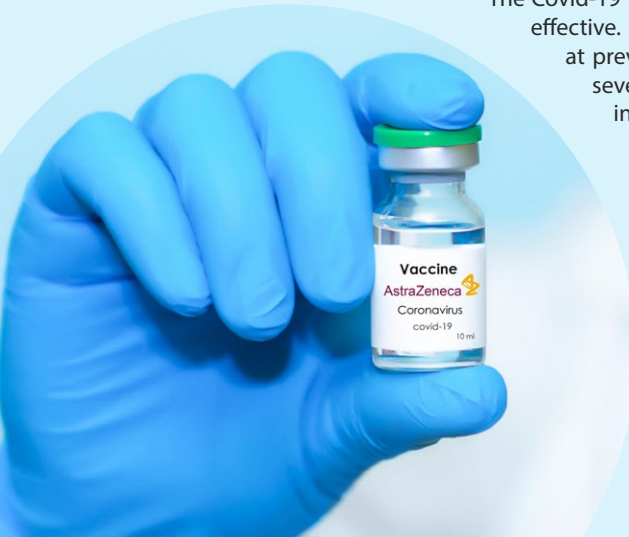
## Information About ASTRAZENECA VACCINE FOR COVID-19

**F**V Hospital is participating in the Covid-19 vaccination campaign, following calls from HCMC's Health Department. This is considered the largest vaccination campaign in HCMC history, aiming to create community immunity and prevent the spread of Covid-19 in the city. In addition, FV has provided necessary information about the AstraZeneca vaccine to doctors, staff, patients and visiting relatives to give them a comprehensive and accurate view of this vaccine which is being widely administered in the community today.

The Covid-19 vaccination significantly reduces the possibility of infection. No vaccine is 100 per cent effective. However, numerous studies have shown that the AstraZeneca vaccine's effectiveness at preventing Covid-19 infection is up to 85 per cent and up to 100 per cent in preventing severe or critical Covid-19 symptoms. This means that very few vaccinated people become infected with Covid-19. The symptoms are mild to moderate if they are infected, so the risk of hospitalisation or death from Covid-19 is almost eliminated if fully vaccinated.

Simultaneously, a vaccinated person infected with the coronavirus will have fewer virus particles in their nose and mouth and are less likely to pass it on to others. This reduction in transmission is important because vaccination protects you and limits the spread of the virus to your loved ones, friends, and community.

Recent studies show that after two doses, the AstraZeneca vaccine is highly effective in protecting against specific variants of coronavirus, including the Indian, Brazilian, South African and Kent variants.



FOR MORE INFORMATION,  
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## PALLIATIVE CANCER PAIN CONTROL CARE SERVICES AND ENCOURAGEMENT FOR PATIENT

In March 2021, Ms H.T.N.H. (55 years old, District 7) arrived at FV Hospital, malnourished and in severe, persistent pain due to intrahepatic cholangiocarcinoma and retroperitoneal metastasis. Her suffering caused her insomnia, anxiety and depression. Ms H.T.N.H. kept asking, "Why do I have to endure such pain?".

Ms H.T.N.H. was assigned to Dr Nguyen Nam Binh at FV Pain Clinic. After a thorough look into her clinical history and careful examination, Dr Nam Binh realised that Ms H.T.N.H. patient needed to use morphine to relieve her pain. In parallel with the use of pain relievers during treatment, the patient also needed psychological support.

Ms H.T.N.H. agreed to the treatment, and after only a few days, her pain and her mood had improved dramatically. With that result, she had even greater confidence in her treatment. In addition to supporting Ms H.T.N.H. with drugs, her doctors also instructed her to listen to therapeutic music. The meditative music has gentle, pleasant melodies to help patients sleep more easily and peacefully. However, not long after this initial success, Ms H.T.N.H.'s condition worsened due to an infection of the injection port and issues caused by her metastatic tumour. At this time, Ms. H.T.N.H.'s pain increased and was difficult to control with oral medication. The doctors switched from oral to continuous subcutaneous pain relief via a disposable pain control infusion set (PCA PUMP).

This method allows the patient to move and live comfortably while a fixed amount of drug is continuously administered under the skin according to a calculated dose allocated by



the doctor. As a result, patients receiving this pain relief method do not need to worry about checking the time to take their medicine regularly, as with oral medicine, and can enjoy their normal activities, pain-free.

In Ms H.T.H.H.'s case, the doctor selected a pump with a volume of 250 ml for use within five days. After five days, her carer was able to visit the hospital for a new pump after the patient had consulted with the doctor via phone, using FV's telemedicine service. After three months of treatment, the patient's quality of life has vastly improved and she can enjoy happy moments with relatives and family.

According to Dr Nguyen Nam Binh, who works at FV Hospital's Pain Clinic, cancer patients need appropriate pain relief to improve their quality of life at every stage of their treatment. There are many different pain relief methods available, from medication to the application of modern intervention, such as nerve plexus blockade, epidural analgesia and continuous intramedullary injection pump.

Through palliative care at the Pain Clinic, FV Hospital, patients will receive treatment to control their pain to live comfortably, despite their cancer.



To book an appointment with **Dr Nguyen Nam Binh**, at Pain Clinic, **please contact: 028 5411 3333, ext 1294**



## Successful surgery given by FV's Orthopaedics Department TO RECOVER LEGS AFTER AN ACCIDENT for a 25 year-old patient

**M**r T. H. Vinh (25 years old, HCMC) was involved in a traffic accident and suffered a severe leg injury. He was hospitalised for treatment at a large hospital in HCMC, where doctors learned one-third of his right femur was broken and he had an open fracture of his right ankle. After Mr Vinh's first surgery, doctors also discovered a dislocation of the right knee. Mr Vinh underwent three further surgeries to have his femur and knee joints fixed with nails. Following four months of surgical treatment and recovery, Mr Vinh was transferred to another hospital to receive additional treatment for another four months.

His care team at both hospitals recommended that Mr Vinh have his joints fixed in position to keep his legs straight. However, he and his family want to find a treatment solution that better preserved his foot and leg function and decided to transfer Mr Vinh to FV Hospital for another opinion.

At FV's Orthopaedics Department, Mr Vinh was examined by Dr Truong Hoang Vinh Khiem. Dr Khiem considered this case relatively difficult as Mr Vinh had come to him for treatment quite late and his knee and ankle joints had degenerated and were completely stiff, and his peroneal nerve was paralysed. This meant that Mr Vinh's treatment process was more complex.

During the first step of his treatment, Dr Khiem performed surgery to release Mr Vinh's ankle and attached an instrument to lengthen the Achilles tendon, placed a fixed frame outside the ankle, and increased the frame amplitude each week in follow-up visits. After eight weeks, Mr Vinh's ankle was stable, and he could walk with crutches. The next step was to release the knee joint, which was more challenging. However, this step also yielded positive results. Mr Vinh was able to flex his joint by up to 90 degrees so that he was able to walk. Dr Khiem said that although the surgery was successful, Mr Vinh will still need to continue to receive treatment to reduce chronic joint pain and maintain the desired range of motion of his knee joint.

To date, Mr Vinh can walk more than 50 metres with crutches and a little less without crutches. He can also stretch his legs to ride a motorbike, instead of always keeping his legs straight, as before. He will undergo a tendon transfer surgery in his ankle to complete his initial course of treatment soon.



To book an appointment with **Dr Truong Hoang Vinh Khiem**, Orthopaedics Department **please contact: 028 5411 3333, ext 1226**