

What's up, Doc?

No.7 - August/ 2019

FV HOSPITAL WELCOMES NEW MEDICAL DIRECTOR DR DO TRONG KHANH



In August 2019, Doctor Do Trong Khanh became the Medical Director of FV Hospital and is now in charge of all the hospital's professional issues.

Dr Do Trong Khanh graduated from Ho Chi Minh City University of Medicine and Pharmacy for general doctor Diploma in 2004. He later went on to resident course of surgery and

completing a PhD in General Surgery from Shiga University, Japan in 2013. Following that, Dr Khanh participated in further intensive training courses, such as gastroscopy surgery, thoracic laparoscopic surgery and endoscopic oesophageal cancer removal.

Returning to Vietnam in 2008, Dr Khanh has since been working in the Department of General Surgery in Cho Ray Hospital as a surgeon in the Department of Gastrointestinal Cancer and Breast Cancer. In 2016, he went on to work at Vinmec International Hospital and was appointed Medical Director of Vinmec's Times City International Hospital in Hanoi from 2017 to 2019.

Dr Do Trong Khanh has a strong reputation among the medical community as a seasoned expert in the field of surgery as well as being a competent leader. Taking on the role of FV Hospital's Medical Director is an exciting transition in Dr Do Trong Khanh's career, with its rewarding mission of helping FV Hospital continue to achieve JCI reaccreditation and constantly develop its specialities. In his new role, Dr Khanh will have the opportunity to combine his experience of medical management and surgical expertise to provide high quality patient-centred care.

LABORATORY & BLOOD BANK DEPARTMENT OF FV HOSPITAL ACHIEVES SIGMA VERIFICATION OF PERFORMANCE FROM WESTGARD QC

As part of their mission to provide high quality services on testing for patients and doctors, FV's Laboratory & Blood Bank Department constantly improves their quality of services through adhering to international standards set by specialised global organisations. One of those is the Sigma Verification of Performance Certification Programme (Sigma VP for short), ran by Westgard QC, which is focused on measuring and evaluating the quality and effectiveness of laboratories around the world.

From 2018 until now, FV Hospital's Laboratory & Blood Bank Department has undergone a rigorous survey process; from furthering training for its staff to ensuring the system and quality management process are based on Sigma VP's measurement standards. Unlike other theory-based programmes, Westgard QC focuses on evaluating actual performance, and measuring

SCREENING AND PREVENTING RISK OF STROKE WITH ASSOC. DR MAHEN NADARAJAH AT FV HOSPITAL



From the 17th to the 21st of September, Assoc. Dr Mahen Nadarajah will work at the Neurosurgery Department at FV Hospital. This opens up treatment opportunities for many people who are at risk of stroke, vascular and spinal diseases.

Cooperating with FV, Dr Nadarajah and other neurosurgeons will perform examination and treatment for patients with the following diseases:

- Stroke
- Brain aneurysm
- Spinal pain (treatment with less invasive surgery)
- Carotid artery disease

With the experience of working in many countries, Dr Mahen Nadarajah has earned a reputation for providing exceptional treatment for patients. In particular, Dr Mahen Nadarajah has also performed stroke risk screening, helping to prevent this dangerous disease.

To register for an examination and make an appointment with Dr Mahen Nadarajah, please contact the Neurology Department on: **(028) 5411 3333**, ext: **1250**



the analytical quality of specific tests. This is achieved through reviewing the following factors; working methods, appropriately trained employees, properly implemented quality management processes and accurate test results. After the survey on July 26th, 2019, FV Hospital's Laboratory & Blood Bank Department was awarded the Sigma VP 6 Certificate - the highest level in Sigma VP's ranking system. The department achieved the highest scores in 16 / 20 of the survey criteria i.e level six. The four remaining criteria achieved level four or higher.

Through this programme, the testing quality of FV Laboratory is compared and evaluated to meet international standards like all major laboratories across the world.



EARLY DETECTION OF EAR, NOSE & THROAT CANCER THROUGH NON-PAINFUL ENDOSCOPY AT FV

Traditional endoscopic methods use rigid tubes that can cause pain, vomiting and bleeding, which often make patients feel anxious and afraid when undergoing the procedure. The ENT Department at FV Hospital, however, has updated its procedures to use an advanced soft-tube endoscopy method, which now helps patients feel more comfortable when having the medical examination. With its flexible material, the soft-tube endoscope is easily inserted into deep, kinked, narrow positions from which the doctor can easily detect signs of cancer. Narrow Band Imaging from the soft-tube endoscope then provides high resolution and contrast images which help doctors detect abnormal growth of shallow and very shallow blood vessels within the lining. Such images are very helpful as doctors can then detect small changes in colour, and morphology of cancer and pre-cancerous lesions which are often difficult to see.

Soft-tube endoscopy is a diagnostic endoscopic method which checks the lining inside the ear, nose and throat area.

During endoscopy, a soft feeding tube, with a diameter smaller than 1cm, is inserted into the position. This is a relatively safe, less complicated procedure and helps to clearly observe the lesions of the ear, nose and throat. Up to now, such endoscopic methods is the most modern technology in the examination and early detection and diagnosis of cancers of the palate, throat and vocal cords.

Compared with the traditional endoscopic method, the soft feeding tube endoscopic technique provides many outstanding advantages:

- Flexible, soft, and small-diameter tube design can be used for all patients, including children, who have small nasal sockets or who have a thermostat cap.
- Does not cause pain, discomfort, difficulty of swallowing, nor induce vomiting.
- The endoscopic examination time takes only about 2 - 5 minutes.
- Offers clear image quality, which can easily observe any small abnormalities in narrow, and hidden slots.
- Helps early detection of ear, nose & throat cancer by observing the smallest changes of the mucosa.

FV HOSPITAL SUCCESSFULLY PERFORMED SURGERY TO REMOVE THYROID TUMOURS FROM A 61-YEAR-OLD PATIENT

Recently, FV Hospital successfully performed a major surgical operation to remove thyroid tumours and invasive metastatic lymph nodes for Vang Quoc Cuong, a 61-year-old patient living in Ho Chi Minh City. The patient initially came to FV with a swollen neck accompanied by a difficulty in breathing. After undergoing examinations and tests, Dr Phan Van Thai, Head of General Surgery at FV Hospital, diagnosed Mr Cuong with a serious case of thyroid cancer, and various lateral lymph nodes which affected organs around the neck area. The tumour also affected the trachea, oesophagus, and windpipe, which made it difficult to breathe; affected the patient's pre-spine; blocked the entire left jugular vein, which runs from the skull to the chest; and blocked part of the right jugular (the primary vein in the neck which brings blood from the brain to the heart).

Previously, when going to another hospital specializing in thyroid tumours in Ho Chi Minh City, Mr Cuong was diagnosed with extensive invasive thyroid cancer which was deemed to be unable to be treated. When hearing about FV, the whole family brought Mr Cuong to FV's General Surgery Department and met Dr Phan Van Thai to seek an alternative diagnosis. After being examined and every corner, mode, and root of the tumours meticulously measured, Dr Thai recognized that there was still a chance for a successful operation for this case. Dr Thai was clear on all the possible complications, explaining in detail the chances of success, and causes and solutions for each complication, for the patient and his relatives to consider. The medical record was also presented to other medical specialists several times and a meeting with the FV Hospital Medical Council was held to agree on the surgical treatment decision for this complicated case.

Receiving acceptance for surgery from Mr Cuong and his family, the surgery was conducted. Doctor Thai coordinated with two other

specialities; Vascular, and Ear, Throat & Nose surgeons as well as anaesthesia staff.

Beginning the surgery, the patient was anesthetized with an endotracheal tube, a large incision in the neck was required in order to reach the tumour completely. Dr Thai precisely removed the tumour from the organs, the trachea and the oesophagus carefully. Additionally, care needed to be taken around the cervical spine so as not to affect the nerves, which could cause hand paralysis if damaged. A particularly difficult step was to separate large metastatic lymph nodes from the left jugular. The lymph nodes adhered to each other along the long vein which runs from the skull base to the chest. Removing them carefully was essential as that vein is the main blood flow circuit from the brain to the heart. If it was damaged it could cause cerebral oedema, or even death. To be fully prepared, an alternative vein replacement plan was also ready in case of any vein failure. After four hours of intense concentration of surgery, all metastatic lymph nodes around the left jugular were removed. Following that, the stages of lymph node dissection continued. The surgery ended after 11 hours when finally, all the tumours and metastatic lymph nodes were removed with no complications occurring. One day after the surgery, the patient was able to talk, and three days after was able to eat soup without struggling. After the surgery, the patient was further treated with radioactive iodine at FV.

Saving patients' lives, sharing their worries about diseases and giving them the hope to live on is what doctors of FV always desire and are determined to achieve, even though the journey is very hard and challenging.



FVH
PARTNER
PROGRAMME

Referral doctor

Doctors who are non - employed by FV hospital to refer patients for screening (imaging, laboratory), medical examination, appoint patients to treat at Internal Medicine, General Surgery or Oncology at FV

External doctor

Doctors who are non- employed by FV hospital but have a right to nominate their patients to be admitted to FV and to use the facilities of the hospital to treat, operate or deliver their patient at FV