

What's up, Doc?

No.3 - April/ 2023

Anniversary Celebration

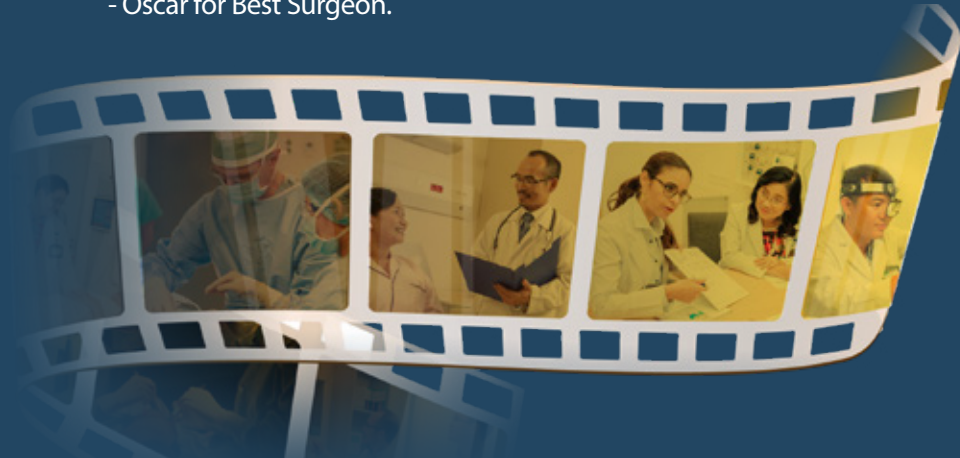
The journey OF TRUST 20 years

FV The journey to deliver world-class healthcare to Vietnam **2003 - 2023**



The Gala Dinner was attended by more than 1000 people, including honoured guests, partners, patients, and all members of the FV staff. The event space was luxuriously decorated and featured a creative stage layout that combined to form the backdrop for a spectacular party. The most moving segments of the evening were the recognition of 88 employees who have devoted 20 years to FV, and the Doctor's Oscar Awards, when eight special Oscars were presented. The online voting process took place two weeks before the Gala Dinner and was open to all FV staff. The Doctor's Oscar Awards recognises and honours the achievements and continuous efforts of our doctors in their mission to improve patient health. Below, the winners from the Doctor's Oscar Awards:

- **Dr Tran Quang Thuan** - Oscar for Referring Doctor Champion
- **Bui Chi Thuong, MD, PhD** - Oscar for External Doctor Champion
- **Dr Nguyen Manh Hung**, Specialisation Level I, Head of Neurosurgery and Endovascular Neurosurgery, FV Hospital - Oscar for Most Popular Doctor
- **Nguyen Viet Quynh Thu, MD, MSc**, Specialisation Level II, Head of Dietetics & Nutrition, FV Hospital - Oscar for Active and Effective Contribution to FV Development
- **Dr Pierre Jaillot**, Head of Imaging, FV Hospital - Oscar for Knowledgeable and Scientific Doctor
- **Dr Basma M'Barek**, Head of Hy Vong Cancer Care Centre, FV Hospital - Oscar for Innovation
- **Dr Trinh Van Hai**, Head of Accident & Emergency, FV Hospital - Oscar for Covid-19 Doctor
- **Le Trong Phat, MD, PhD**, Head of Bone & Joint Centre, FV Hospital - Oscar for Best Surgeon.



Through this celebration, FV was able to affirm its pioneering character, but it's important to remember we are not alone on this journey. The successful development of FV has only been possible with the strong support of Vietnam's various ministries and other hospitals, the wider medical community, suppliers, media agencies, and local and foreign partners.

FV HOSPITAL OFFICIALLY ESTABLISHES SPORT MEDICINE UNIT



In March 2023, FV Hospital officially established a Sport Medicine Unit which specialises in consultation and medical care for people of all ages who want to be active, start a sport, assess their fitness or enhance their performance.

In addition to providing advice on sports-related injury prevention, FV is staffed by specialists who can treat all types of sport-related injuries and provide customised rehabilitation programmes. Our specialists also perform overall fitness assessments and advise patients who are prescribed by a doctor to exercise to improve their health.

FV Sport Medicine Unit, a collaboration between FV Hospital, ACC Chiropractic Clinic, and UpFit Fitness and Wellness, offers a comprehensive healthcare platform for people who exercise and play sports at all levels.

FV Sport Medicine doctors provide three Pre-participation Physical Evaluation (PPE) tiers:

- Standard Adult PPE, which includes evaluation by a Sports Medicine Specialist and Dietician, cardiopulmonary function assessment, and biological testing;
- Comprehensive Adult PPE, which includes all the above and an in-depth assessment of cardiac function;
- School and College Students PPE for student aged 12 years and above. Children and their family medical history will be examined comprehensively when joining the programme. Doctors will then evaluate their growth and development, and any medical conditions that may affect their ability to participate in physical activity.

In partnership with FV Sport Medicine Unit, ACC Chiropractic Clinic's team of chiropractors and physiotherapists provide preventive, biomechanical assessment services, sports injury treatment, rehabilitation programmes and competition support. UpFit Fitness and Wellness will design tailored training programmes on request, including post-injury recovery training plans, performance improvement plans and training programmes for the home and sports centre, according to every customer's unique needs.



To book an appointment at the FV Sport Medicine Unit,
please contact: (028) 54 11 33 33

FV IMPLEMENTS
CAPSULE ENDOSCOPIC TECHNIQUE
TO SUPPORT EARLY DIAGNOSIS
OF DISEASES OF THE SMALL BOWEL



FV Hospital has begun to apply capsule endoscopy to diagnose gastrointestinal diseases in their early stages. This non-invasive survey technique uses a small capsule-shaped camera that, when swallowed, captures a visual image of the interior of the gut, enabling doctors to make an accurate diagnosis and develop an appropriate treatment plan.

Capsule endoscopy has the advantage of being able to penetrate the entire small intestine so that doctors can detect lesions located here - a feature which is especially useful for detecting early-stage cancers. This degree of examination was not possible via previous endoscopy methods such as upper gastrointestinal endoscopy (gastroscopy) and colonoscopy.

Capsule endoscopy was first deployed in 1981 to give gastroenterologists a better view of the inside of the small intestine. The compact unit consists of a capsule camera, light source, battery and transmitter. When swallowed,

the device moves based on bowel movements and transmits the images obtained inside to a wireless receiver worn by the patient at their waist. After 11 to 12 hours, the receiver will automatically disconnect, and the capsule will be expelled from the body through excretion. Each camera capsule is designed for single use by one patient. Capsule endoscopy makes it possible to visually observe areas of the gastrointestinal tract that are inaccessible to optical endoscopes, and it has many other advantages: it's non-invasive, is not time-consuming for patients to undergo, and does not require that the bowel be prepared for the procedure, for instance by fasting and flushing out stool, which is required for colonoscopy. This technique is often indicated by doctors to detect small bowel pathologies, such as finding the cause of hidden gastrointestinal bleeding, investigating anaemia originating from the gastrointestinal tract when upper and lower endoscopy has not revealed

the cause, detecting Crohn's disease and Celiac disease, and assessing mucosal healing and polyposis syndrome. Despite its advantages, capsule endoscopy has not been widely applied in Vietnam as diseases of the small intestine have a low rate compared to stomach and colon diseases. The cost of capsules and wireless receivers is also relatively high. FV Hospital is one of the few medical facilities that has a capsule endoscope available for patients, making examination and diagnosis more convenient in one location.

FV Hospital's Gastroenterology & Hepatology Department team monitors and guides patients when taking capsules and can answer any question patients might have regarding wearing the wireless receiver at home. When the recording time is completed, FV staff will visit the patient's residence to collect the equipment and return it to doctors so that the team can review results and give specific treatment directions.



To book an appointment at the Gastroenterology & Hepatology Department, FV Hospital, please contact: (028) 54 11 33 33, ext. 1234 or 1164

FV DOCTORS SAVE A SENIOR PATIENT WITH
A HEART PERFORATION DUE TO CORONARY OCCLUSION

Patient N.Q.T (75 years old, residing in Binh Duong) was admitted unconscious to FV Hospital at 1 am on March 18. Mr T. had experienced symptoms of fatigue, chest pain and shortness of breath an hour before entering the hospital. He was taken to the Accident & Emergency at FV Hospital immediately.

Test results showed that he was hospitalised late at day seven or eight following myocardial infarction, which had led to pulmonary oedema and heart failure. Mr T's was a rare case with a global incidence of 0.2%, which translates to one in 500-700 myocardial infarction cases. The mortality rate ranges from 94-98%, with some studies reporting a mortality rate of up to 99%.

Because Mr T. was elderly and had severe pulmonary oedema and a perforated heart, plus many underlying diseases such as diabetes and high blood pressure, the risk of performing cardiovascular intervention was very high. Despite the fact that Mr T. had a 2% chance of survival, FV Hospital's medical team immediately devised a treatment plan to try to save his life.

According to Head of Cardiology Department, Dr Ho Minh Tuan, the first step was to address Mr T's heart attack. The team placed a stent to circulate his blood and help the heart muscle begin to function again. This process was successful very quickly, within seven minutes.

Mr T's heart perforation was patched via interventional catheterisation, a difficult technique which only skilled, experienced doctors with access to modern equipment can perform.

"Open surgery was required to close holes in the heart in the past, but in recent years an interventional catheterisation can be performed to repair the hole via catheters placed in arteries and veins. The doctor measures the size of the heart hole and uses tools shaped like an umbrella; once accurately placed in the heart, it will be opened to close the hole," explains Dr Tuan.

After one hour, doctors had successfully patched Mr T's heart perforation and his vitals had stabilised thanks to the rhythmic coordination of specialties and latest generation tools and technologies. His blood circulation had returned to normal within 12 days. Currently, Mr T's condition is stable and he no longer has difficulty breathing while sleeping and can eat, drink and walk normally. His myocardial contractility is good and increased from 30% to 50% so that Mr T. could be safely discharged on March 4, 2023.



To book an appointment at the Cardiology Department, FV Hospital, please contact: (028) 54 11 34 67, ext. 1165 or 1216

