

What's up, Doc?

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PAEDIATRIC CLINICAL PSYCHOLOGIST NGUYEN VO MINH HIEN JOINS FV HOSPITAL'S CLINICAL PSYCHOLOGY DEPARTMENT



Clinical Psychologist Nguyen Vo Minh Hien graduated with a Bachelor of Science in Neuroscience in 2014 from the University of Dallas, Texas, USA. She pursued further studies, earning a Master of Education in Applied Behaviour Analysis from University of Cincinnati, USA in 2019. Ms Minh Hien also joined fellowships focusing on Child Development, enhancing her expertise in paediatric clinical psychology.

Her choice to specialise in paediatric psychology was driven by her passion for caring for children and her observations of substantial advancements in ways to treat children, as well as progress being made by young patients. Following extensive years of study, practice, and work at psychological counselling centres in the US, psychologist Nguyen Vo Minh Hien identified potential to alleviate obstacles in later development through early detection and intervention of children's psychological and behavioural issues. The growing incidence of childhood psychological disorders was attributed to diverse factors, while access to adequate treatment remains limited. Ms Minh Hien emphasises the importance of attentive observation, dedicated care, and interactive engagement by parents in detecting difficulties in children. Timely intervention is crucial to achieving optimal recovery outcomes.

Ms Minh Hien specialises in evaluating and treating psychological problems in children aged 0-15 years, including:

- Screening, assessment, and intervention for issues such as: attention-deficit/hyperactivity disorder; autism spectrum disorder; language disorders; learning difficulties; eating disorders; sleep disorders;

TIC disorders, such as Tourette Syndrome; behavioural disorders; and stress; etc.

- Provision of psychological support to hospitalised children and their families.

Before commencing her role at the Clinical Psychology Department of FV Hospital in July 2023, Ms Minh Hien gained a great deal of experience when completing clinical observerships at Water Reed National Military Medical Centre, Maryland, USA (2013-2014) and Texas Scottish Rite Hospital for Children, Texas, USA, (2014); and working as a volunteer at the Centre for Children and Families, University of Dallas, Texas, USA (2014-2016); senior consultant, Applied Behaviour Analysis, Easter Seals North Texas Child Development Centre, Texas, USA, (2015-2016); senior consultant, behavioural therapy, Children's Therapy and Learning Centre ATC, Ho Chi Minh City, Vietnam (2020 – 2021); senior consultant, clinical psychologist, Children Hospital, Ho Chi Minh City, Vietnam, (2022 – 2023). During these roles, Ms Minh Hien focused on assessing and monitoring children's physical and psychological development, providing intervention for behavioural challenges, and fostering overall growth.

At FV Hospital, Ms Minh Hien, MSc, aspires to address paediatric psychological issues, adopting adaptable treatment plans and diverse approaches. Her goal is to contribute to solving psychological challenges that emerge during child-rearing. She also seeks collaboration and mutual support with other relevant departments at FV Hospital, such as Paediatrics and Psychiatry, aiming to provide patients with comprehensive physical and mental healthcare within FV Hospital.

To book an appointment with Paediatric Clinical Psychologist - Ms Nguyen Vo Minh Hien, Clinical Psychology Department, FV Hospital, **please contact: (028) 54 11 33 33, ext 1519**



DR DANG NHAN TAM SPECIALIST LEVEL I, JOINS FV HOSPITAL'S PATHOLOGY UNIT, LABORATORY & BLOOD BANK DEPARTMENT

Dr Dang Nhan Tam graduated as a general doctor from the Ho Chi Minh City Medicine and Pharmacy University in 2015 and received a Level I Specialisation Degree in 2020 from the same school. Dr Tam also regularly participated in pathology fellowships at Ho Chi Minh City Oncology Hospital.

Dr Dang Nhan Tam explains that pathology plays a vital role in finding out the cause and nature of diseases. She always meticulously considers each sample from multiple aspects to ensure accurate diagnosis, in turn enhancing treatment efficiency and optimising costs.

Dr Dang Nhan Tam joined FV Hospital in July 2023 and works at the Pathology Unit, FV Laboratory & Blood Bank, responsible for cytology and anatomical specimens. At FV Hospital, Dr Tam looks forward to studying patient samples from various specialties to expand her knowledge and become familiar with the JCI-standard sample reading process.

Despite being relatively young, Dr Tam has eight years of experience as a pathologist at major hospitals, including Ho Chi Minh City Oncology Hospital (2018-2023) and Dong Nai Hospital (2015-2017).

Contact Laboratory & Blood Bank Department, FV Hospital on: **(028) 54 11 33 33, ext 1519, ext 4000**

HO THI THU HUONG MD, MSC, SPECIALIST LEVEL I, JOINS FV HOSPITAL'S ACCIDENT & EMERGENCY DEPARTMENT

Dr Ho Thi Thu Huong graduated from Pham Ngoc Thach University of Medicine in 2010 before earning a Master of Medicine from Ho Chi Minh City Medicine and Pharmacy University in 2016.

During her three-year employment at the Cardiology Intensive Care Unit of Thu Duc Hospital (2011 - 2013), Dr Thu Huong completed various intensive certifications in the field of rehabilitation: Emergency and Critical Care Toxicology (2011), Emergency Medical Training (2011), and Continuous Renal Replacement Therapy (2012). She graduated as an Emergency-Critical Care-Toxicology Specialist Grade I from Pham Ngoc Thach University of Medicine in 2022. Dr Thu Huong has participated in various fellowships in echocardiography and vascular electrocardiograms to support her in practicing within the specialty of cardiology resuscitation and emergency resuscitation



Doctors working within emergency resuscitation experience constant pressure as the number and severity of diseases they must treat are high, life and death decisions must be made within minutes, and fraught family members who don't fully understand emergency procedures sometimes attack staff.

To gain the necessary knowledge, skills and experience in handling patients and solving extant situations, Dr Thu Huong invested 13 years in practice at hospitals such as: Cardiology Intensive Care Unit, Thu Duc Hospital (2011-2013); Columbia Asia Hospital Binh Duong (2013-present); Emergency Department, Thu Duc Hospital (2015-2016); ICU Department, District 11 Hospital (2016-2022).

Dr Thu Huong has lectured in the Faculty of Emergency, Critical Care and Toxicology at Pham Ngoc Thach University of Medicine from 2014 to present; and worked as an instructor at the American Heart Association (BLS, ACLS, PALS instructor) from 2019 to present. She was subsequently Head of the Emergency Department, HCMC Hospital for the Rehabilitation - Professional Diseases, from 2022 to present

In July 2023, Dr Thu Huong officially joined the Accident & Emergency Department of FV Hospital, specialising in receiving and evaluating patients over the age of three years. She supports Internal Medicine and allocates patient dispatch in the emergency area.



To book an appointment with Dr Ho Thi Thu Huong, Accident & Emergency Department, FV Hospital, **please contact: (028) 54 11 35 00**

MANAGEMENT OF OSTEOPOROTIC FRACTURES

CME TRAINING PROGRAMME AT FV HOSPITAL OFFERS A MULTIFACETED PERSPECTIVE

On August 5th, 2023, “Management of Osteoporotic Fractures” CME Training Programme took place in the Auditorium of FV Hospital. The programme featured presentations from seven speakers who represented FV Hospital and Hanoi Medical University. During the programme, speakers shared both internal and external treatment approaches, methods of support through physical therapy, and clinical nutrition.

Kicking off the programme, Dr Nguyen Thi Kim Huong, Specialist Level I, Rheumatologist, FV Hospital, provided updates on diagnostic and treatment guidelines for osteoporotic conditions. Dr Huong emphasised the importance of early detection for timely intervention in order to break the “cycle” of osteoporosis, the occurrence of fractures.

Dr Nguyen Viet Quynh Thu, Specialist Level II, Head of Nutrition & Dietetics Department, FV Hospital, gave a presentation on the crucial role of nutrition in preventing and treating osteoporosis and provided a comprehensive overview of suitable nutritional strategies for osteoporosis patients. Next, Nguyen Thuy Linh, MD, PhD, Deputy Head of Nutrition & Dietetics, Hanoi Medical University, presented on the approach to managing nutrition for osteoporosis patients, while also providing specific and practical suggestions for implementing a balanced dietary regimen.

Dr Nguyen Nam Binh, Specialist Level I, Pain Specialist, Pain Clinic, FV Hospital, presented on pain management in osteoporotic fractures with a special focus on vertebral compression fractures.

Representing the surgical specialities team, Dr Nguyen Manh Hung, Specialist Level I, Head of Neurosurgery and Endovascular Neurosurgery, FV Hospital, shared about the indications, surgical techniques, and current innovative treatment methods for patients with thoracic and lumbar vertebral fractures. During his presentation, Le Trong Phat, MD, PhD, Head of Orthopaedics & Hand Surgery Department (Bone & Joint Centre), FV Hospital, shared treatment methods for cases of hip fractures caused by osteoporosis. Therefore, Dr Phat also recommended careful multidisciplinary consultations to pre-empt the risks associated with underlying conditions.

To complete the discussion on surgical treatment approaches for osteoporotic conditions, Mrs Catherine Cousin, PhD, Head of Physiotherapy & Rehabilitation, FV Hospital, provided an overview of the crucial role of physiotherapy in improving bone health and managing osteoporosis.

The “Management of Osteoporotic Fractures” CME Training Programme at FV Hospital has not only brought new knowledge but also provided an opportunity for healthcare experts to share experiences, update their knowledge, and learn the best methods in managing and treating osteoporosis. The programme has contributed to enhancing the professional capacity of doctors and healthcare staff. More profoundly, it plays a significant role in improving the quality of care and the lives of osteoporosis patients.



To see the full “Management of Osteoporotic Fractures” CME Training Programme, please click here



To download the presentation slides, please click here



BRACHYTHERAPY

A NEW TREATMENT METHOD

FOR GYNAECOLOGICAL CANCERS AT FV HOSPITAL



After experiencing several months of abnormal vaginal bleeding, Patient Trang (44 years old, from Quang Ngai province) decided to seek consultation and treatment at FV Hospital. Dr Basma M'Barek, Head of Hy Vong Cancer Care Centre, FV Hospital, examined Ms Trang and diagnosed cervical cancer at FIGO stage IIB.

Early-stage cervical cancer can be effectively treated through surgery. However, at this intermediate stage, cancer cells have already invaded a part of the vagina. As a result, the optimal treatment approach is a combination of radiation therapy and chemotherapy.

Dr Basma designed a combined treatment protocol for Ms Trang, involving external and internal radiation therapy over a span of five weeks. Her regimen included five sessions of chemotherapy and 25 sessions of external radiation therapy to eliminate cancer cells in the uterus, vagina, and surrounding lymph nodes. Dr Basma and her team delivered radiotherapy via the advanced Elekta Infinity digital linear accelerator, equipped with VMAT technology to enable precise delivery of radiation to tumour masses while minimising damage to surrounding healthy tissues.

After 5 weeks of treatment, results showed that Ms Trang had responded positively to radiation therapy with an 80 percent improvement in her condition. At this point, Ms Trang received brachytherapy, also known as internal radiation therapy, to eradicate the remaining tumour cells.

“Brachytherapy is a technique deployed in close proximity to the tumour to effectively eliminate cancer. A device is placed inside the patient's body to deliver a radiation source directly to the tumour area. As a result, the radiation does not pass through healthy organs in the body, reducing side effects, while also allowing a high concentration of radiation to be

directed at cancerous cells, thus shortening the treatment time,” explains Dr Basma. In Ms Trang's case, brachytherapy helped to preserve the uterus and the organs affected by the tumour. After the brachytherapy sessions, tests revealed that her cancer had been completely eradicated. During a follow-up examination in June 2023, Ms Trang's health was normal, with no signs of remission. Aside from the advantages of direct, accurate targeting of the tumour, brachytherapy also reduces the risk of recurrence and shortens the duration of treatment. Despite its numerous benefits, not all cancer treatment centres around the world apply the brachytherapy approach. In Ho Chi Minh City, only two hospitals offer this method.

At FV, the placement of the radiation-emitting device through the vaginal route to access the tumour in the cervix is performed by specialist oncologists who have received extensive training in brachytherapy. This procedure is conducted under the guidance of ultrasound and within a meticulously controlled sterile environment. The instrument is accurately positioned at the location predetermined by physicians to achieve desired outcomes. Furthermore, brachytherapy at FV is guided by advanced 3D simulation techniques, enabling doctors to have a clear view of internal organs and simulate interactions between radiation beams and organs to optimise dose distribution. FV is also capable of performing interstitial brachytherapy (simulated using MRI) for cases with irregularly shaped tumours, allowing for a comprehensive dose distribution throughout the entire tumour.

Leveraging its strength as a multi-specialty hospital, FV Hospital ensures patients undergo interdisciplinary tumour board consultations involving experts in oncology, imaging diagnostics, and various surgical specialties. These doctors contribute their insights and collectively reach a consensus on every individualised treatment protocol, developed specifically for every patient.

FV HOSPITAL PARTICIPATES IN **MAJOR**
OTORHINOLARYNGOLOGY
CONFERENCE IN HO CHI MINH CITY

On August 6, 2023, a conference titled Updated Diagnosis and Treatment of Otorhinolaryngology and Audiology-Head and Neck Surgery 2023-II was hosted by the Ho Chi Minh City Otorhinolaryngology Society at 272 Conference Centre in Ho Chi Minh City. This significant event provided an opportunity for the exchange of knowledge and experience in the field of otorhinolaryngology, attracting more than 500 attendees, including professors, doctors, experts, pharmacists, and healthcare professionals from Vietnam.

FV Hospital contributed to four presentations in four discrete sessions. Vo Cong Minh, MD, PhD, Head of Otorhinolaryngology (ORL or ENT), FV Hospital, spoke on "Updates on Nasal Obstruction Treatments." Le Nguyen Uyen Chi, Senior Specialist at the Otorhinolaryngology Department, FV Hospital, contributed to two presentations: "Anterior Septal Deviation: Classification & Treatment" and "Noise-Induced Deafness: Symptoms and Preventive Measures". Nguyen Viet Quynh Thu, MD, MSc, Specialist Level II, Head of Dietetics & Nutrition, shared her insights in the session "Recent Advances in Nutrition & Functional Recovery in Aesthetic Surgery: Internal Medicine of the Ear-Nose-Throat and Head and Neck." During the topic "Updates on Nasal Obstruction Treatments," Dr Vo Cong Minh explained that causes of nasal congestion include

mechanical obstruction and other factors such as hormones, climate, medication use, and enlarged adenoids. Dr Minh also discussed diagnostic methods for this condition. Of the treatment methods for nasal congestion he shared, Dr Minh highlighted the use of high-frequency wave cauterisation to shrink nasal tissue - a technique applied at FV Hospital. This modern, minimally invasive procedure is performed during a very short session, making it a comfortable and convenient treatment option for patients.

In the first session, Le Nguyen Uyen Chi, MD, PhD, provided a detailed overview of "The treatment methods for a deviated septum". Dr Chi classified its different forms, explaining causes, symptoms, diagnostic methods, and treatment options for this condition. However, Dr Chi's focus in the presentation was on surgical treatment methods, emphasizing the structural support framework of the nose. Dr Chi's second presentation attracted significant interest from the professional community as the topic is a pressing concern in Vietnam: the causes and mechanisms leading to changes in hearing thresholds due to noise. Temporary changes in hearing thresholds may recover, but many cases can result in the destruction of the cochlear structure, damage to the auditory nerve, and permanent deafness in one or both ears. Drawing from her experience treating numerous cases,

Dr Chi proposed diagnostic methods, highlighted harmful factors, and presented treatment options.

The "Nutrition for Obese Individuals with Sleep Apnoea" topic of Nguyen Viet Quynh Thu, MD, MSc, Specialist Level II, garnered significant attention. Dr Thu's presentation covered the importance of providing tailored nutrition management for obese patients and the effective strategies being implemented at FV. These strategies include surgical support, personalised exercise programmes, and psychological and physical therapies.

Organised by the Ho Chi Minh City Otorhinolaryngology Society, this conference showcased new knowledge and learning opportunities, and enabled participants to interact with leading experts in the ear, nose, and throat field. The presentations had practical clinical value, allowing attendees to share and access the latest technologies.

FV Hospital is committed to collaborating with the medical community to share how modern treatment methods are applied at the hospital to enhance professional knowledge throughout Vietnam. FV's goal is to leverage educational conferences and programmes to collectively improve the effectiveness of treatment and provide enhanced, comprehensive healthcare for patients.



Doctor Luncheons: Treating Musculoskeletal Disorders
With Personalised **CHIROPRACTIC**
And Customised Foot Orthotics Application

During the past month of July, ACC Clinic - a member of FV Group – organised a series of doctor luncheon and networking events with medical doctors in the healthcare community in Ho Chi Minh City and Da Nang. The programme was attended by Dr Rob Sleiman - General Director and Medical Director of ACC Clinic - and Dr Edouard Sabourdy, Doctor of Chiropractic at ACC Da Nang. These luncheons provided ACC with an opportunity to share experiences and real treatment outcomes in Vietnam over the course of 17 years of operation. They also highlighted the appropriate application of methods such as Chiropractic, Physiotherapy, Rehabilitation, and Foot orthotics in treating musculoskeletal conditions.

According to ACC doctors, the treatment using Chiropractic, Physical Therapy, and Rehabilitation will be personalised for each patient and their specific condition. Each patient will be assessed by Chiropractic professionals based on their medical history, pain symptoms, biomechanics movements, and body reflexes, as well as the condition of their bones, joints, and discs, as seen on X-rays or MRIs. Based on these, the most suitable methods will be chosen for each individual.

Similarly, for cases of flat feet, medical orthotics will be custom-made for each person, considering the degree of flatness and other relevant factors, as determined by specialised professionals. Positive results in treating flat feet in children can be achieved with active cooperation from the child and parents. The child needs to wear medical orthotics and be physically active for several hours a day to achieve the best outcome. Additionally, specialised exercises for flat feet play a vital role in the child's treatment process.

For certain cases of flat feet causing imbalance in the spine or scoliosis, ACC doctors further explained that a combination of using customised foot orthotics along with Chiropractic can be applied to readjust the balance in the child's body. Rehabilitation methods will also be carefully considered and prescribed by the doctors to achieve positive treatment outcomes.

Later that afternoon, ACC clinic also hosted medical professionals for a tour and an experience of its modern and well-equipped facilities. ACC hopes to continue having more opportunities to meet and exchange expertise with leading doctors nationwide, with the shared goal of bringing proactive, positive, and optimal approaches to healthcare for patients across the country.



To book an appointment with ACC doctors, please contact:
ACC 99 Nguyen Du, District 1, HCMC **(028) 3939 3930**
ACC 1F, Tan Da Court, 86 Tan Da, District 5, HCMC **(028) 3838 3900**
ACC Hanoi, 44 Nguyen Du, Hai Ba Trung District, Hanoi, **(024) 3265 6888**
ACC Danang, 112 – 116, September 2nd, Hai Chau District, **(0236) 3878 880**