

What's up, Doc?

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FV HOSPITAL IS NOW A MEMBER OF THOMSON MEDICAL GROUP

Working Together Towards Big Goals

On 17th January 2024, FV Hospital became a member of Thomson Medical Group (TMG), marking a significant new chapter in the history of Vietnamese healthcare development. With a merger and acquisition agreement worth over 9,000 billion VND, this move signifies not only an economic integration but also a convergence in mission, culture, and expertise that promises to bring new prospects.



The "new era" of FV Hospital

FV's pride and commitment to maintaining and enhancing its leading healthcare services.

This event was attended by Prof. Dr Tran Van Thuan, Deputy Minister of Health, who congratulated the success of this record-breaking deal. He emphasised, "The success of FV with this agreement demonstrates the attractiveness of Vietnam's healthcare sector to international investors"

Speaking on behalf of Thomson Medical Group, Mr. Kiat Lim, Executive Vice President, highlighted the shared vision with FV. He stated "Thomson and FV will share a common vision, mission, and dream together," emphasising the alignment in commitment and development goals.

Dr Melvin Heng, Group CEO of Thomson Medical Group, shared his confidence in future collaboration. He said, "I look forward to working closely with Dr Guillon and his team to capitalise on FV Hospital's strengths and leverage the breadth of Thomson's expertise to make FV Hospital the Number 1 hospital in the Indo-China region."

Harmony in culture and working environment

This collaboration provides FV with the opportunity to enhance its medical capabilities, update equipment and modern medical techniques, thanks to Thomson's medical network and the Group's strengths in the field of medical science and technology.

While FV's management team and department heads expressed concern for the hospital's future, Dr Jean-Marcel affirmed his and his long-standing colleagues' important roles, which will continue to be maintained at FV. Thomson also pledged to support FV in implementing major plans such as constructing the new H Building, expanding cutting-edge specialties and investing in new technologies.

For over 20 years, FV has contributed to the transformation of Vietnam's healthcare landscape, particularly by paving the way for private healthcare. This collaboration promises to bring new opportunities, not only for FV but also for Vietnam's healthcare sector as a whole.

The acquisition of FV by Thomson is not only a significant step forward for the hospital's development but also a fusion of vision and commitment to superior quality. This partnership will reshape the future of FV and highlight Vietnam's healthcare sector within the international community.

FV CELEBRATES DOCTORS A HAPPY VIETNAM DOCTOR'S DAY

27-02
2024

At noon on the 27th February, 2024, a small gathering was held in the terrace area of FV Hospital to commemorate the 69th anniversary of Vietnam Doctor's Day. The celebration featured a number of fascinating presentations that demonstrated the medical team's strong dedication to enhancing the standard of healthcare and their perspective of advancement.

Dr Jean-Marcel Guillon, CEO of FV Hospital, gave a speech to commence the ceremony. He expressed his gratitude to the medical staff and doctors for their tireless efforts, "I feel very proud when every day I receive many compliments from patients for the positive results that the FV team has achieved for them. That offers our work an extremely distinctive meaning."

In addition, Dr Guillon highlighted notable examples and achievements in the use of contemporary methods like TAVI (Transcatheter aortic valve implantation) and TBI (Total Body Irradiation), etc. that underlined FV's dedication to offering modern, scientific treatment techniques and top-notch medical services in Vietnam.

Dr Basma M'Barek, the head of the Hy Vong Cancer Treatment Centre, then expressed her gratitude to her peers for having faith in her to propose her for the position of Chairman of the Medical Advisory Board for the 2023 - 2025 term. Dr Basma highlighted: "Meetings and conversations among doctors have intensified thanks to the Medical Office's assistance. I'm hoping that a large number of doctors will speak up in the future to strengthen the medical community at FV." Furthermore, with the companionship of Thomson Medical Group, Dr Basma anticipates that future programmes will receive even more substantial backing.



Representative from ACC Clinic, Dr Rob Sleiman, Executive Director and Medical Director of ACC, shared his experiences in the United Arab Emirates, where he saw first-hand the advantages of connectivity between doctors, hospitals, and clinics. "In Vietnam, I see that this connection and cooperation is even stronger and I hope that in 2024 it will become even more powerful."

In sharing at the end of the programme, Quality Management Director cum Head of Pharmacy, Mr Mohd Fazli Shuib, congratulated all doctors serving in Vietnam during his closing remarks. "FV is dedicated to practicing evidence-based medicine and providing the best clinical outcomes for patients." Mr Fazli reaffirmed, "I consider myself fortunate and happy to work with such esteemed people". He also stated that high-quality healthcare comes from the harmony between strategic investment, wise leadership, and skilled medical professionals. Currently, FV possesses all these factors.

The Vietnamese Doctor's Day gratitude ceremony, held at FV to commemorate its 69th anniversary, concluded in a joyous atmosphere and yielded a wealth of promising information. FV Hospital wishes that this special event, which not many countries have, that medical professionals in Vietnam - especially those at FV will never lose their passion for what they do, dedication to their work, and their commitment to bettering the lives of Vietnamese citizens.

MORE
THAN

40

VIETNAMESE
DOCTORS

COLLABORATE TO SAVE A MATERNITY PATIENT WITH A RARE FORM OF HAEMOPHILIA

On 21st October, a critical case involving a Cambodian mother experiencing uncontrollable bleeding after childbirth posed a challenging situation for over 40 doctors at FV Hospital. This journey was not only a complex medical challenge but also a testament to the dedication, perseverance, and multi-specialty coordination of the FV medical team.

Post-childbirth emergency

Ms Chhun Setina, 36 years old, faced uncontrolled bleeding after giving birth in her homeland - Cambodia. Despite multiple surgeries and emergency interventions, the patient showed no signs of improvement. With close collaboration and specialised coordination with FV, the patient was transferred to Vietnam to continue the challenging treatment.



X-rays clearly showed two large gauze pads placed in the patient's abdominal cavity to control bleeding. To address the risk of infection, Dr Le Duc Tuan's team (General Surgery Department) performed surgery to remove the pads, discovering two liters of blood in the patient's abdominal cavity. The medical records also indicated that the patient had already received a total of 32 units of blood in Cambodia.

Subsequently, the FV doctors discovered that damage to the left subclavian artery had not been properly addressed, so they took extra care to control the bleeding. The surgery was executed flawlessly, but before they could celebrate, the surgical team found blood was still seeping from Ms Setina's body. A multi-specialty consultation was organised to understand the cause, and a decision was made to transfer the case to another team for arterial intervention.

The benefits of multi-specialty coordination

Department at FV Hospital. He encountered difficulties in navigating the artery. At that point, Head of the Thoracic, Vascular & Endovascular Surgery Department, who was on standby to assist the surgery, was invited to participate in the arterial intervention. Dr Trung observed that the subclavian artery and the brachial artery were constricted due to the patient being given a high-dose vasoconstrictor. Dr Trung attempted to access the artery via the axillary region, under the patient's shoulder, descending to

The arterial intervention was performed by Dr Pierre Jaillot, Head of the Imaging

the patient's abdominal area. He was successful and the arterial intervention proceeded smoothly, culminating with the surgical team tying off the artery.



However, 12 hours later, the bleeding continued. Thanks to the suspicion of Dr Nguyen Thi Lam Giang, Anaesthesiology & ICU Department, combined with research and detailed understanding of the condition, Dr Pham Manh Tuan, a haematologist at FV Hospital, determined that the patient suffered from acquired haemophilia, a rare blood clotting disorder. Tests showed very low "Factor VIII" in the patient's blood, along with the presence of an inhibitor of "Factor VIII." Dr Tuan believed that to treat this, it was necessary to use the another factor, "Factor VII".

This required rapid mobilisation to find the rare medication, and FV had to coordinate with several hospitals to ensure an adequate supply of "Factor VII." After treatment with "Factor VII," Ms Setina bleeding stopped completely.

Although the patient later faced various issues such as exhaustion, severe infections, and damage to internal organs (pneumonia, urinary tract fungus, weakness episodes, and asthma attacks), with the specialised coordination of FV doctors, Ms Setina recovered quickly after 3 weeks of care.

When asked about her experience, Ms Setina expressed her gratitude, "Thank you, Dr Tuan, and everyone at FV for saving me. In Vietnam, I feel like I've been born again!" Mr Muth Sothya (Ms Setina's husband) stated that he and his three children, as well as both families, had anxiously followed the race against time led by FV Hospital doctors to save his wife's life. Mr Sothya understood that entrusting her to Vietnamese doctors was the right decision.

The life-saving journey of Ms Setina was both a complex and remarkable professional race, evidencing the dedication, perseverance, and multi-specialty strength of FV. Over the course of a month, more than 40 doctors worked together to overcome all difficulties and bring a new life to a family.



To book an appointment with FV Hospital, **please call (028) 54 11 33 33**

FV HOSPITAL HOSTS THE FIRST-EVER WORLD DAY OF REGIONAL ANESTHESIA & CHRONIC PAIN MEDICINE CONFERENCE

On 27th January, more than 100 countries worldwide participated in the first World Day of Regional Anaesthesia & Pain Medicine. In Vietnam, FV Hospital collaborated with the Vietnam Society of Anaesthesiologists-SIMCAT Centre and three partner hospitals to organise the CME-certified conference themed "Joining Hands for a Pain-Free Future Worldwide."

INVESTING IN THE DEVELOPMENT OF TECHNIQUES AND TRAINING PERSONNEL FOR REGIONAL ANAESTHESIA

Cong Quyet Thang, MD, PhD, Chairman of the Vietnam Society of Anaesthesiologists emphasises the importance of the field of regional anaesthesia and pain management in Vietnam. He highlights the lack of attention to this area and hopes that through the conference, doctors can develop their knowledge and models for more comprehensive healthcare.

Vu Truong Son, MD, MSc, Deputy Medical Director of FV Hospital, highly appreciates the hospital's support and contribution to the field of regional anaesthesia and pain management. Dr Son emphasises FV's commitment to using multidisciplinary expertise to provide high-quality patient care and strong investment in pain treatment techniques.

From the perspective of the University of Medicine and Pharmacy at Ho Chi Minh City, Nguyen Thi Ngoc Dao, MD, PhD, introduced the complex formation and training process to help the anaesthesiology team at the hospital and medical school access regional anaesthesia expertise. Similarly, Dr Ly Quoc Thinh, Specialist Level II, Head of the Anaesthesiology & ICU Department, FV Hospital, continued to present the process and services of regional anesthesia at FV, emphasising the strong investment in leading equipment and pharmaceuticals.

Meanwhile, from the perspective of orthopedics Dr Truong Hoang Vinh Khiem, Specialist Level II, Bone & Joint Centre, FV Hospital, focused on the technique of periarticular knee injection for pain reduction in knee replacement surgery. Dr Khiem emphasises the importance of pain control during pre-operative, intra-operative, and post-operative care to support joint recovery, stabilise patients' psychological state, and reduce pressure on healthcare professionals.

FACING CHRONIC PAIN - MANAGEMENT AND TREATMENT STRATEGIES AT FV

Dr Louis Brasseur - Head of the Pain Clinic, FV Hospital, provided an overview of the management and treatment of chronic pain worldwide and at FV. His presentation focused on internal medicine methods used to treat pain in various diseases.

Meanwhile, his colleague, Dr Nguyen Nam Binh, Specialist Level I - Pain Clinic, FV Hospital focused on the technique of radiofrequency ablation (RFA) in the treatment of chronic pain. Dr Binh introduced various forms of RFA techniques and their widespread applications. Currently, FV Hospital is employing RFA, including thermal and cooled forms of pain management.

In the final part of the conference at FV Hospital (Session 2), Dr Pham Hoang Manh, Pain Clinic, FV Hospital, provided a detailed presentation on the method of "high-frequency radiofrequency ablation of knee joint nerve branches." Dr Manh mentioned that up to 45% of people in the community suffer from knee joint pain, stemming from various causes such as arthritis, chronic postoperative pain, obesity, etc. Additionally, he provided hands-on practice guidance on the model patient for radiofrequency ablation of knee joint nerve branches. The practical training programme provided vivid visual demonstrations, enabling physicians to gain a clear understanding of this technique.

The conference for the first World Day of Regional Anaesthesia & Pain Medicine held in Vietnam not only provided opportunities for the development of this field but also demonstrates the care and contribution of FV Hospital. Investing in new areas and supporting healthcare development in Vietnam is evidence of FV's commitment to a comprehensive healthcare model for the community.



To book an appointment with Pain Clinic - FV Hospital, **please call (028) 54 11 33 33 - Ext 1294**





SYRINGOMYELIA

A Dangerous Yet Easily Overlooked Condition

Syringomyelia is a dangerous condition with an incidence rate of about 8 per 100,000 people. The vague nature of symptoms such as numbness in the arms and legs, headaches, and dizziness poses a challenge in diagnosis, increasing the risk of patients being overlooked. The silent progression of the disease, if not diagnosed and treated promptly, can lead to disability and even life-threatening complications.

Patient had to take painkillers for 10 years due to lack of surgical intervention

Ms Thu Linh (50 years old, Ho Chi Minh City), is a typical example of the difficulties in diagnosing and treating syringomyelia. With progressively worsening symptoms such as dizziness when tilting her head or turning her neck, overall body numbness, and pain after prolonged movement, Ms Linh underwent numerous examinations without receiving the correct diagnosis.

In major hospitals, she was diagnosed with cervical syringomyelia, but surgery was not recommended due to the perceived low success rate. For the past 10 years, she has been taking painkillers to cope with the symptoms of the disease, but her condition showed no signs of improvement.

Mrs. Linh came to FV Hospital, where Dr Nguyen Manh Hung (Head of the Neurosurgery and Endovascular Neurosurgery Department at FV Hospital) proposed a special intervention plan. Through MRI and CT scans, it was evident that the patient's congenital cerebellum was abnormal. This excessive portion extended into and occupied the central grey matter containing cerebrospinal fluid. The accumulated cerebrospinal fluid impeded circulation, compressing the nervous system connecting the brain to other parts of the body and causing spinal cord damage.

Dr Hung assessed the case and decided to address two main issues. The treatment plan included decompression of the compressed nerve using extensive nerve canal sectioning and redirecting the accumulated cerebrospinal fluid in the obstructed segment. The post-surgical results showed significant improvement, relieving Ms Linh's pain and restoring function.

Syringomyelia - Difficult to diagnose and treat


Syringomyelia is the development of cavities within the spinal cord that fill with fluid. As these cavities enlarge, they can compress the nerves connecting the brain to other parts of the body, causing patients to experience fatigue, difficulty in movement, sensory disturbances, and other symptoms.

This condition is quite rare, with an incidence rate of around 8 per 100,000 people. Most syringomyelia patients have an idiopathic origin, while some have underlying causes such as congenital spine defects, post-trauma, coordination with hydrocephalus, cervical deformity, etc. However, the vague symptoms make it challenging to diagnose, leading to many patients being misdiagnosed with other bone and joint pain conditions. " This is a medical condition where even professionals can easily make inaccurate assessments, leading patients down dead-end paths" emphasised Dr Hung.

To accurately diagnose syringomyelia, doctors will rely on advanced imaging diagnostic methods such as magnetic resonance imaging (MRI) and computed tomography (CT scan). In some cases, additional diagnostic methods may be required to differentiate syringomyelia from other conditions such as segmental sclerosis, bleeding in the spinal cord, spinal cord tumours, tabes dorsalis, or progressive muscular atrophy (Aran-Duchenne).

The Neurosurgery and Endovascular Neurosurgery Department at FV Hospital is have highly specialised doctors with many years of experience in treating neurological issues. The department is equipped with state-of-the-art technology for accurate diagnosis and seeks to perform minimally invasive procedures for various treatment methods. This includes using ultra-small tubes guided by X-rays.



 To book an appointment with Dr Nguyen Manh Hung - Neurosurgery and Endovascular Neurosurgery Department - FV Hospital, please call (028) 54 11 33 33 - Ext 1519



LAPAROSCOPIC SLEEVE GASTRECTOMY

An Effective Weight Loss Solution For Obese Patients



FV Hospital offers various weight management methods for patients with mild to severe obesity. People who are overweight or mildly obese can lower their BMI through diet and exercise regimes or medication. However, in cases where desired results aren't achieved or for individuals with a high BMI, laparoscopic sleeve gastrectomy is the optimal choice.

Laparoscopic sleeve gastrectomy involves removing a section of the stomach, reducing it to a small tube which limits the volume of food someone can in a given period, ergo the number of calories consumed. The surgery removes the portion of the stomach containing the hunger-inducing hormone ghrelin, reducing the patient's appetite while preserving their enjoyment of eating and feeling satisfied, further facilitating effective weight loss.

At FV, sleeve gastrectomy is carried out using laparoscopic techniques. Surgeons make several small incisions, approximately one to two centimetres long, on the abdominal wall, then use a stapling device to cut and remove the stomach along its length while suturing the remaining stomach into a functional tube. Endoscopic methods are less invasive then open surgery and offer the advantage of a faster recovery with less pain and discomfort, enabling patients to resume normal activities quickly and be discharged within five days.

Phan Van Thai, MD, MSc, Specialist Level II (Head of General Surgery Department, FV Hospital) says that surgery is effective for patients aged 16 to 60 year who have a BMI of 35 or higher, or 30 or higher with associated conditions such as diabetes, hypertension, high cholesterol, or sleep apnoea. Surgery is performed using endoscopic techniques at FV Hospital, ensuring sterility and compliance with international healthcare standards set by JCI.

In recent years, FV has performed over 30 laparoscopic sleeve gastrectomy surgeries for obese patients. Within 12 months of surgery, the average BMI (body mass index) of patients decreased from 37.5 to 25, with an average weight loss of 35 kg, potentially reducing excess body weight by 83 per cent. Those patients who lost more weight than average achieved even better health outcomes.

Ms Kristy Anne Smith, a patient from South Africa, underwent a challenging weight loss journey. Upon arrival at FV, her weight was 116 kilograms (kg). After undergoing surgery and receiving meticulous guidance and counselling from doctors, Kristy achieved her goal of losing 53 kg. Currently, she maintains a weight of 63 kg and enjoys a healthy life.


Mr Hoang Du Khai (28 years old, residing in Ho Chi Minh City) shared that his body underwent significant positive changes after undergoing laparoscopic sleeve gastrectomy. Obesity caused inconvenience in his daily life, accompanied by conditions such as hypertension, a fatty liver,



Ms Kristy Anne Smith before and 3 years after Laparoscopic Sleeve Gastrectomy surgery

and elevated blood sugar levels. After surgery at FV, his weight gradually decreased from 144 kg to about 90 kg. Remarkably, his blood sugar, blood pressure, liver fat, and other indicators returned to standard levels. "I am very satisfied because now my body is healthy, and I feel no pressure," Khai happily shared.

At FV, treating obesity through laparoscopic sleeve gastrectomy involves the collaboration of surgical doctors, internal medicine doctors, nutrition experts, sports medicine physicians, and psychologists, who work together to provide comprehensive treatment, care, and management of complications. FV's goal is to help patients lose weight effectively and safely, while also ensuring a comfortable, confident post-treatment mindset.

 To book an appointment with Phan Van Thai, MD, MSc, Specialist Level II - General Surgery Department - FV Hospital, please call (028) 54 11 33 33 - Ext 1250