

What's up, Doc?

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DR NGUYEN THI MINH TAM, SPECIALIST LEVEL II JOINS THE PAEDIATRICS & NEONATOLOGY TEAM AT FV HOSPITAL



The Paediatrics & Neonatology team at FV Hospital has welcomed a new expert onboard: Dr Nguyen Thi Minh Tam, Specialist Level II. With this association, the Paediatrics & Neonatology department is poised to further develop and enhance treatment efficiency for paediatric patients at FV Hospital.

Dr Minh Tam graduated from the University of Medicine and Pharmacy at Ho Chi Minh City in 2000. Through diligent study and personal development, Dr Tam sequentially obtained her Specialisation Degree I and Specialisation Degree II in Paediatrics at this institution in 2006 and 2017.

Dr Tam has participated in advanced training programmes, including the Neonatal Resuscitation, Tu Du Hospital, Ho Chi Minh City, Vietnam (2022) and the Post Graduate Program, Paediatric Nutrition, University of Medicine, Boston, USA (2022).

With extensive expertise and experience, Dr Tam's career trajectory has been marked by holding significant positions at major hospitals in Ho Chi Minh City, such as Deputy Head of Dengue Haemorrhagic Fever (DHF) and Haematology, Paediatric Department, Children Hospital No.1, Ho Chi Minh City, Vietnam (2006 – 2021), and Head of Paediatrics and Neonatology, Paediatric and Neonatology Department, Gia Khang Hospital, Ho Chi Minh City, Vietnam (2021 – 2022). Since late 2022, Dr Tam joined the Paediatrics & Neonatology Department at FV Hospital as a Senior Consultant, specialising in paediatric haematology and neonatology; dengue fever and infectious diseases.

We hope that with the valuable contribution of Dr Nguyen Thi Minh Tam, the Paediatric & Neonatal Department as well as FV Hospital will continue to thrive and grow. Once again, congratulations to Dr Nguyen Thi Minh Tam, and extend our best wishes for an outstanding journey ahead at FV Hospital.



To book an appointment with Dr Nguyen Thi Minh Tam, Specialist Level II, Paediatrics & Neonatology - FV Hospital, **please call: (028) 54 11 33 33 - Ext 1231, 1276**

Honouring

Female Doctors

IN

Empower WOMEN FOR WOMEN

SEASON 2

On International Women's Day, Hy Vong Cancer Care Centre at FV Hospital successfully organised the second session of the special symposium "Empower Women for Women" on 9th March 2024, with over 50 doctors in attendance. This FV annual event aims to provide a space for exchanging professional knowledge, as well as networking that provides mutual learning opportunities, to foster career development for female doctors in the field of cancer treatment.

As the initiator of the event, Dr Basma M'Barek (Head of Hy Vong Cancer Care Centre), expressed "I hope that when leaving the event, everyone will have updates close to international guidelines and practical for Vietnamese patients. From there, it can inspire career development and elevate the role of women in the healthcare field."

The programme was coordinated by chairperson: Cung Thi Tuyet Anh, MD, PhD, Senior Lecturer at Ho Chi Minh City University of Medicine and Pharmacy; Dr Basma M'Barek and Vo Kim Dien, MD, MSc, Deputy Head of Hy Vong Cancer Care Centre, who helped synthesize the content throughout each session.

In the first part of the programme, Dr Basma M'Barek opened with the topic "Dual HER2 Blockade in Breast Cancer" and shared practical experiences in treatment at FV. Participating during a working visit to FV, surgical oncologist Dr Pornchanok Juvongvanich (National Cancer Institute, Thailand) presented various perspectives of breast cancer surgery after neo-adjuvant therapy. Concluding this section, Dr Vo Thi Phuong Thao (Hy Vong Cancer Care Centre) shared a clinical case at FV. Dr Thao emphasised the consideration of various factors such as treatment response, application stages, and patients' financial situations to provide a comprehensive and effective treatment tailored to breast cancer patients.

In part two, Dr Basma provided an overview about the reality of breast cancer treatment at Hy Vong Cancer Care Centre, using genetic testing methods. Delving deeper into this topic, Dr Tran Thi Phuong Thao (Hy Vong Cancer Care Centre) presented details of "Breast cancer treatment with Olaparib." Dr Thao also emphasised that due to careful evaluation of the disease stage and the patient's quality of life during treatment before prescribing targeted therapies.

Continuing this section, Dr Nguyen Huynh Ha Thu (Hy Vong Cancer Care Centre) shared details of a clinical case involving a patient under 50 years old with breast cancer classified as T3N0M0, with a family history of breast cancer in relatives under 50 years old. Ending this section, the Medical Director of the Gene Solutions Institute of Medical Genetics, Nguyen Duy Sinh, MD, PhD, clarified the role of Circulating Tumour DNA (CtDNA) in the treatment and monitoring of breast cancer.

In the highly anticipated final part of the programme, guest speakers shared their personal perspectives about the issue of "learning and advancing cancer treatment expertise at international healthcare facilities." All speakers



emphasised the importance of seizing opportunities for overseas education and training. Finally, Dr Son also affirmed that FV is actively promoting training through partnerships with doctors in Vietnam and internationally. This will provide opportunities for doctors at FV and other hospitals to learn from leading experts in various medical fields.

The event "Empower Women for Women" season 2 has continued its success by bringing practical benefits. In addition to helping Vietnam build more effective treatment protocols by applying international guidelines, the programme also contributes to honouring and supporting women working in the healthcare sector, especially female doctors in the oncology field.



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MODERN & EFFECTIVE WEIGHT LOSS TREATMENT UPDATE



CME TRAINING PROGRAMME

institutions. They mainly focused on the non-surgical methods of gastric sleeve surgery performed via endoscopy (LSG). They also emphasised the importance of careful consultation, accurate patient selection, and appropriate treatment guidance and postoperative care to ensure the safety and high effectiveness of the LSG surgical procedure.

From another perspective, Dr Daniel Charles Bialeoko, Head of Plastic Surgery & Cosmetics Department, FV Lifestyle Clinic, shared his expertise and technology in addressing excess fat accumulation. He emphasised the importance of advising and guiding patients towards a natural beauty approach.

In the next part of the training programme, Specialist Level 2, Nguyen Viet Quynh Thu, MD, MSc (Head of Nutrition & Dietetics Department, FV Hospital) and Nguyen Thuy Linh, MD, PhD (Deputy Head of Nutrition Department, Hanoi Medical University Hospital) presented approaches to treating obesity from internal medicine and nutrition perspectives. Dr Thu focused on specific nutritional strategies, while Dr Linh explained the detailed treatment of obesity in children and presented specific cases.

Currently, the incidence of obesity in Vietnam is showing signs of rapid increase, which is predicted to pose significant health and economic burdens if specific action programmes are not implemented. Through the programme, it is hoped that participants have understood the challenges and have updated comprehensive approaches to provide the best treatment outcomes for patients.

In response to World Obesity Day, FV Hospital and Hanoi Medical University collaborated to organise a CME Training Programme on 16th March 2024, in Ho Chi Minh City.

With the theme "Modern and Effective Weight Loss Treatment Update", the event welcomed over 200 participants, including doctors and experts in the treatment of overweight and obesity.

The training programme then proceeded with coordination from the chairpersons, including Le Quan Anh Tuan, MD, PhD, Chief of the Department of Hepatobiliary and Pancreatic Surgery, University Medical Centre, Ho Chi Minh City; Kallayanee Porngometkul, MD, PhD, Yanhee International Hospital, Thailand and Vu Truong Son, MD, MSc. To kick off the programme, Kallayanee Porngometkul, MD, PhD, presented the causes of obesity and shared details about her obesity treatment centre in Thailand. She emphasised understanding the neuroendocrine mechanisms involved in eating behaviours during the obesity treatment process.

Next, Vo Duy Long, MD, PhD (Deputy Chief, Department of Hepatobiliary and Pancreatic Surgery – University Medical Centre, Ho Chi Minh City) and Specialist Level 2, Phan Van Thai, MD, MSc (Head of General Surgery, FV Hospital), presented about the obesity treatment approaches being implemented at their respective





PROGRESS IN OTORHINOLARYNGOLOGY TREATMENT

A LOOK BACK AT THE 2024 ANNUAL CONFERENCE AT BUON ME THUOT

The annual conference of the ENT Association of Ho Chi Minh City attracted significant attention, with 1,600 participants (both online and in person), featuring 74 presentations and 50 experts. FV Hospital presented reports introducing advancements in the treatment of issues related to otorhinolaryngology.

In the Eustachian tube dysfunction presentation, Vo Cong Minh, MD, PhD, Head of the Otorhinolaryngology (ORL or ENT) Department, addressed the differentiation between Eustachian tube obstruction and patency, as well as effective treatment approaches for each case. Dr Minh emphasised the importance of accurate diagnosis and treatment selection to achieve optimal outcomes.

Next, Nguyen Huu Dung, MD, PhD, Otorhinolaryngology (ORL or ENT) Department, presented about endoscopic outer ear canal approach to treat Cholesteatoma tumours localised in the attic region. One advantage highlighted was that Cholesteatoma removal could be performed concurrently with establishing sound transmission restoration (reconstruction of the external ear canal, ossicular chain reshaping).

In the specialised session on "Advancements in the Diagnosis and Treatment of Ear and Nerve Disorders" Le Nguyen Uyen Chi, MD, PhD, Otorhinolaryngology (ORL or ENT)

Department, introduced a grafting and reconstruction technique for the the outer ear canal, while emphasising the role of the "temporalis fascia and mastoid periosteum" in this surgery. Dr Uyen Chi also discussed the technique of tympanometry and auditory brainstem response testing in the session "Protecting and Improving Hearing Health". While these techniques are not complex, they require doctors to have ample practical experience to accurately assess hearing and find the appropriate hearing threshold for patients.

Lastly, Associate Professor, Nguyen Viet Quynh Thu, MD, MSc, Specialist Level II, focused on nutrition for patients after gastric surgery to treat obesity accompanied by obstructive sleep apnea (OSA). Up to 70% of OSA patients are obese. The rate of improvement or resolution of OSA in patients who undergo gastric tube gastric surgery is 86%. However, to achieve desired outcomes and minimise complications, maintaining an appropriate nutritional regimen after surgery is essential.

The 2024 Annual Conference was not only a platform for knowledge exchange but also an opportunity to foster collaboration and technical development in the field of Otorhinolaryngology. The active participation of doctors from FV Hospital underscores their commitment to contributing to the development of the Vietnamese healthcare sector.



JAW JOINT RELEASE SURGERY

For A Patient With Over 20 Years Of Jaw Stiffness

Following a severe accident in March 2000, which resulted in extensive burns and injuries to the face and neck area, Ms T's life has been akin to an incessant battle. Over the course of 20 years, she has undergone more than 20 surgeries, ranging from reconstructive procedures to removal of the left eye, and subsequently, multiple surgeries to address necrosis of the left facial and jaw bones, necessitating removal and debridement of inflamed tissue. This has presented Ms T and her family with increasingly daunting challenges.

Due to the poorly managed jaw stiffness, Ms T has been unable to maintain proper oral hygiene, leading to frequent toothaches and oral infections. In December 2023, another hospital scheduled a surgical procedure, but it was cancelled due to the inability to perform endotracheal anaesthesia. Nguyen Thanh Tung, MD, PhD, Head of the Oral & Maxillofacial Surgery - Dental Surgery Department at FV Hospital, highlighted that Ms T's complex case requires a meticulous plan, involving a combination of intensive care anaesthesia, reconstructive surgery, and clinical nutrition.

The goal of the surgery is to treat dental issues, but to achieve this, a series of complex issues had to be addressed: the temporomandibular joint was not functioning normally, leading to degeneration and adhesion; the patient has undergone numerous surgeries for necrosis and inflammation of the left jaw area; prolonged jaw stiffness has led to the formation of a bony bridge connecting the upper and lower jaws on the left side, exacerbating the jaw stiffness. Dr Tung assessed that the surgery needed to follow four steps: firstly, to perform joint shaping to release the adhesions around the temporomandibular joint on both sides, followed by inserting a temporal muscle flap to limit the backward movement of the lower jaw after joint shaping and to restrict the recurrence of adhesions; secondly, to drill and release the bony bridge connecting the upper and lower jaws on the left side; thirdly, to perform scar revision, releasing the contracted scars on the left cheek, face, and neck; and the final step is the initial goal - to treat the painful teeth.

However, the biggest challenge for the team was anaesthesia administration due to limited mouth opening. "We considered using endoscopy-assisted nasal anaesthesia, and if that failed, we would resort to opening the airway. In this case, we invited Dr Ngo Van Huy, an expert in endoscopy from the Gastroenterology & Hepatology Department, to assist with the endoscopic guidance for nasal anaesthesia," Dr Ly Quoc Thinh, Specialist Level II, Head of the Anaesthesiology & ICU Department, explained.

After 6 hours in the operating room, Dr Tung's surgical team successfully achieved the set goals. After removing the bandages, the patient showed improved mouth opening, making eating easier, enhancing speech articulation, eliminating slurring that allowed her to speak clearly. Nguyen Thanh Tung, MD, PhD, stated that the patient will continue to be monitored for outpatient dental treatment at the hospital and may undergo additional facial prosthetics (such as prosthetic eyes, ears) and scar revisions to aid facial aesthetic recovery.



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