

# What's up, Doc?

No 2 - June, 2025



## ACHIEVING 4TH EXECUTIVE JCI ACCREDITATION

**FV HOSPITAL AFFIRMS THE INTERNATIONAL HEALTHCARE STANDARDS AT HALF THE COST AS SOUTHEAST ASIA'S LEADING HOSPITALS**

**FV** Hospital is proud to once again receive the prestigious Joint Commission International (JCI) Gold Seal of Approval - marking its fourth consecutive accreditation by world's leading authority on international healthcare quality and patient safety. This recognition affirms FV's position as one of the best and safest hospitals in Southeast Asia, and reflects its ongoing vision to become one of the top hospitals globally.

According to FV's CEO, FV provides medical care on par with the region's most renowned institutions, including Bumrungrad International Hospital in Thailand, Prince Court Medical Centre in Malaysia, and Mount Elizabeth Hospital in Singapore, at just half the cost.

Globally, only around 1,000 major hospitals have been awarded JCI Gold Seal. In Vietnam, just a handful of hospitals have achieved

this distinction, and FV is the only one to have earned it four consecutive times since its first accreditation in 2016, marking a rare and remarkable milestone.

JCI accreditation is widely recognised as the global gold standard in healthcare, based on more than 1,200 rigorous criteria that evaluate the entire patient journey, from admission, diagnosis, and treatment to discharge, with the goal of maximising safety and minimising medical risk. With each accreditation cycle, JCI continuously updates its standards to reflect advances in modern medicine and rising expectations for care quality. In the most recent evaluation, two new criteria were introduced: digital health integration and data security, as well as the hospital's impact on global health—covering environmental responsibility and sustainable development. FV was highly praised by JCI surveyors for its strong performance in both areas.



To book an appointment at FV Hospital, please call (028) 35 11 33 33



## DR TRAN LUONG ANH

### SPECIALIST LEVEL II



## Appointed Head of Neuro Surgery & Spine Surgery Department at FV Hospital

From May 15, 2025, Dr Tran Luong Anh, Specialist Level II has officially taken on the role of Head of Neuro Surgery & Spine Surgery Department at FV Hospital.

Dr Tran Luong Anh brings 22 years of experience from 115 People's Hospital and is one of the few specialists in Vietnam with expertise in both cranial and spinal surgery. His dual proficiency enables him to manage complex cases with a comprehensive perspective and adaptable surgical strategies.

Dr Tran Luong Anh specialises in the diagnosis and treatment of the following:

- Neurological disorders: Brain tumours, skull base tumours, pituitary adenomas, functional neurological disorders, congenital brain malformations, aneurysms, cerebral vascular malformations, hydrocephalus, and more.
- Spinal degeneration: Herniated discs, spondylolisthesis, spinal stenosis, scoliosis, traumatic spinal injuries, spinal cord tumours, craniocervical junction malformations, etc.

He graduated from the University of Medicine and Pharmacy at Ho Chi Minh City, where he also completed both his Level I and Level II Specialisation in Neurosurgery. Dr Anh completed a residency at CHU Poitiers in France and received advanced training in cerebral vascular surgery in Japan. In addition to his clinical expertise, Dr Tran Luong Anh is a lecturer in Neurosurgery at the University of Health Sciences – Vietnam National University Ho Chi Minh City and Nguyen Tat Thanh University, contributing to the training of future medical professionals and the advancement of the neurosurgical field in Vietnam.



To book an appointment with Dr Tran Luong Anh, Specialist Level II – Head of Neuro Surgery & Spine Surgery Department at FV Hospital, please call (028) 35 11 33 33 – ext 1519

## DR PHUNG NGOC THU

### SPECIALIST LEVEL I

**Dr** Phung Ngoc Thu, Specialist Level I, graduated as a General Practitioner in 2002 and earned her Specialist Level I degree in Diagnostic Imaging with Distinction from University of Medicine and Pharmacy at Ho Chi Minh City in 2012. With over 20 years of experience in women's health, particularly in the diagnosis and treatment of breast diseases, Dr Thu consistently prioritises patient safety, treatment effectiveness, and quality of life.

Since March 2025, Dr Phung Ngoc Thu has officially joined FV Hospital's Obstetrics & Gynaecology Department – Breast Care Clinic. She specialises in breast examination, risk assessment and screening consultations for women, monitoring benign or borderline lesions. Dr Thu also manages cases involving breast pain, abnormal nipple discharge, and hormone counselling. In addition, she offers breast care support for pregnant and breastfeeding women, as well as guidance before and after aesthetic procedures.

Dr Phung Ngoc Thu is also proficient in diagnostic imaging techniques such as mammography, ultrasound, and breast MRI. She performs a range of procedures including fine-needle aspiration, core needle biopsy, vacuum-assisted biopsy, scar-free tumour removal, wire localisation, clip marker placement, and ultrasound-guided drainage of abscesses or fluid collections.



To make an appointment with Dr Phung Ngoc Thu, Specialist Level I - Senologist at FV Hospital, please call (028) 35 11 33 33 – ext 1101 or 6000



## Joins Obstetrics & Gynaecology Department - Breast Care Clinic at FV Hospital

## DR NGUYEN DUC NHAT

## Joins Clinical Psychology Department At FV Hospital

**Dr** Nguyen Duc Nhat is an experienced mental health counsellor, certified as a Professional Clinical Counsellor in the State of Ohio, USA. He holds a Master's degree in Clinical Counselling from John Carroll University and a Doctorate in Counsellor Education and Supervision from the University of Cincinnati, Ohio. Dr Nhat specialises in integrating evidence-based psychotherapies with existential, mindfulness, and self-compassion approaches to help clients activate inner resources and lead healthier, more meaningful lives.

Since March 2025, Dr Nguyen Duc Nhat has officially joined FV Hospital as a Clinical Psychologist, with the aim of enhancing the quality of mental healthcare services for patients. His areas of expertise include clinical counselling for trauma-related issues, substance abuse, depression, anxiety disorders, obsessive-compulsive disorder (OCD), and relationship difficulties in couples and families. Dr Nhat works with clients ranging from adolescents to older adults, employing a range of therapeutic approaches, including Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioural Therapy (CBT), and mindfulness-based practices.



To make an appointment with Dr Nguyen Duc Nhat – Clinical Psychology Department, FV Hospital, please call (028) 35 11 33 33 – ext 1519 or 1528





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FOR THEIR OUTSTANDING CONTRIBUTIONS IN 2025

MARCH

APRIL

REFERRING  
DOCTORS TO  
RD

DOCTOR'S NAME	SPECIALITY
DR CHAU DA RA	Accident & Emergency
DR NGUYEN VAN THO	Internal Medicine
DR PHAM THI THUY NGA	Pain Clinic

DOCTOR'S NAME	SPECIALITY
DR CHAU DA RA	Accident & Emergency
DR PHAM THI THUY NGA	Pain Clinic
DR NONG THI NUONG	Obstetrics & Gynaecology

COLLABORATING  
DOCTORS  
ED

DOCTOR'S NAME	SPECIALITY
DR JAN DIRK FERWERDA	Ophthalmology & Refractive Surgery
DR BUI CHI THUONG	Obstetrics & Gynaecology
DR TRAN QUOC HUY	ENT

DOCTOR'S NAME	SPECIALITY
DR JAN DIRK FERWERDA	Ophthalmology & Refractive Surgery
DR NGUYEN MANH HUNG	Neurosurgery
DR BUI CHI THUONG	Obstetrics & Gynaecology



FV WEDNESDAY

FOSTERING MULTIDISCIPLINARY COLLABORATIONS  
& CLINICAL UPDATES FOR HOLISTIC CARE



On 21 May 2025, FV Hospital officially launched a new internal academic forum series called “FV Wednesday.” Held biweekly on Wednesdays, the forum is open to in-house doctors, affiliated physicians, and clinical staff teams.

Initiated by Vu Truong Son, MD, MSc, Medical Director of FV Hospital, FV Wednesday aims to build a strong, collaborative network of experienced doctors who actively share clinical insights and learn from one another. The programme is designed to strengthen interdisciplinary connections and deliver up-to-date medical knowledge rooted in real-world clinical practice and evidence-based medicine.

Its ultimate goal is to support the development of comprehensive, personalised treatment strategies that ensure the best possible outcomes for each patient. This initiative also reflects FV’s long-term commitment to maintaining JCI-standard quality, while continuously improving treatment effectiveness and cost-efficiency.

Each FV Wednesday session features a range of topics presented by specialists across FV’s medical departments. Held during lunchtime in an informal, collegial setting, the sessions encourage open exchange and engagement. Doctors are welcome to propose discussion topics or volunteer as presenters by contacting the Medical Office.

TENTATIVE CALENDAR OF JULY/2025

Time	Topic	Speaker
02/07/2025	Embolisation: Current Applications and Future potential in modern medicine	Dr Huynh Huu Danh - Disgnostic & Interventional Radiologist
16/07/2025	Pelvic congestion syndromes embolisation	Dr Luong Ngoc Trung - Head of Thoracic, Vascular & Endovascular Surgery



To book an appointment at FV Hospital, please call (028) 35 11 33 33

FV HOSPITAL RECOGNISED AS  
ONE OF HO CHI MINH CITY’S 50 ICONIC PROJECTS

In celebration of the 50th anniversary of Vietnam’s Reunification Day, FV Hospital has been recognised by the People’s Committee of Ho Chi Minh City as one of the city’s 50 most iconic projects, symbolising the remarkable progress made over the past five decades. This prestigious honour reflects FV’s unwavering commitment to advancing international-standard healthcare in Vietnam.

Since its official opening in 2003, FV has continuously evolved, setting new benchmarks in medical quality, patient care, and hospital management practices.

Remarkably, for over two decades, FV has maintained world-class medical services while keeping fees at just half the cost of similarly ranked international hospitals in the region. This has helped make high-quality healthcare more accessible to patients in Vietnam.

Over the past 22 years, FV has cared for more than 5 million patients, including over 1 million international patients.

With a team of more than 1,300 staff members, including 236 highly trained physicians and a system of 36 medical specialties, the hospital has successfully treated numerous complex cases, earning the trust of patients and the wider medical community in Vietnam and abroad.

FV is the first and only hospital in Southern Vietnam to receive Joint Commission International (JCI) accreditation four times consecutively, a testament to its strong commitment to treatment quality, patient safety, and strict adherence to international healthcare standards.

Built on a foundation of clinical excellence and strong collaboration with both local and global medical communities, FV Hospital continues to strengthen its position as a leading regional healthcare hub - contributing to the advancement of Vietnam’s healthcare sector and fulfilling its mission of providing international-quality treatment right here in Vietnam.





# FV HOSPITAL INVESTS IN CYBERKNIFE S7

## THE WORLD'S MOST ADVANCED ROBOTIC RADIOSURGERY SYSTEM

**FV** Hospital has officially announced the acquisition of CyberKnife® S7™ robotic radiosurgery system - the world's only robotic radiation delivery system capable of treating tumours anywhere in the body without surgery. This investment marks a significant advancement in cancer care, offering a non-invasive, safer, and highly precise treatment option.

FV is the first hospital in Vietnam and Southeast Asia to install the next-generation CyberKnife® S7™ system. In addition to treating cancer, the system is also indicated for conditions such as arteriovenous malformations (AVMs), cardiac arrhythmias, and more.

The CyberKnife® S7™ has redefined radiosurgical cancer treatment through its minimally invasive approach. It can treat tumours in nearly any part of the body with exceptional precision. Notably, system can track and adapt to tumour movement in real-time, enhancing safety, reducing treatment times, and minimising side effects.

What sets CyberKnife® S7™ apart is its integration of real-time image guidance and a robotic arm equipped with a 6MV linear accelerator. The robotic arm moves freely in 3D space with highly flexible motion, enabling sub-millimetre targeting accuracy. This exceptional precision allows high-dose radiation to be delivered directly to the tumour while sparing surrounding healthy tissue.

Powered by AI-driven Synchrony® technology, CyberKnife® S7™ automatically adjusts the radiation beam in real-time to match tumour movement caused by breathing or internal organ motion - such as in the lungs, liver, or prostate. Synchrony enables continuous, real-time tracking during treatment, maintaining pinpoint accuracy while minimising radiation exposure to healthy tissues. This results in fewer side effects, greater patient comfort, and improved post-treatment quality of life. Thanks to this advanced technology, treatment can often be completed in just 1 to 5 sessions, compared to the 10 to 40 sessions typically required with conventional radiotherapy.

The Hy Vong Cancer Care Center at FV Hospital – a member of Thomson Medical Group (Singapore) – continues to affirm its position as one of the leading cancer centres in Vietnam and the region. With state-of-the-art, fully integrated facilities and a comprehensive range of services under one roof, patients benefit from coordinated care across all stages of treatment, including diagnosis, staging, radiation therapy, chemotherapy, surgery, nutritional support, psychological care, and palliative treatment. The centre is staffed by a team of experienced oncologists and highly skilled technicians from both Vietnam and abroad, capable of managing even the most complex and advanced cases.



 To book an appointment with Hy Vong Cancer Care Center at FV Hospital, please call (028) 35 11 33 33 – ext 5000



## FV'S CARDIOLOGY & INTERVENTIONAL CARDIOLOGY DEPARTMENT BECOMES FIRST IN VIETNAM TO OFFER CARDIAC CT-BASED PROCEDURE PLANNING FOR VALVE IMPLANTATION & LEFT ATRIAL APPENDAGE CLOSURE

 To schedule an appointment with the Cardiology & Interventional Cardiology Department at FV Hospital, please call (028) 35 11 33 33 – ext. 1541

**FV** Hospital's Cardiology & Interventional Cardiology Department has become one of the first centres in Vietnam to introduce Cardiac CT Pre-procedure Planning for transcatheter heart valve implantation and left atrial appendage closure (LAAC). This innovative service utilises advanced image analysis technology to optimise treatment planning, reduce the risk of complications, and shorten recovery times for patients undergoing complex cardiac interventions.

FV is currently the only facility in Vietnam equipped with in-house analysis software, enabling its cardiologists to manage the entire process locally without the need to send data abroad. This capacity reduces waiting times, improves diagnostic precision, and supports more informed, timely treatment decisions.

This service is specifically designed for patients undergoing minimally invasive cardiac interventions, such as TAVI (Transcatheter Aortic Valve Implantation), left atrial appendage closure to prevent stroke in patients with atrial fibrillation, and other transcatheter valve therapies that avoid the need for open-heart surgery.

Unlike traditional methods that rely primarily on echocardiography, this technique utilises high-resolution cardiac CT imaging. The data is processed using 3MENSIO, advanced software powered by artificial intelligence, allowing for precise assessment of cardiac structures, including valve annulus, appendage morphology, and associated vessels. The software also recommends optimal valve sizes and provides detailed procedural planning prior to intervention.

Beyond selecting the appropriate valve type and size, 3MENSIO also analyses the entire access pathway - from the femoral or radial artery to the heart - identifying areas of narrowing, calcification, or atherosclerosis that could present technical challenges. This comprehensive planning significantly reduces procedural risks and helps shorten operation times.

The process is fast and straightforward: a cardiac CT scan takes less than 10 minutes, after which the images are then analysed via 3MENSIO. Within 30 to 60 minutes, the cardiologist can finalise a comprehensive pre-procedure plan, including optimal valve selection, access route and identification of potential challenges.

According to Ho Minh Tuan, MD, PhD, Head of Cardiology & Interventional Cardiology at FV Hospital, "In addition to performing the procedure at FV, we also offer analysis support for external centres, provided that the CT data follows the correct imaging protocol." This service enables physicians at other hospitals to send their patients' cardiac CT scans to FV for expert planning, or refer the patient to FV for continued treatment.



# FV HOSPITAL SAVES DANISH PATIENT FROM

## LIFE THREATENING STROKE CAUSED BY RARE DURAL ARTERIOVENOUS FISTULA

A Danish patient suffered a sudden stroke due to a brain haemorrhage, presenting with severe headache and uncontrollable vomiting. Upon arrival at FV Hospital's Accident & Emergency Department, doctors promptly conducted diagnostic tests. MRI results revealed bleeding in the brainstem.

An urgent multidisciplinary consultation was held, involving specialists from Emergency Medicine, Anaesthesiology & ICU, Diagnostic Imaging, and Interventional Radiology. Dr. Huynh Huu Danh, Specialist Level I - Interventional Radiologist at FV Hospital, identified the cause as a rare and life-threatening dural arteriovenous fistula accompanied by a large ruptured venous aneurysm, posing a high risk of recurrent bleeding.

Instead of conventional open brain surgery, the medical team chose endovascular embolization - a modern, minimally invasive and highly effective technique requiring exceptional precision. The

patient was immediately transferred to Cathlab, where Dr. Danh performed the procedure using advanced Digital Subtraction Angiography (DSA) imaging.

Due to the complex location of the aneurysm, Dr. Danh navigated the catheter through a venous access route instead of the conventional arterial path. Using a small incision in the groin, he skillfully advanced microcatheters and guidewires through the vein to reach the aneurysm, where he deployed 12 metallic coils to seal the rupture and stop the bleeding.

Within hours, the patient's condition stabilised, with no further nausea and a significant reduction in headache. Follow-up MRI scans confirmed that the haemorrhage was subsiding. After two weeks of monitoring, the patient was discharged in a stable condition.



To schedule an appointment with Dr. Huynh Huu Danh, Specialist Level I - Imaging & Interventional Radiology Department, FV Hospital, **please call (028) 35 11 33 33 – ext 1642**

## FV HOSPITAL HOSTS CARDIOVASCULAR THERAPEUTICS SYMPOSIUM ON

### “ADVANCES IN CARDIOVASCULAR DISEASE: FROM INTERVENTION TO PREVENTION”



On 19 April 2025, FV Hospital hosted its Cardiovascular Therapeutics Symposium themed “Advances in Cardiovascular Disease: From Intervention to Prevention” in Ho Chi Minh City. The event welcomed 638 attending physicians and featured expert speakers from Vietnam, Singapore, and Malaysia. The symposium showcased a range of advanced diagnostic and interventional techniques, including:

- Intravascular Ultrasound (IVUS) and Optical Coherence Tomography (OCT) in Coronary Imaging, presented by Ho Minh Tuan, MD, PhD, Head of Cardiology and Interventional Cardiology (FV Hospital).
- Coronary Physiology Measurement for Clinical Decision-Making, presented by Keh Yann Shan, MMed, MRCP (Singapore).
- Venous and Stroke Thrombus Retrieval Using Stent Retriever Technology, co-presented by John C. Wang, MD, MSc, MBChB (Singapore) and Le Tu Phuong Thao, MD, PhD (FV Hospital).

The symposium also highlighted current trends in minimally invasive cardiovascular therapies, including:

- Transcatheter Aortic Valve Implantation (TAVI) Using 3Mensio AI Planning Software, presented by Dr. Shargunandass Ilyam (Malaysia).
- Radiofrequency Ablation for Atrial Fibrillation with 3D Mapping, presented by Prof. Pham Nguyen Vinh, MD, PhD and Dr. Hoang Quang Minh, Cardiology Department (FV Hospital).
- Multidisciplinary Heart Failure Management Models and Personalised Approaches to Cardiorenal-Metabolic Syndrome, presented by Prof. Do Doan Loi, MD, PhD and Prof. Nguyen Thi Bich Dao, MD, PhD.

The symposium concluded with a presentation on Cardiopulmonary Exercise Testing (CPET) by Tran Dai Quynh Van, MD, MSc (FV Hospital), highlighting its value in assessing cardiopulmonary function and treatment prognosis.

By fostering expert collaboration and sharing the latest clinical practices, the FV Cardiovascular Therapeutics Symposium 2025 continues to promote the integration of modern medicine into cardiovascular care in Vietnam – advancing patient outcomes and improving quality of life.





FV

HOSPITAL HOSTS

CME MEDICAL SYMPOSIUM ON

“Approach To Orthopaedic Trauma Issues

Based On Evidence-Based Medicine”

On 12 April 2025, FV Hospital held a Continuing Medical Education (CME) Medical Symposium themed “Approach to Orthopaedic Trauma Issues Based on Evidence-Based Medicine,” attracting nearly 500 doctors specialising in musculoskeletal disorders, orthopaedics, anaesthesiology, and internal medicine. The event marked another step in FV’s ongoing commitment to sharing medical expertise and promoting advanced treatment techniques to enhance patient care in Vietnam.

The Medical Symposium opened with a keynote presentation by Assoc. Prof. Do Phuoc Hung (University of Medicine and Pharmacy, HCMC) on the topic: “First-Time Shoulder Dislocation: Conservative or Surgical Treatment?”

This was followed by Le Trong Phat, MD, PhD, Head of Bone and Joint Centre at FV Hospital, who delivered an in-depth analysis of hallux valgus, a common but often overlooked condition.

DrTruong Hoang Vinh Khiem, Specialist Level II, FV Hospital, discussed the overtreatment of flexible flatfoot in children, recommending

intervention only when symptoms are present and after the age of eight. He also highlighted FV Hospital’s success in performing subtalar arthroereisis for 50 paediatric cases, achieving excellent outcomes with minimal invasiveness and short surgical times.

In his presentation, Specialist Level II, Ly Quoc Thinh, MD, MSc, Head of Anaesthesiology & ICU at FV, emphasised the importance of multimodal pain management strategies in optimising postoperative recovery. His approach includes the use of medications, nerve blocks, anxiety management, and early rehabilitation.

The event concluded with a presentation from Nguyen Chau Tuan, MD, MSc (University of Medicine and Pharmacy, HCMC), who discussed the treatment of rheumatoid arthritis and evolving strategies aimed at achieving complete remission.

With its practical focus and expert-led sessions, the conference received strong support from the medical community. It also reaffirmed FV Hospital’s role as a leader in professional collaboration, clinical knowledge-sharing and the development of healthcare partnerships both within and beyond its hospital network.



Vietnamese and Singaporean

Obstetrics experts share insights

at Medical Symposium on

“NEW CHALLENGES

IN MANAGEMENT OF

HIGH-RISK PREGNANCY”

On 17 May 2025, the FV Thomson Obstetrics & Gynaecology – Breast Care Clinic at FV Hospital hosted a Scientific and Continuing Medical Education (CME) Medical Symposium titled “New Challenges in Management of High-Risk Pregnancy”. The event welcomed 430 healthcare professionals from Ho Chi Minh City and surrounding regions. Obstetrics experts from Vietnam and Singapore came together to share valuable insights into managing pregnancy-related complications, aiming to support safer outcomes for both mothers and babies.

Backed by Thomson Medical Centre, one of Singapore’s leading maternity hospitals with over 45 years of experience, FV Thomson has adopted a wide range of advanced techniques and services to enhance the care experience for expectant mothers. FV’s team of doctors and midwives have received in-depth training from Thomson, enabling them to apply advanced

protocols in managing risks during pregnancy and childbirth, ensuring the safety of both mother and child.

At the conference, Sharon Foo Angi, MBBS, MRCOG, Foetal Medicine Specialist from Thomson Medical, Singapore, presented strategies for managing “Difficult Caesarean Deliveries with Deep Engagement of the Foetal Head” – a growing clinical challenge. Meanwhile, Bui Chi Thuong, MD, PhD (Nhan Dan Gia Dinh Hospital) and Tran Nhat Thang, MD, PhD (University of Medicine and Pharmacy HCMC) discussed the management of uterine fibroids during pregnancy and preeclampsia screening – both crucial elements in modern obstetric care.

In a noteworthy presentation, Le Kim Tuyen, MD, PhD (Tam Duc Heart Hospital) emphasised the vital role obstetricians play in the early detection of congenital heart defects in fetuses, a leading cause of neonatal mortality.

A highlight of the event was the introduction of water birth, presented by Vo Trieu Dat, MD, MSc, Head of FV Thomson Obstetrics & Gynaecology Department – Breast Care Clinic. Recently introduced at FV Hospital and marking a first in Vietnam, this non-pharmacological pain management technique helps shorten labour and significantly enhances the childbirth experience. The method attracted strong interest from the obstetric community for its potential to be adopted more widely in clinical practice.

This Medical Symposium served as a valuable platform for top specialists from Vietnam and Singapore to exchange clinical experiences, contributing to the ongoing enhancement of pregnancy care for women across Vietnam.

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