

What's up, Doc?

No 3 - August, 2025

DAO THI MY HA, MD, MSC JOINS FV HOSPITAL'S PULMONOLOGY UNIT - INTERNAL MEDICINE DEPARTMENT



Dao Thi My Ha, MD, MSc earned her Doctor of Medicine and Master's degree in Internal Medicine from the University of Medicine and Pharmacy, Ho Chi Minh City. In addition to her formal qualifications, she has completed advanced training courses in bronchoscopy, cardiac and vascular ultrasound, and electrocardiography, further strengthening her expertise in diagnosing and managing complex respiratory conditions.

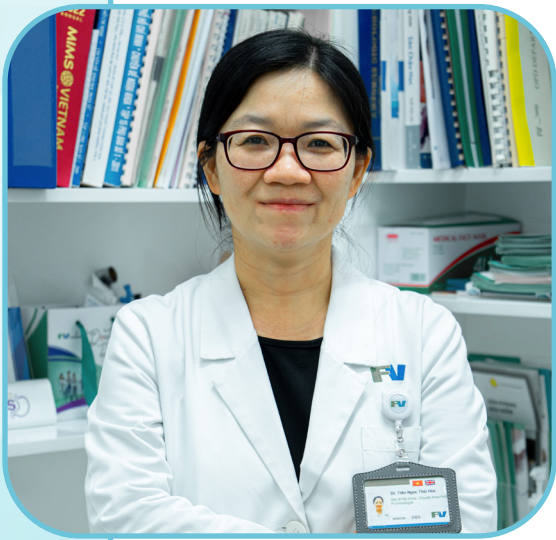
With over 13 years of experience working in the Pulmonology Department at Cho Ray Hospital, Dr My Ha is recognised for her strong medical expertise, excellent clinical skills, and commitment to patient-centred care. In addition to her clinical practice, she has lectured at Nguyen Tat Thanh University and is an active member of both Vietnam Respiratory Society and the Ho Chi Minh City Respiratory Society.

As of January 2025, Dao Thi My Ha, MD, MSc has officially joined the Pulmonology Department at FV Hospital. She specialises in the treatment of adult patients with conditions such as chronic obstructive pulmonary disease (COPD), asthma, pulmonary tumours, pleural effusion, pneumonia, and interstitial lung disease.



To book an appointment with Dao Thi My Ha, MD, MSc – Pulmonology Unit - Internal Medicine Department at FV Hospital, **please call (028) 35 11 33 33**

DR TRAN NGOC THAI HOA, SPECIALIST LEVEL II, JOINS FV HOSPITAL'S PULMONOLOGY UNIT - INTERNAL MEDICINE DEPARTMENT



Dr Tran Ngoc Thai Hoa, Specialist Level II, graduated from Pham Ngoc Thach University of Medicine in 2006. She continued her medical training as Internal Medicine Resident (2006–2009), earned her Specialist Level I degree in Internal Medicine in 2009, and completed a Specialist Level II degree in Pulmonology at the University of Medicine and Pharmacy, Ho Chi Minh City, in 2020. With a solid academic foundation, Dr Thai Hoa is also committed to continuously updating her expertise in the treatment of respiratory diseases.

Dr Thai Hoa has extensive clinical experience at several major hospitals, including Gia Dinh People's Hospital (2010–2022) and Cho Ray Hospital (2022–2025). Since 2011, she has also been involved in the Cardiovascular Imaging Unit at the University Medical Center Ho Chi Minh City (Campus 1). In addition, she has actively contributed to the education and training of multiple generations of medical students and healthcare professionals.

At FV Hospital, Dr Thai Hoa focuses on diagnosing and treating a wide range of respiratory conditions, including severe asthma, chronic obstructive pulmonary disease (COPD), pneumonia, tuberculosis, pulmonary embolism, occupational lung diseases, interstitial lung disease, and sleep-related breathing disorders. She is also proficient in performing advanced respiratory procedures such as diagnostic and interventional bronchoscopy, pulmonary function testing, pleural biopsy and drainage, as well as the management of both invasive and non-invasive ventilators.

As of June 2025, Dr Tran Ngoc Thai Hoa, Specialist Level II, has officially joined Pulmonology Unit - Internal Medicine Department at FV Hospital, bringing with her over 15 years of clinical experience in the field of respiratory medicine.



To book an appointment with Dr Tran Ngoc Thai Hoa, Specialist Level II – Pulmonology Unit - Internal Medicine Department at FV Hospital, **please call (028) 35 11 33 33**

CELEBRATION OF EXCELLENCE

HONOURING OUR COLLABORATING DOCTORS FOR THEIR OUTSTANDING CONTRIBUTIONS IN 2025

MAY

REFERRING DOCTORS TO RD

DOCTOR'S NAME	SPECIALITY
CHAU DA RA	Accident & Emergency
DANG THI TRAN HANH	Obstetrics & Gynaecology
NGUYEN VAN THO	General Practice & Family Medicine

JUNE

DOCTOR'S NAME	SPECIALITY
PHAM THI THUY NGA	Pain Clinic
TRAN HUU HA	General Practice & Family Medicine
PAUL D'ALFONSO	Bone & Joint Centre

COLLABORATING DOCTORS ED

DOCTOR'S NAME	SPECIALITY
BUI CHI THUONG	Obstetrics & Gynaecology
DINH THE HUY	Otorhinolaryngology (ENT)
TRAN QUOC HUY	Otorhinolaryngology (ENT)

DOCTOR'S NAME	SPECIALITY
JAN DIRK FERWERDA	Ophthalmology & Refractive Surgery
DINH THE HUY	Otorhinolaryngology (ENT)
NGUYEN MANH HUNG	Neurosurgery

FV Hospital expands social health insurance coverage to include outpatient services from 1 July 2025



Starting from 1 July 2025, FV Hospital will officially expand the acceptance of Vietnam's social healthcare insurance to cover outpatient consultations, diagnostic services, treatments, and emergency care. Existing social healthcare insurance coverage for cancer treatments (chemotherapy and radiotherapy), inpatient procedures in the Cardiac Catheterization Lab, joint replacement surgeries (knee, hip, and shoulder), Phaco eye surgery, and retinal detachment treatment will continue.

Notably, FV Hospital has been officially recognised by Ho Chi Minh City Department of Health and Ho Chi Minh City Social Insurance Agency as a designated primary care provider under the Social Healthcare Insurance system, effective 1 July 2025. This means that patients who register FV as their primary Social Healthcare Insurance provider, or receive emergency or outpatient care at FV, will be eligible for 100% reimbursement within the scope of Social Healthcare Insurance coverage, without requiring a referral letter.

In addition, FV has established a dedicated insurance advisory team to help patients combine Social Healthcare Insurance with private health insurance and the FV Membership programme. This support enables patients to maximise their insurance benefits and significantly reduce treatment costs. Importantly, FV does not differentiate patients based on insurance status - all patients receive the same international standard of care.

FV Hospital, a four-time recipient of the prestigious JCI Gold Seal of Quality, remains committed to making high-quality healthcare more accessible. Through policies such as affordable pricing (around 50% of equivalent international hospitals in the region), up to 20% financial support for uninsured patients, expanded Social Health Insurance coverage, and a new medical fee instalment plan, FV is actively removing financial barriers that often prevent timely medical care.

For any inquiries regarding Social Health Insurance at FV Hospital, please call Information & Appointment Centre at: **(028) 35 11 33 33**

Ease Your Financial Burden With FV HOSPITAL'S MEDICAL PAYMENT INSTALMENT PLAN

#I CHOOSE FV



From June 2025, FV Hospital has officially introduced a medical payment instalment plan to help patients and their families manage financial concerns and focus on treatment. This "treat first, pay monthly" policy allows patients to access advanced medical treatments and world-class healthcare services at FV without delay.

In collaboration with VNPAY, the instalment plan applies to credit card payments issued by over 30 banks in Vietnam. For any transaction of VND 10 million or more, cardholders can convert their payments into instalments with a term of up to 12 months. Notably, for a 3-month instalment plan, FV Hospital will fully cover the instalment conversion fee.

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



Patient finds breakthrough at FV Hospital following unsuccessful treatments in Singapore and Thailand

Chea Uon, a 62-year-old patient, had been suffering from advanced sacular bronchiectasis, which progressed into a chronic, widespread infection in the lower lobe of her left lung. The affected area was filled with pus and multidrug-resistant bacteria. In 2014, although advised to undergo surgery at FV Hospital, patient opted for conservative treatment with medication in Thailand and Singapore.

Upon returning to FV in early 2025, she was admitted in a state of exhaustion, experiencing severe shortness of breath, and recurrent infections occurring four to five times per year. Specialist Level II, Luong Ngoc Trung, MD, MSc - Head of Thoracic, Vascular and Endovascular Surgery Department at FV Hospital, diagnosed her with severe bronchiectasis alongside chronic obstructive pulmonary disease (COPD), with a chronic infection affecting the lower lobe of her left lung.

"The lesion measured around 15 to 20 cm, occupying the entire left lung cavity and compressing the right lung. It was home to dangerous bacteria such as

E. coli and *Pseudomonas*. This was a rare and severe case of bronchiectasis and the whole lung lobe had completely lost its function, was fibrotic, filled with pus, and had become a chronic infection site," Dr Trung noted.

Due to her severely weakened condition, surgery was not immediately possible. Instead, doctors prescribed a two-week course of antibiotic therapy combined with pulmonary physiotherapy to improve lung function and strengthen her overall health.

Following the pre-operative treatment, surgery was successfully performed on 2 May 2025 using Video-Assisted Thoracoscopic Surgery (VATS). This minimally invasive technique, which involves incisions of only 1.5–3 cm, enables faster recovery and offers a high success rate for treating thoracic diseases. The procedure was carried out smoothly by Dr Luong Ngoc Trung and his team.

During the operation, Dr Trung discovered that the entire lower lobe of the left lung had become

stiff and fibrotic, with no capacity to expand. Inside was a large abscess that had calcified and formed stones-essentially a severely infected sac. Due to its size, the diseased lobe had to be dissected into smaller pieces for removal through the VATS procedure.

The infected lobe occupied nearly two-thirds of the left chest cavity, compressing the healthy upper part of the lung and preventing it from expanding. This was the primary cause of the patient's chronic shortness of breath, oxygen deficiency, and weakened immune function. "If left untreated, the infection could have spread to the right lung and recovery would have been virtually impossible" Dr Trung warned.

Just six days after surgery, Chea Uon was able to eat on her own, walk slowly, and breathe normally. Her inflammation markers had decreased significantly, and she no longer experienced the persistent coughing and phlegm that had plagued her for years.

 To schedule an appointment with Specialist Level II, Luong Ngoc Trung, MD, MSc - Head of Thoracic, Vascular and Endovascular Surgery Department at FV Hospital, **please call (028) 35 11 33 33**

MULTIDISCIPLINARY TREATMENT AT FV HOSPITAL

Helps Canadian patient recover from facial paralysis caused by shingles complication

In December 2024, patient D.W.T. sought treatment at FV Hospital after experiencing a series of severe complications following shingles (Herpes Zoster), which had affected his facial nerve and meninges. As a result, he experienced facial paralysis, tingling pain along the left side of the body, vestibular disorders, loss of balance, headaches, anxiety, and insomnia. FV's medical team recognised this as a complex neurological case requiring a multi-specialty treatment approach.

At FV Hospital, doctors from the Traditional Medicine Department, Pain Clinic and Neurosurgery and Spine Surgery Department worked together to create a personalised treatment plan aimed at relieving pain, restoring mobility, and improving the patient's mental well-being.

The patient underwent acupuncture sessions at the Traditional Medicine Department to support facial muscle recovery, combined with aqua-acupuncture, a technique involving targeted medicinal injections into acupuncture points. Administered six times per month, this treatment helped relieve numbness in the limbs and support the restoration of motor function.

Concurrently, specialists from Pain Clinic advised discontinuing morphine, which had previously been prescribed in Canada, and instead introduced milder pain relief medication. They also applied Transcranial Magnetic Stimulation (TMS) therapy to help manage chronic nerve pain, enhance sleep quality and support neural rehabilitation.

Meanwhile, the Neurosurgery and Spine Surgery Department closely monitored the patient's condition and adjusted the treatment plan to address the vestibular disorders, while also prescribing medication to support nerve function.

After three months of intensive, multi-faceted care, the patient showed remarkable improvement: he no longer required mobility assistance, regained the ability to close his eyes, and his facial symmetry began to return. His sleep quality improved, and he became noticeably more optimistic. By mid-April 2025, he had completed his recovery journey.

Travelling to Vietnam for medical care, as in Mr D.W.T.'s case, reflects the growing trend of medical tourism. As a foreign-invested private hospital, FV Hospital has been offering medical tourism services since 2008. FV's dedicated Liaison Office team manages the entire process, from remote consultations to appointment scheduling and treatment coordination, ensuring a seamless and reassuring experience for patients, including those referred by international doctors.

In addition, FV offers telemedicine services, enabling patients to consult doctors online before travelling. In many cases, FV's doctors collaborate with overseas doctors to jointly develop optimal treatment plans ahead of the patient's arrival for in-person care.



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



At FV Hospital, patient safety in the operating room is not just a professional standard but a fundamental value. This commitment is realised through every operational procedure, multidisciplinary coordination, and the integration of advanced technology. From admission to discharge, from sterile environment control to complication management, every process is systematically programmed and monitored with one single objective: safe surgery, no lasting complications and the best possible recovery for every patient.

FV's operating room system is designed and operated in compliance with HTM 03-01 (UK) standards, ensuring optimal conditions for all types of surgical interventions. This includes complex surgeries that require positive-pressure environments or stringent microbiological control. As a result, FV maintains a surgical site infection (SSI) rate consistently below 0.5%, significantly lower than the global average of 1–2%.

Complementing FV Hospital's advanced infrastructure is a dedicated Anaesthesiology and Intensive Care team, involved from pre-anaesthesia assessment to post-operative monitoring. During every surgery, each patient is continuously supervised by an anaesthesiologist throughout. For high-risk operations, FV always assigns a primary anaesthesiologist and a standby anaesthesiologist to ensure immediate response to any arising situations. Due to these rigorous protocols, the anaesthesia-related complication rate at FV currently stands at 0.03%, approximately three

times lower than the international average. The use of BIS monitoring systems ensures precise control over the depth of anaesthesia, reducing the risk of overdose and supporting faster post-operative recovery.

Another critical factor in ensuring surgical safety at FV Hospital is the close collaboration between anaesthesiologists, surgeons, and Operating Theatre (OT) Nursing teams. Before every procedure, the teams conduct joint consultations, risk assessments, and align on the surgical plan, while verifying all medications, instruments, and equipment. FV has comprehensively implemented the WHO Surgical Safety Checklist since 2015. Thanks to this, all intraoperative incidents are promptly reported, analysed and addressed, significantly reducing the risk of post-operative complications.

FV's most significant differentiator lies in its operating room system built on strict safety protocols designed to minimise the risk of human error. This is supported by continuous training programmes for the OT Nursing team, along with quarterly Morbidity and Mortality (M&M) reviews that foster a culture of learning and accountability. Additionally, FV utilises integrated electronic traceability technology for tracking medications, instruments, and medical records, ensuring consistency and transparency at every stage of surgical care.

In addition, all operating room equipment at FV Hospital is regularly maintained and undergoes

thorough cleaning, disinfection, and sterilisation after each procedure. This guarantees that the equipment is always ready for use, ensuring patient safety during scheduled surgeries and allowing for immediate handling of emergency operations when needed. After each procedure, surgical instrumentation is subjected to a strict sequence of reprocessing phases, starting from the point of use, until they are fully cleaned, disinfected, inspected, and resterilised for the next operation.

At FV, each surgery is a meticulously planned and tightly controlled process. The patient is always at the centre of care, supported by a seamlessly coordinated system that ensures every operation is carried out safely and successfully.



ENHANCING PRACTICAL SKILLS IN ENDOSCOPIC SUBMUCOSAL DISSECTION (ESD) FOR EARLY-STAGE CANCER (STAGE 0) TREATMENT WITH JAPANESE EXPERT

On 12 June 2025, FV Hospital hosted an in-depth workshop titled “Enhancing Endoscopic Submucosal Dissection (ESD) Techniques”, featuring Prof Tomohiko Richard Ohya, MD, PhD, an interventional endoscopy expert from Japan, alongside FV's gastroenterologists and over 50 participants from various medical institutions.

The workshop focused on updating participants' knowledge and hands-on techniques in ESD for the treatment of early-stage gastrointestinal cancers (stage 0). It also featured practical training using the MIKOTO simulation model and pig stomach tissue, helping to bridge the gap between theoretical learning and clinical practice.

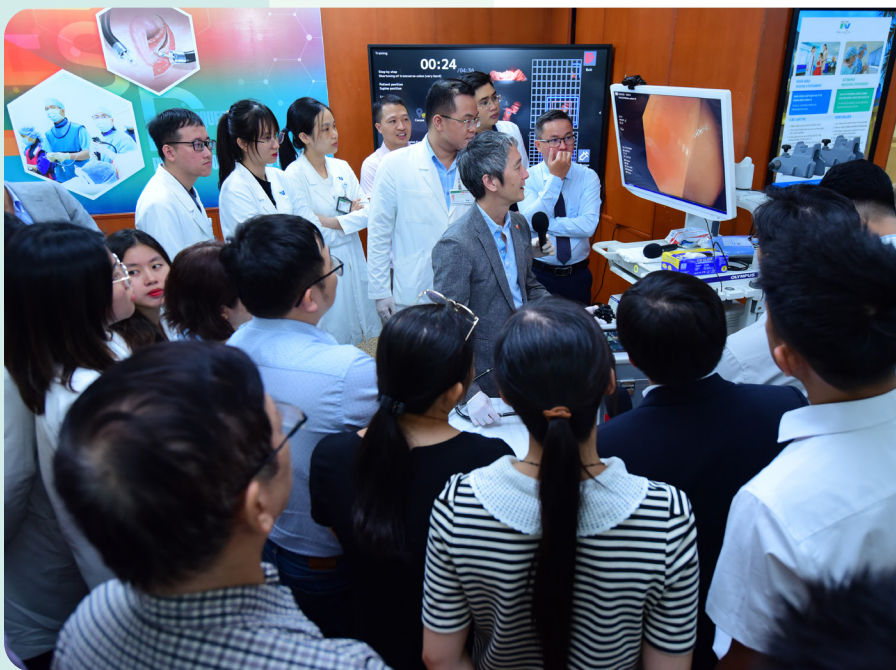
The workshop began with a presentation by Dr Ngo Van Huy, Deputy Head of Gastroenterology and Hepatology Department at FV Hospital, who provided an overview of the ESD technique, its training process, and its applications at FV over the past five years. ESD allows for the complete removal of mucosal lesions without altering the structure of digestive tract, thereby reducing the need for open surgery, minimising complications, and accelerating patient recovery.

- Prof Tomohiko Richard Ohya, MD, PhD led two key professional sessions:
- Application of NBI (Narrow Band Imaging) in early cancer detection: Emphasis was placed on identifying abnormal microstructures and microvascular patterns, particularly in oesophagus, stomach, and colon.
 - Step-by-step ESD technique: Detailed guidance on marking, incision, dissection, haemostasis, and en bloc lesion removal, along with clinical tips on selecting appropriate knives and handling difficult-to-access sites.

Specialist Level II, Bui Nhuan Quy, MD, MSc, Head of Gastroenterology and Hepatology Department at FV Hospital, presented on the current situation of late-stage gastric cancer diagnosis in Vietnam. He highlighted the critical role of early diagnostic endoscopy, supported by dye techniques and NBI technology. Using clinical imagery, Dr Quy demonstrated how early-stage lesions can be easily overlooked without sufficient experience and technical support.

- A highlight of the workshop was the two practical sessions:
- MIKOTO simulator: Accurately replicating the structure of the colon and integrates AI-based analysis and scoring performance. It enables participants to practise unlimited times, improving control and precision.
 - Pig stomach model: Providing hands-on experience with real tissue, enabling doctors to refine skills in bleeding management, tactile feedback, and working in confined spaces.

The workshop was highly praised for its practical value, effectively combining theoretical knowledge with hands-on simulation. It also provided valuable opportunities for direct engagement with international experts, supporting the advancement of early detection and minimally invasive treatment techniques in gastrointestinal oncology – while maximising organ preservation.



MULTIDISCIPLINARY COLLABORATION IN DIAGNOSIS AND MANAGEMENT OF HALITOSIS AND DYSPHAGIA

On the afternoon of 5 July 2025, over 150 doctors and specialists attended a CME workshop at FV Hospital titled “Multispecialty Approach in the Treatment of Bad Breath and Swallowing Disorders.” The event not only provided in-depth medical updates but also underscored the importance of cross-specialty collaboration in managing conditions that are often underestimated but significantly impact patients’ quality of life.

Nguyen Thanh Tung, MD, PhD, Head of the Oral and Maxillofacial Surgery - Dental Surgery Department at FV Hospital, opened the workshop with a presentation titled “Decoding Halitosis: The Role of Dental and Maxillofacial Specialists in Diagnosis and Management”. He offered a detailed analysis of how intraoral factors are the most common culprits behind bad breath.

Following this, Vo Cong Minh, MD, PhD, Head of Otorhinolaryngology (ORL or ENT) Department at FV Hospital, discussed nasal and sinus diseases, tonsillitis, and laryngopharyngeal reflux as often overlooked but significant non-oral causes of chronic halitosis.

From an internal medicine perspective, Bui Nhuan Quy, MD, MSc, Head of Gastroenterology and Hepatology Department at FV Hospital, addressed the topic “Can Bad Breath and Digestive Issues Be Fully Resolved?”. He also presented on a comprehensive treatment regimen at FV which is aimed at resolving digestive-related halitosis effectively.

The second part of the workshop shifted focus to dysphagia (swallowing disorders). Le Khanh Dien, MD, PhD, Head of the Rehabilitation Department at An Binh Hospital and former Vice President of the Asia-Pacific Society for Speech-Language Therapy (2022–2023), presented “Dysphagia after stroke: An updated perspective.” He highlighted that early detection and timely rehabilitative therapy are key to helping patients regain their ability to eat, speak, and reintegrate into daily life.

Concluding the workshop, Specialist Level II, Nguyen Viet Quynh Thu, MD, MSc, Head of the Nutrition and Dietetics Department at FV Hospital, delivered a detailed presentation titled “Nutrition in Stroke Patients with Swallowing Disorder”. She emphasised the importance of personalised nutritional care, including food texture modification, aspiration risk management, and malnutrition prevention all of which contribute to improved quality of life and recovery outcomes.

Through this workshop, FV Hospital reaffirmed its pioneering role in continuous medical education, fostering professional knowledge and enhancing treatment quality to support better patient health and well-being.

