

What's up, Doc?

No 1 - March, 2025



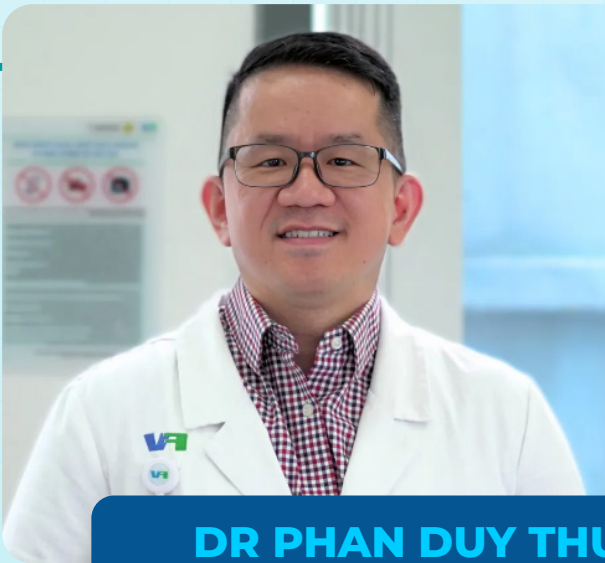
VU TRUONG SON, MD, MSC
Officially appointed as FV Hospital's Medical Director

As of February 1, 2025, Dr Vu Truong Son has been officially appointed as FV Hospital's Medical Director.

Dr Son joined FV Hospital in 2013 as an Internal Medicine doctor. Over the past decade, he has played a key role in advancing the hospital's medical services, including establishing Infection Control Unit, leading the hospital through the COVID-19 pandemic, and developing the Infectious Diseases Department to improve patient care quality.

In 2023, Dr Son was appointed Deputy Medical Director, supporting the Medical Affairs Department and contributing to the sustainable development of medical services. His tenure as Acting Medical Director further demonstrated his strong leadership capabilities.

As Medical Director, Dr Son will continue to lead FV Hospital's medical team with dedication and expertise, focusing on enhancing healthcare services. He aims to uphold the highest standards of patient care while advancing the hospital's strategic goals for the future.



DR PHAN DUY THUC
U.S. Trained Psychiatry Specialist
joins FV Hospital

Dr Phan Duy Thuc earned his Doctor of Medicine degree from the University of Texas Medical Branch in Galveston in 2011. He then completed a Triple Board Residency at Mount Sinai Medical Center, New York, from 2011 to 2016, specialising in Paediatrics, General Psychiatry, and Child & Adolescent Psychiatry. In addition to his medical qualifications, he holds a Master's degree in Electrical Engineering from the University of Houston, Texas, equipping him with a systematic and data-driven approach to psychiatric treatment.

In February 2025, Dr Phan Duy Thuc officially joined the Psychiatry Department at FV Hospital, where he provides consultation and treatment for conditions such as:

- Anxiety disorders
- Depression
- Autism spectrum disorder (ASD)
- Attention deficit hyperactivity disorder (ADHD)
- Obsessive-compulsive disorder (OCD)
- Bipolar disorder
- Sleep disorders
- Post-traumatic stress disorder (PTSD)

Dr Thuc also specialises in psychological crisis intervention, providing support to patients facing extreme stress and emotional trauma.

With active medical licenses in New York and Texas, he is board-certified by the American Board of Psychiatry and Neurology in both General Psychiatry and Child & Adolescent Psychiatry.

Before joining FV Hospital, Dr Phan Duy Thuc spent over seven years working at New York

State Office of Mental Health, where he was responsible for diagnosing, treating, and managing psychiatric patients while also mentoring nurses and therapists. He played a key role in developing telepsychiatry services, improving access to mental health care for patients in remote and underserved area

To book an appointment with Dr Phan Duy Thuc – Neurology Unit - Internal Medicine Department, FV Hospital please call: (028) 35 11 33 33 - Ext 1541





DR NGUYEN TRONG ANH, SPECIALIST LEVEL II

Leading expert in Orthopaedic Trauma and Sports Medicine returns to FV Hospital

As of October 2024, Dr Nguyen Trong Anh officially returned to the Bone & Joint Centre at FV Hospital. With nearly 30 years of experience in orthopaedic trauma treatment, particularly in arthroscopic surgery and sports injury management, he specialises in:

- Diagnosing and treating conditions affecting the shoulder, knee, elbow, wrist, and ankle joints.
- Providing consultation and treatment for sports injuries, particularly for professional and elite athletes, helping them recover quickly and return to peak performance.
- Performing advanced minimally invasive arthroscopic surgery for cartilage, ligament, and tendon injuries, as well as joint stiffness using modern techniques and equipment to ensure pain relief and faster recovery for patients.

Dr Nguyen Trong Anh graduated from the University of Medicine and Pharmacy in Ho Chi Minh City in 1995 and earned his Specialist Level II degree in Orthopaedic Surgery in 2009. Committed to advancing medical expertise and adopting innovative treatments, he received multiple scholarships for fellowships in Arthroscopy, Sports Medicine, and Orthopaedic Surgery at prestigious training centres and hospitals across the United States from 2000 to 2004. In addition, he has served as a sports physician at major Vietnamese and international sports events, including ATP and ITF tennis tournaments, as well as football, basketball, volleyball, and martial arts competitions.

Since 1996, Dr Nguyen Trong Anh has held senior physician positions at various institutions, including the National Training Center II, Ho Chi Minh City Orthopaedic and Trauma Hospital, and Nhan Dan 115 Hospital. He has also served as a medical consultant for several major hospitals across Vietnam.

In addition to his clinical practice, Dr Nguyen Trong Anh is an active educator, teaching at the Central University of Sports and Physical Education II, Pham Ngoc Thach University of Medicine, and VinUni. He also served as Co-Director of the Arthroscopy Training Programme under the American Academy of Orthopaedic Surgeons (AAOS) and the Vietnam Orthopaedic Association (VOA) from 2009 to 2016 and has been a faculty member of the North American Arthroscopy Association (AANA) and other educational programmes in Vietnam.

Dr Nguyen Trong Anh is an esteemed member of several international professional organisations, including the AAOS, AANA, the International Federation of Sports Medicine (FIMS), and the Asian Shoulder Study Group (ASSG). He currently holds the position of Vice President of the Ho Chi Minh City Sports Medicine Association.

To book an appointment with
Dr Nguyen Trong Anh, Specialist Level I
Bone & Joint Centre Department, FV Hospital,
please call: (028) 35 11 33 33 - Ext 1226

Dr Vu Huu Vinh graduated from the Military Medical Academy before earning his PhD in Medicine from Kyoto University, Japan, in 2001. In recognition of his contributions to the field, he was awarded the title of Associate Professor in 2016, marking a significant milestone in his medical career.

With over 40 years of experience in the field, Dr Vu Huu Vinh has built an distinguished career. He has worked at several major hospitals in Vietnam and abroad, including Cho Ray Hospital and Viet Tiep Hospital (Hai Phong). Most recently, he served as Head of Thoracic Surgery Department at Cho Ray Hospital.

Since December 2024, Dr Vu Huu Vinh has been part of FV Hospital's Vascular & Thoracic Surgery Department, specialising in diagnosing and treating thoracic conditions. His expertise includes lung cancer surgery and the management of complex chest trauma cases such as rib fractures, haemothorax, and pneumothorax.

Dr Vinh has successfully performed numerous lung tumour removal surgeries, ranging from small tumours to large, complex cases, as well as advanced thoracoscopic procedures such as lobectomy, bronchial resection, and mediastinal tumour excision. He is also experienced in cardiac surgeries, including valve repair, Atrial Septal Defect (ASD) and Ventricular Septal Defect (VSD) correction. In addition, Dr Vu Huu Vinh is highly skilled in various other thoracic surgical techniques, including oesophageal surgery, pleural surgery, and chest wall reconstruction.

To book an appointment with Assoc. Prof. Vu Huu Vinh, MD, PhD
Thoracic, Vascular & Endovascular Surgery Department, FV Hospital
please call: (028) 35 11 33 33 - Ext 1528



ASSOC. PROF. VU HUU VINH, MD, PHD

Leading expert in Thoracic Surgery
with 40 years of experience
joins FV Hospital



**FV HOSPITAL EXTENDS
DOUBLE REWARD
POINTS OFFER**

To acknowledge your continued support, FV Hospital is pleased to announce the extension of our double reward points offer under the FVH Partners Rewards Programme. From March 1, 2025, to June 30, 2025, you will continue to earn double points for every patient referred to or treated at FV Hospital.

We sincerely appreciate your trust and partnership. We hope this programme continues to provide meaningful benefits and further strengthen our long-term collaboration.

**HONORING ACTIVE DOCTORS
OF THE FVH PARTNERS PROGRAMME IN 2024-2025**



DECEMBER 2024

| DOCTOR'S NAME | SPECIALITY |
|-------------------------|-------------------|
| LE MINH QUANG | Internal Medicine |
| PHAM THI THUY NGA | Pain Management |
| NGUYEN FORTON GUILLAUME | Cardiology |

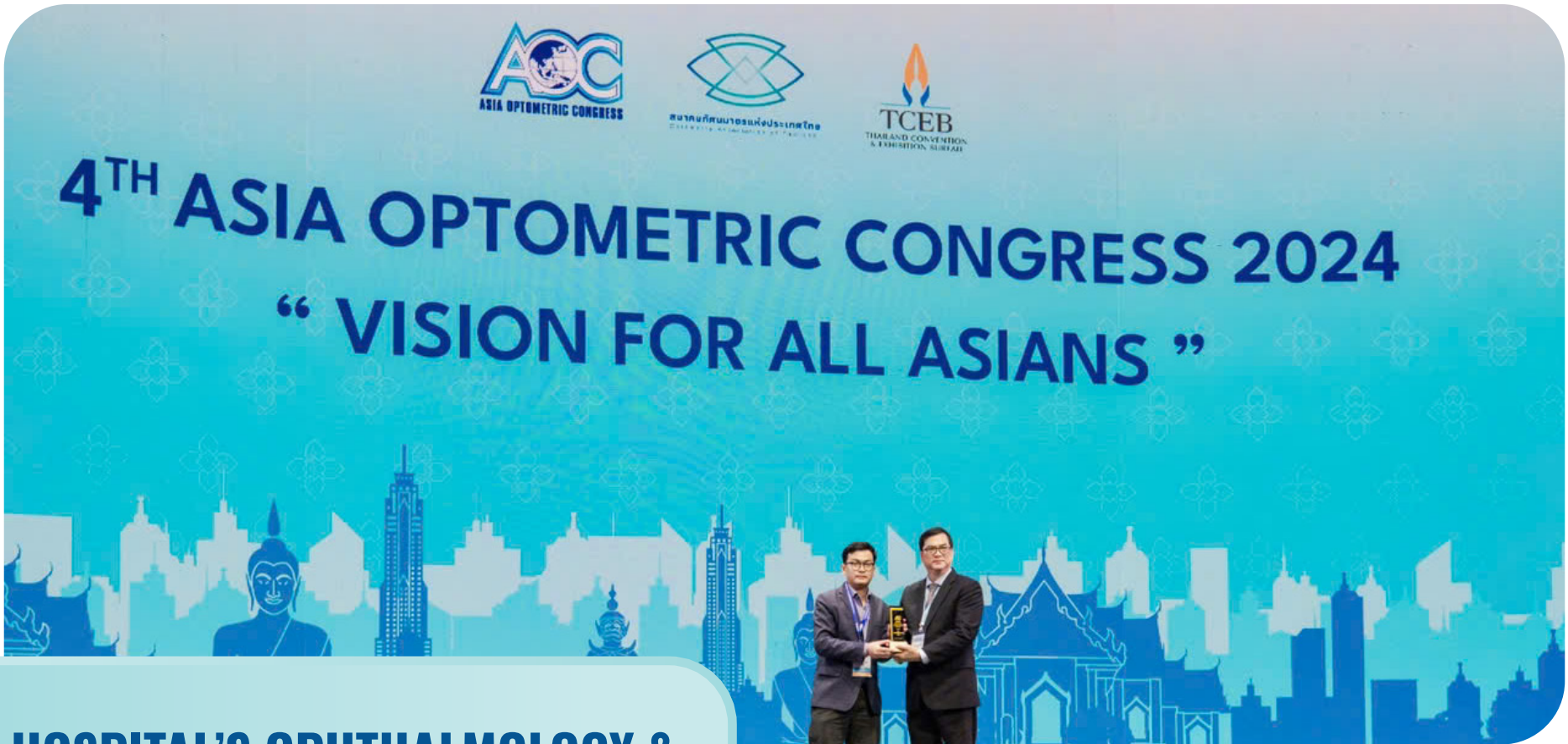
JANUARY 2025

| DOCTOR'S NAME | SPECIALITY |
|-------------------|--|
| CAO QUOC HUNG | Internal Medicine Urology & Andrology |
| ROBERT RICHE | Obs & Gyn |
| PHAM THI THUY NGA | Pain Management |



| DOCTOR'S NAME | SPECIALITY |
|----------------|------------|
| BUI CHI THUONG | Obs & Gyn |
| TO THANH LONG | ENT |
| HUYNH THI HIEU | Obs & Gyn |

| DOCTOR'S NAME | SPECIALITY |
|----------------|------------|
| BUI CHI THUONG | Obs & Gyn |
| TO THANH LONG | ENT |
| HUYNH THI HIEU | Obs & Gyn |



FV HOSPITAL’S OPHTHALMOLOGY & REFRACTIVE SURGERY DEPARTMENT WINS PRESTIGIOUS AWARDS FOR RESEARCH ON CATARACT TREATMENT IN PATIENTS WITH AMBLYOPIA

In December 2024, Mr Nguyen Truong Vinh Binh, an Optometrist at FV Hospital’s Ophthalmology & Refractive Surgery Department, won the top award for “Scientific Poster Presentation” category at the Asia Optometric Congress (AOC) held in Bangkok, Thailand. Shortly after, his research also secured the second prize at the 2024 National Refractive Optometry Workshop, further highlighting his expertise and strengthening FV Hospital’s reputation in advanced eye care.

Mr Vinh Binh’s report focused on early detection and treatment of keratoconus accompanied by amblyopia – one of the major challenges in modern ophthalmic care. His study explored the use of specialised contact lenses with visual therapy exercises to enhance patients’ vision.

The Asia Optometric Congress (AOC) is a key regional event that brings together leading experts from around the world. The recognition of an FV Hospital representative at this prestigious conference underscores the hospital’s commitment to investing in human resources and technology, driving forward research and clinical practice in treating eye diseases.

FV Hospital takes pride in being a pioneer in applying advanced technology in ophthalmology. Alongside leading treatments such as corneal transplants and cutting-edge techniques for managing eye diseases and refractive surgery, the Ophthalmology & Refractive Surgery Department also prioritizes screening and management of myopia as well as treating amblyopia in children.

With advanced equipment and a team of experienced specialists, the department has provided effective treatment solutions, enhancing the quality of life and preserving the precious eyesight of thousands of patients.

To book an appointment with the Ophthalmology & Refractive Surgery Department, FV Hospital, **please call: (028) 35 11 33 33 - Ext 2000**



FV HOSPITAL AND MCV GROUP PARTNER TO IMPROVE MEDICAL COMMUNICATION AND TRAINING

On December 12, 2024, FV Hospital and MCV Group signed a strategic partnership agreement at the FV’s Auditorium. This collaboration marks a significant milestone in enhancing medical communication and education, enabling a more effective approach to connecting the community with accurate and reliable medical information through the Doctor Network digital platform.

During the signing ceremony, Ms Nguyen Thi Le Thu, Marketing & Business Development Director of FV Hospital, highlighted the significance of collaboration. She shared, “This partnership will serve

as a bridge to bring information closer to patients, while helping the community better understand the values that FV offers, including medical expertise, advanced equipment, and international-standard healthcare services.”

Under the agreement, MCV Group and FV Hospital will produce over four hundred pieces of content for the Doctor Network platform. The platform will also support FV’s media channels, including FVTV (YouTube, TikTok, Reels), and FV’s official social media pages on Facebook, LinkedIn, and Instagram. Notably, both organisations will also collaborate to organise

online CME training courses and build an in-depth medical library. Moreover, doctors will be able to use the Doctor Assistant AI tool to study and enhance their expertise in a convenient and scientific way.

Through this partnership, FV Hospital and MCV Group will work together to develop sustainable values, aiming to improve public health. With the Doctor Network platform, the public can easily access scientifically based medical information and seek advice from FV’s experts conveniently.

**CENTRAL STERILE
SUPPLY DEPARTMENT
(CSSD) AT FV:
ENSURING PATIENT SAFETY
THROUGH SURGICAL
INSTRUMENT STERILISATION**



In the medical environment, infection control plays a crucial role in ensuring patient safety, especially in surgical cases.

Hospital-acquired infections (HAIs) remain a major challenge in modern medicine. According to the World Health Organization (WHO) in 2016, the rate of HAIs in intensive care units in Vietnam could reach up to 30%, with surgical site infections being a leading cause. Improperly sterilized surgical instruments can serve as sources of infection, increasing the risk of serious complications such as sepsis, peritonitis, or septic shock. These complications not only raise mortality rates but also prolong hospital stays, escalate treatment costs, and impose a significant burden on the healthcare system.

At FV Hospital, the sterilisation process for surgical instruments is rigorously implemented in accordance with Joint Commission International (JCI) standards. All medical instruments undergo a strict control process, including preliminary cleaning, ultrasonic treatment, high-temperature sterilization, thorough inspection and sterile packaging. Advanced sterilization technology ensures the highest level of patient safety while reducing hospital-acquired infection rates and minimising the misuse of antibiotics.

The sterilization process at FV ensures that no bacteria remain on the instruments after use. Following each surgery or examination, instruments are first soaked in a specialised disinfectant basin with a properly mixed disinfectant solution. They are then manually cleaned, rinsed with water, and placed in a sterilization machine. Once the disinfection process is complete, each instrument is removed, lubricated, and then inspected under a special magnifying glass to ensure its functional integrity. The instruments are then transferred to an autoclave for sterilisation. Before packaging, a nurse evaluates the set by reading the test chart. The set is then assessed again for integrity and sterility before being certified safe for patient use. Thanks to these strict infection control measures, FV Hospital has maintained a remarkably low surgical site infection rate of just 0.2% of total surgeries.

At FV, all procedures, from instrument sterilisation to clinical practices, adhere to the highest standards to ensure an absolutely sterile surgical environment. There is no margin for error in the sterilisation process, as each sterile instrument plays a critical role in protecting patient safety.



**FV HOSPITAL SUCCESSFULLY
PERFORMS RARE PELVIC TUMOUR
REMOVAL ON YOUNG DOCTOR**



Patient P.D.T., a doctor by profession, discovered a large tumour in her left pelvic region during a routine health check-up. Understanding the seriousness of her condition, she conducted thorough research and consulted with colleagues both in the north and south of Vietnam. Specialists unanimously agreed that the tumour was dangerously located near vital blood vessels and nerves, making surgery highly risky. Additionally, the tumour was situated in a confined space, limiting surgical access, and increasing the risk of severe complications, including fatal outcomes.

After extensive research, Dr P.D.T. placed her trust in her colleagues and decided to undergo surgery at FV Hospital. Upon in-depth examination, doctors found that the tumour was outside the peritoneum in the left pelvic region, measuring 12x10x9cm. It extended from the L4-L5 lumbar spine down to the area near the prostate, close to the rectum. The tumour was solid, with multiple areas of calcification. It rested against the left pelvic wall, pushing on the L4-L5 nerve and the sacrum, displacing the pelvic organs, including the rectum, bladder, and ureter towards the right. Additionally, the pelvic vascular network on the left side was displaced to the right.

FV Hospital assembled a multidisciplinary team of specialists in general surgery, neurosurgery, urology, radiology, and anaesthesiology, to develop the safest and most effective surgical approach. Leading the team was Dr Phan Van Thai,

Specialist Level II, Head of General Surgery Department. His primary objective was to achieve complete tumour removal to minimise the risk of recurrence while carefully preserving surrounding structures. The team also aimed to prevent potential complications, such as incontinence, that could arise after surgery.

Anticipating a prolonged surgery with a high risk of bleeding, the surgical team prepared blood products, set up proper blood transfusion lines, and closely monitored the patient's hemodynamic status.

On the morning of November 6, the patient was taken to the operating room. The surgical team, led by Dr Thai, included four surgeons and four anaesthesiologists. During the procedure, Dr Thai meticulously separated the blood vessels, carefully extracting the tumour from the intricate vascular network while preserving the blood vessels as much as possible. "There were areas where we had to dissect just millimetres at a time because if a blood vessel ruptured, there would be no way to stop the bleeding. The only option would be to cut through the tumour and stop the bleeding, which would render the goal of complete tumour removal meaningless," Dr Thai explained.

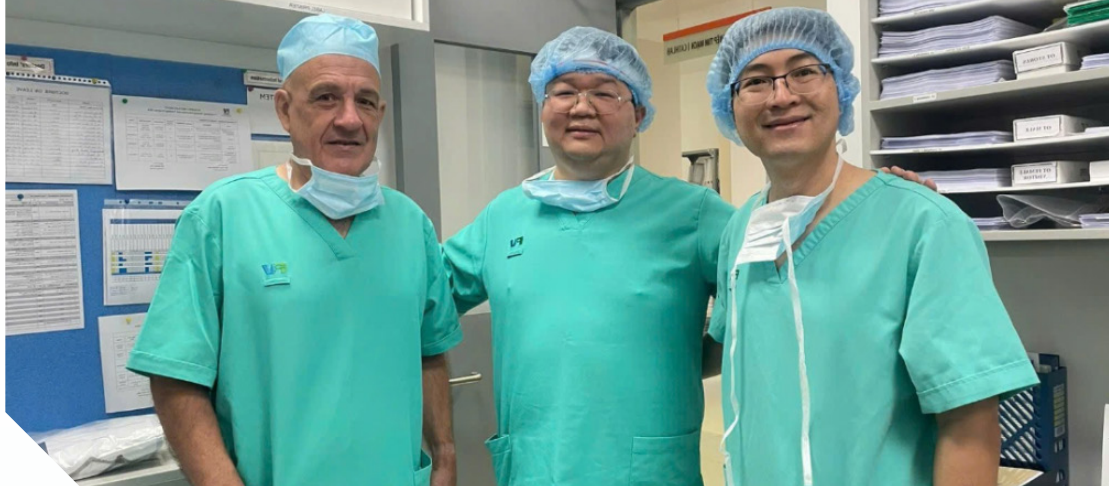
While removing the tumour, the team discovered several branches of the sciatic nerve embedded within its capsule. Removing the nerve would have left part of the tumour intact, risking recurrence. To ensure the entire tumour was removed, surgical team

made the difficult decision to excise the nerve branches, accepting that the patient would experience weakness in certain muscle groups in her left leg. After 12 hours of surgery, the entire tumour was successfully removed. The surgical team breathed a sigh of relief, knowing they had preserved the small but crucial nerves responsible for urinary and sexual functions.

The tumour was sent for biopsy, which confirmed it as a rare schwannoma, a type of nerve sheath tumour. According to U.S. statistics, this type of pelvic tumour is extremely rare, with an incidence of approximately 2.4 cases per million people. Following the surgery, the patient began physical therapy and rehabilitation to address the weakness and numbness in her left leg.

This case highlights FV Hospital's advanced surgical capabilities and the dedication of its medical team in successfully managing complex and rare medical conditions with precision and care.

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



Advanced lung cancer treatment with Dr Su Jang Wen – Thoracic Surgery Expert From Singapore

Patient N.V.D., 64, previously underwent a left lung lobectomy for lung cancer and required regular follow ups in Singapore. When an abnormality was later detected in his right lung, he initially planned to return to Singapore for further evaluation. However, after discovering that Dr Su Jang Wen, a Singapore-based specialist, could perform surgery at FV Hospital in Vietnam, he changed his mind.

Dr Su Jang Wen is a highly respected cardiovascular and thoracic surgeon, specializing in lung cancer surgery, with over 7,000 successful surgeries to his name. He is particularly skilled in video-assisted thoracic surgery (VATS), a minimally invasive technique that minimises pain and promotes faster recovery.

During the examination, Dr Su identified a small nodule, measuring less than 5mm in size, in the patient's right lung and recommended a biopsy.

A multidisciplinary consultation determined that the procedure carried high risks due to the patient's prior lung surgery and multiple underlying conditions. As a result, the surgery needed to be performed quickly and accurately.

With the support of Dr Luong Ngoc Trung, Head of the Thoracic Surgery Centre at FV Hospital, Dr Su Jang Wen successfully removed the suspicious white nodule. Immediate biopsy results confirmed it was a malignant tumour. Dr Su then performed lymph node dissection to remove all cancerous cells, preventing the need for a second surgery.

After the surgery, the patient recovered well and was grateful to have received treatment from a leading Singaporean expert without having to travel abroad. Additionally, the costs at FV Hospital were only one-third of what it would have been for treatment in Singapore.

Many patients have traditionally sought treatment in Singapore despite the high costs of travel, accommodation, and the challenges of language barriers and limited family support. To address this, FV Hospital has proactively partnered with international experts, enabling Vietnamese patients to receive advanced medical care locally at more affordable costs.

In addition to Dr Su Jang Wen, FV Hospital collaborates with world-renowned specialists, including Prof. Donald Tan (corneal transplants), Dr Stephane Guero (hand surgery), and Prof. McKay McKinnon (neurosurgery). Since becoming a part of the Thomson Medical Group (Singapore) in 2024, FV has continued to expand its partnerships, providing local patients with greater access to high-quality international treatment options.

To book an appointment with the Thoracic, Vascular & Endovascular Surgery Department, FV Hospital
please call: (028) 35 11 33 33 - Ext 1528

NEXT-GENERATION TAVI WITH EVOLUT FX & 3MENSIO CT: THE MOST ADVANCED AORTIC VALVE REPLACEMENT TECHNOLOGY AT FV HOSPITAL

FV Hospital has introduced the groundbreaking Evolut™ FX technology for aortic valve replacement, marking the first time this advanced technique has been implemented in Vietnam. By combining this minimally invasive procedure with the 3Mensio CT imaging software integrated with AI, FV has successfully treated complex cardiovascular cases without the need for open-heart surgery.

A 65-year-old patient, V.T.P. from Vung Tau, visited FV Hospital for a digestive check-up but was diagnosed with severe aortic valve stenosis and a congenital mitral valve anomaly. Without treatment, the patient faced the risk of heart failure and sudden death. However, the procedure was complicated by the patient's abdominal aorta, which had a challenging curved structure with an 80-degree angle, making catheter-based intervention difficult. To ensure safety, Ho Minh Tuan, MD, PhD, Head of the Cardiology and Interventional Cardiology Department at FV Hospital, recommended the use of the Evolut™ FX valve.

"The patient's aorta had a sharp curve, making it difficult to insert the valve through the femoral artery. Using older-generation valves would increase the risk of complications. Therefore, we chose the latest Evolut™ FX valve, which has a flexible design and can adapt to complex anatomy, ensuring safe and efficient valve placement," explained Dr Ho Minh Tuan.

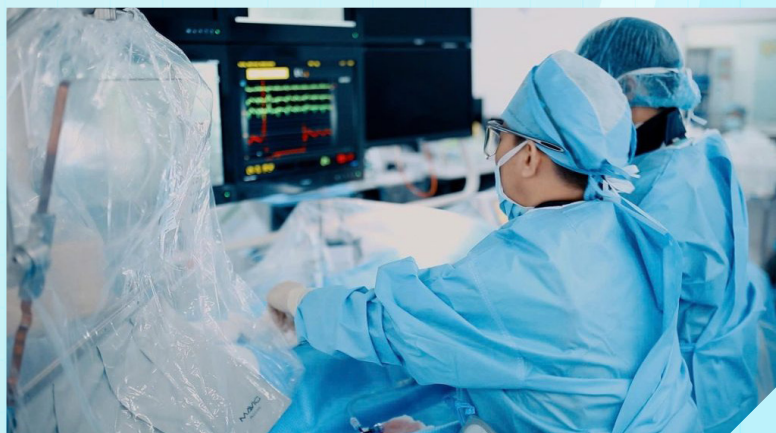
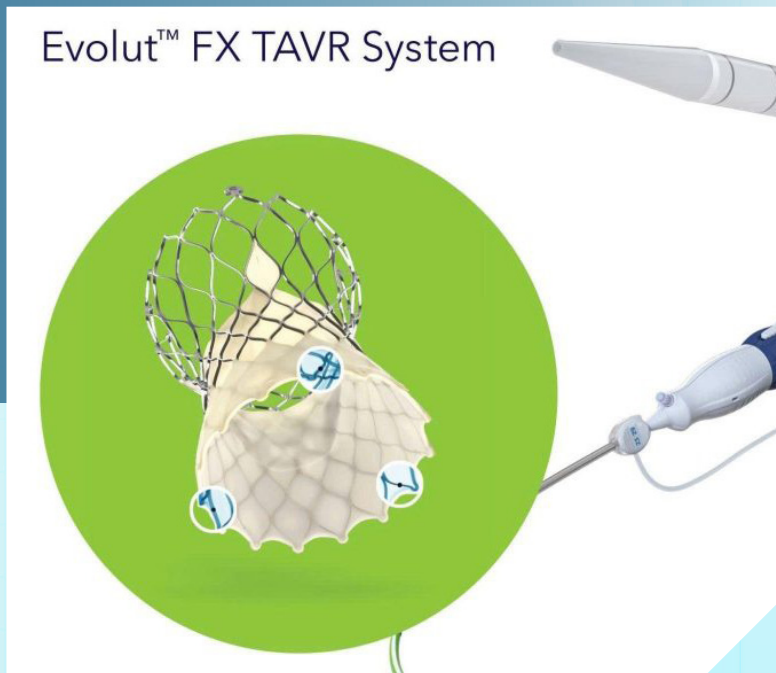
The aortic valve replacement procedure for Patient P. was supported by 3Mensio CT imaging software integrated with AI, the most advanced CT analysis tool available. This technology enabled doctors to assess the optimal entry route, determine the appropriate valve size, and ensure precise placement, resulting in a successful intervention that lasted only 45 minutes. Following the procedure, the patient recovered quickly, experienced no further breathing difficulties, and maintained stable heart function. Patient P. was discharged after just two days.

The new Evolut™ FX technology represents a significant advancement in the field of aortic valve intervention. According to Dr Ho Minh Tuan, the Evolut™ FX valve offers several advantages over previous generations. It is designed to function reliably for 15-20 years, with only a 1-2% chance of requiring replacement after two decades.

An essential factor in the success of the aortic valve replacement procedure is the 3Mensio CT software with AI image analysis. This advanced tool creates a 3D simulation of the aorta and heart structures, enabling doctors to precisely assess valve size, determine the optimal

To book an appointment with the Cardiology and Interventional Cardiology Department, FV Hospital,
please call: (028) 35 11 33 33 - Ext 1165, 1216

Evolut™ FX TAVR System



catheter route, and ensure accurate valve placement. Compared to traditional CT imaging methods, the 3Mensio AI-integrated system enhances image analysis more accurately, reduces procedural risks, shortens preparation time, and improves overall success rates.

FV Hospital is now the first institution in Vietnam to implement 3Mensio CT software integrated with AI for the treatment of complex heart valve diseases. This advanced technology supports procedures such as TAVI (Transcatheter Aortic Valve Implantation), MitraClip (mitral valve repair), TriClip (tricuspid valve repair), pulmonary valve interventions, and left atrial appendage closure.



FV LAUNCHES **PRESBYMAX METHOD** FOR PRESBYOPIA TREATMENT

Presbyopia is a natural age-related vision condition that typically begins around the age of 40, causing difficulty seeing objects up close, which impacts daily life. To provide an advanced treatment solution, FV Hospital has officially launched PresbyMAX technology at its Ophthalmology & Refractive Surgery Department for treatment of presbyopia.

PresbyMAX is an advanced laser technique that reshapes the optical zone of the cornea, creating a multifocal cornea to improve vision at all distances - far, near, and intermediate. This technology is personalised for each patient, delivering optimal results and reducing dependence on glasses.

Dr Nguyen Thi Mai, Specialist Level II, Head of Ophthalmology & Refractive Surgery Department at FV Hospital, shared: "The PresbyMAX procedure is quick, taking only 15-20 minutes, and is completely painless because the patient is numbed with anaesthetic drops before surgery. After the procedure, the patient's vision will gradually improve, allowing them to see clearly at close distances within a week."

Presbyopia occurs when the lens inside the eye thickens, hardens, and loses elasticity, reducing the eye's ability to focus. In addition to aging, factors such as diabetes, cardiovascular diseases, or the use of antidepressants and antihistamines can increase the risk of early onset presbyopia. Common symptoms include:

- Blurry vision when reading books or using a phone.
- Needing to hold objects farther away to see them clearly.
- Eye strain and headaches after prolonged work.
- Difficulty seeing in low-light environments.

If left untreated, presbyopia can significantly impact quality of life, reduce work efficiency, and cause inconvenience in daily activities.

Currently, the two most common treatment methods for presbyopia are wearing glasses or undergoing surgery. While glasses improve vision, surgery is the optimal solution for patients seeking stable vision without reliance on glasses.

With PresbyMAX, one eye is treated to eliminate myopia for distance vision, while the other eye is adjusted to achieve multifocal vision, allowing the patient to see clearly at all distances. This advanced method is available at only a few major centres in Vietnam, offering high safety and rapid results.

Dr Nguyen Thi Mai emphasized: "The results of the surgery can last 7-10 years, depending on each person's aging process. Therefore, patients should schedule early consultations to receive appropriate advice and treatment options."

With a team of leading specialists and state-of-the-art equipment, FV Hospital is one of the pioneering centres in Vietnam offering PresbyMAX technology. This marks a significant advancement in the treatment of presbyopia, helping patients achieve clearer vision and a better quality of life.



To book an appointment with the Ophthalmology & Refractive Surgery Department, FV Hospital, please call: (028) 35 11 33 33 - Ext 2000

FV HOSPITAL INTRODUCES NEW OBSTETRICS & GYNAECOLOGY SERVICES

SERVICES TO IMPROVE CHILDBIRTH EXPERIENCE

With the aim of providing a safe, comfortable, and meaningful birthing experience, FV Hospital's Obstetrics & Gynaecology Department is continuously enhancing and expanding its maternity, childbirth, and postpartum care services. The latest additions outlined below are designed to ensure that expectant mothers and their families can welcome their newborns under the best possible conditions.

1. Water Labour Service

FV Hospital now officially offers water labour monitoring, providing expectant mothers with the option to labour in a warm water pool. This method promotes relaxation, helps reduce pain, and can shorten the duration of labour. It is an ideal option for those seeking a more natural birthing experience without the use of pain medication or epidurals.

This service is available to mothers with stable pregnancies and no identified risk factors. Entry into the water bath is permitted once the

mother is experiencing regular, painful contractions and has a cervical dilation of at least 2 cm.

Throughout the water labour process, mothers are closely monitored by a highly skilled medical team. At least two healthcare professionals are always present to monitor foetal heart rates and ensure the well-being of both mother and baby. All maternal needs are attentively supported to create the most comfortable environment for childbirth.

2. Memory of Birth Videography Service

Understanding the deeply personal and emotional nature of a baby's first moments, FV Hospital offers a professional videography service. An experienced filming team will capture each precious moment with care while respecting privacy and emotions. All footage is securely protected and professionally edited into a meaningful keepsake.

Standard Package:

- One-day filming (up to 12 hours), covering key moments such as hospital admission, labour, childbirth, transfer to the inpatient room, and interviews with doctors and midwives.
- A professionally edited 5-7 minute video, accompanied by a photo slideshow (20-25 images) and a storyboard of 10 images.
- Room decorations, including greeting cards and accessories, available in blue or pink themes.

Premium Package:

- Two-day filming (up to 12 hours per day), capturing key moments such as hospital admission, labour, childbirth, postpartum care, baby's first bath, postnatal check-ups, interviews with medical staff, and family moments welcoming the newborn.
- A professionally edited 10-15 minute video.
- A photo slideshow (20-40 images), a storyboard with 15 images, and a photo album.
- Room decorations, including greeting cards and accessories, available in blue or pink themes.

This service must be booked in advance to ensure proper preparation.

4. Discharge Gift for Mother and Baby

Expectant mothers giving birth at FV Hospital will receive a thoughtful and practical gift package, including a tote bag, nursing pillow, photo frame, baby clothes, diapers, and more.

Additionally, babies born in milestone order (e.g., the 50th, 100th, 150th newborn, etc.) and the first baby of the year will receive special gifts, such as:

- A Save & Safe Membership Card, offering access to international-standard healthcare services at FV Hospital.
- Commemorative gifts and room decorations.
- Special congratulations from the Head of the Obstetrics & Gynaecology Department and Head Midwife at FV Hospital.



5. Baby Welcome Tea Party for the Family

- Enjoy a cozy space decorated in blue or pink themes, featuring balloons and fresh flowers, accompanied by sweet treats, fresh fruit, and juices.
- Designed for gatherings of 6-8 people (maximum of 10 attendees).

Please book at least 48 hours in advance for proper arrangements.

6. Nutritional Meals for Postpartum Recovery

Mothers will enjoy a daily menu featuring nutritious meals that promote milk production, quick recovery, and body warmth. Dishes include traditional Vietnamese and Chinese herbal soups, stewed chicken, and more. Additional nourishing meal options upon request, such as:

- Steamed bird's nest with red dates, ginger, and rock sugar.
- Beef tenderloin steak with pepper sauce.
- A variety of Asian and Western cuisine options, including pasta, soups, main courses, and desserts.

FV Hospital is committed to providing a meaningful and memorable experience for both mother and baby. Supported by a team of highly skilled doctors, dedicated midwives, and state-of-the-art facilities, our Obstetrics Department delivers comprehensive care for mothers and newborns. Every birth is a profound and emotional moment, and FV Hospital is honoured to be a part of this special experience.

To book an appointment with the Obstetrics & Gynaecology Department FV Hospital, **please call: (028) 35 11 33 33 - Ext 6000**

3. Candle Dinner for Couples

Enjoy a romantic dinner featuring a special menu curated by Michelin-starred Chef Sakal, complemented with candles, flowers, and beverages. It's a perfect opportunity for couples to share a meaningful moment together before embarking on their parenting journey.

Please book at least 48 hours in advance to ensure proper arrangements.



UPCOMING ACADEMIC ACTIVITIES

FV THOMSON

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12/04/2025

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