



Ministry of Health and Sports

500-bedded Mandalay Orthopaedic Hospital



(2018-19)

**Patient
Information
Booklet**

Preface

Mandalay Orthopaedic Hospital (MOH) was founded in November, 2004 and the grand opening was done in June, 2010. MOH extended its operational facilities from 200-bedded capacity into 500-bedded capacity in 2015. As MOH is known as a useful platform for doctors, experienced specialist doctors are giving a hands-on training step by step, and as such that specialist doctors and nurses care over the patients' health efficiently.

We genuinely empathize that coming to hospital can be stressful for our patients, so our fully objective is to provide the best possible healthcare services to the patients enabling a speedy recovery. If you have any queries or concerns, please feel free to ask any of our staffs. All the MOH staffs and nurses are committed to provide any necessary assistance to the patients.

Warm Regards

Dr. Kyi Lwin

Medical Superintendent

Mandalay Orthopaedic Hospital



Departments

▪ Out-patient Department	09-796493469
▪ Unit A (Male)	09-785904661
(Female)	09-797516919
▪ Unit B	09-798676280
▪ Spine Orthopaedics Unit	09-775745397
▪ Hand Orthopaedics Unit	09-771293854
▪ Speciality Unit	09-797373665
▪ Private Ward	09-767188970
▪ Operation Theater	
▪ Intensive Care Unit (ICU)	09-797520644

Supporting Departments

Physical Medicine & Rehabilitation Department	09-441141384
Laboratory/ Blood Bank Department	09-793039849
Radiology Department	
Medical Social Work	02-2847615
Prosthetic & Orthotic Center	09-766383167
Medical Record	
Medical Store	

Healthcare Services

Drugs and medical facilities as imaging, lab investigations and implants funded by Ministry of Health and Sports are supported, under the guidance of MOH Management Team, to

- The patient not financially sound (must have the recommendation of village/ quarter administrator)
- State government staff
- Retired government staff
- Member of Religious order
- Student
- Prisoner
- Emergency situation

as **free of charge to the best possible extent**, but other patients are being treated with *cost sharing policy*.

Out-patient Department

All OPD patients are provided with outpatient care, supporting with allocated free drugs, dressing, applying POP and surgical OPD Day care treatment.



Surgical Procedures



A. Plating | Forearm



B. Locking plate with cement | Distal tibia



C. Interlocking nail | Femur



D. Interlocking nail | Tibia



E. Dynamic hip screw



F. Condylar screw fixation



G. Acetabular plating

A-J, Courtesy of Prof Si Thu.



H. Cemented unipolar prosthesis



I. Proximal femoral nail antirotation

Hand Orthopaedics Unit

Under the supervision of the professor of Hand Unit, the unit has established since 2012, and been giving health care to patients in such difficult conditions as hand injuries, congenital defects, infections and tumors.

Adult Reconstructive Orthopaedics Unit

For advanced OA knee/hip, total knee/hip arthroplasty (TKA/THA) procedures are being done on a regular basis.



Courtesy of Prof Than Win.

Before hip replacement surgery



Total Hip Arthroplasty



After replacement surgery

After 6 months of replacement



OA Knee



Total Knee Arthroplasty

Courtesy of Prof Than Win.

Spine Orthopaedics Unit

The Spine Unit was opened in November, 2013. As this unit, it has been doing operations for spine injuries in cervical, thoracic and lumbar regions, mostly.



Thoracolumbar injuries

Courtesy of AP Aung Myo.



ACCF|anterior cervical corpectomy and fusion for C5 burst #





PLIF / Posterior Lumbar Interbody Fusion

Courtesy of Prof Zaw Min Han.

Also giving treatment for paraparesis and neuropathy due to Pott's spine,



Can mobilize without pain

Courtesy of AP Aung Myo.

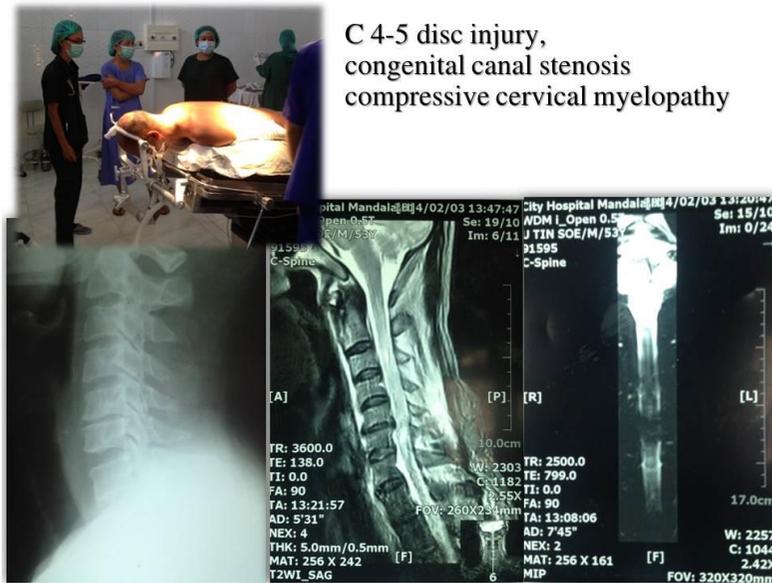
Also giving treatment for degenerative diseases;

70 male from Taung Gyi degenerative spondylolisthesis



Courtesy of Prof Zaw Min Han.

C 4-5 disc injury,
congenital canal stenosis
compressive cervical myelopathy





Courtesy of AP Aung Myo.

Operation Theatre (OT)

There have two operation rooms Main OT and Septic OT. Under the supervision of the Infection Control Committee, we always do Fumigation in every June and December. Further, Modular OT will be opened very soon.



Intensive Care Unit (ICU)

For some post-operative patients and in-patients who need intensive care, we provide treatment under the medical supervision of Anaesthesiologists.



ICU Bed

Physical Medicine & Rehabilitation Department

The department is providing each of individual patients who take special treatment for rehabilitation by giving necessary equipment and teaching exercises.

Equipments

(1) Heat Therapy

- Radiant Heat (Infra-red)
- Paratherms (Paraffin Wax)
- Short-wave Diathermy
- Micro Wave Diathermy
- Ultrasonic Therapy

(2) Cold Therapy

- Cryotherapy

(3) Electrical Therapy

- TENS.ES (Electrical Stimulation)

(4) Exercise Therapy

- Universal Exerciser
- Active Passive Trainer
- Ergocycle

- Tread Mill
- Resistive Exercise Band
- Balance Board

(5) Laser Therapy

(6) Presso Therapy

(7) Traction Machine

(8) Chest Physiotherapy & Correct Positioning

In addition to the above regular medical operations, we also see patients at the outpatient clinic and check in over those who require prosthetic device to be installed at the PO Centre OPD.



Laboratory / Blood Bank Department

Lab items supported free of charge

- Hb
- Blood grouping
- BT-CT
- Blood Rh
- Creatinine
- Urea
- FBS / RBS
- T & DP
- RA
- Haemogram
- ZN stain
- MF
- LFT
- Cytology
- ESR
- Urine REME
- MP
- Sputum for AFB
- Stool RE
- Uric Acid
- ASO
- ICT for Syphilis
- HBs Ag
- HIV Ab
- HCV Ab
- Lipid Profile
- Culture & Sensitivity

Cost-sharing Lab items

- Electrolytes
- CRP (Quantitative)
- One Stage Prothrombin Time (OSPT)



Radiology Department

Imaging items supported free of charge

- Digital Radiography
- CR (Computed Radiography)
- Conventional Radiograph (Manual Processing) for in-patient
- USG (Ultrasonography)

Cost-sharing items

- Conventional Radiograph for out-patient
- MRI (Spine and Extremities)



MRI Room



MRI Control Room

Medical Social Work

- Social Department actively participates in supporting the poor within the limit and by discussing between the supporter or non-profit organizations and the patients.
- Receptionists give a warm welcoming to the visitors, giving direction of the relevant department, and fetching them if in need.
- On the day of discharge, the patients or their carers are given some questionnaire for the patient's satisfaction (D/C Parade), and it reports back if necessary.



Prosthetic & Orthotic Center

The PO center was officially inaugurated on 16.1.2017. In every Thursday, together with Physical Medicine & Rehabilitation Department, the center screens and refers out-patients to have necessary services. Accordingly the required prosthesis or orthosis will be prescribed and fitted. Under the supervision of Spinal Orthotic Specialist fits spinal braces for the patient with scoliosis and spinal complications.





Ponseti Clinic

The clinic provides treatment to congenital clubfoot children with POP cast, tenotomy (if necessary) and bracing as free of charge. The therapy should start since one week after birth, and it could give better results in children under one year.



POP cast



Bracing

General Information

Preadmission

What to bring

- Referral letter from your current surgeon/specialist
- Previous X-rays and test results
- Medications that you are currently taking or injections
- Stuffs for patient's daily use (clothes, toiletries)

What not to bring

- Jewelry or other valuable items
- Large sum of money (additional to payment for out of pocket or gap expenses)

Before your Surgery

- Contact your relevant specialist for instruction on whether to cease or continue taking any of your current medications prior to surgery.
- Avoid nail polishing, putting make-up, wearing jewelry and using contact-lenses.

Expectations & Waiting Times

- Know that you will not be operated necessarily as soon as you admit to the hospital.
- Depending on the patient's condition, other underlying comorbidities and the date you admit (*Reg. No.*), operation date will be set.
- Due to the different nature of each surgery, it can be difficult to fix the exact duration of surgery.
- In addition, the operation list could be changed in case of emergency.

Smoke-free Campus

Mandalay Orthopaedic Hospital is such a non-smoking zone that if there's any smoking or tobacco consumption seen in the environment, action will be taken on the spot according to the policy.

The above policy applies to all the staffs, doctors, nurses, patients, and external guests.

Visiting Hours

The following time table for guest visiting has been set to provide our patients with a chance of rest and prevent them from unnecessary outside germs.

- Mealtimes

6:00 a.m. to 7:00 p.m.

11:00 a.m. to 12:00 p.m.

5:00 p.m. to 6:00 p.m.

- Guest Visiting

4:00 p.m. to 6:00 p.m.

- Guest visiting time and number of guests are limited separately for the patients' who are taking special treatment in some area like ICU.
- If you have something to be ensured please get the information from respected departments.

OPD Schedule

Orthopaedics Unit (A)

- Monday
- Thursday

Spinal Treatment Unit(A)

- Thursday

Hand surgical Unit (A)

- Tuesday

Scoliosis OPD

- Friday

Orthopaedics Unit (B)

- Tuesday
- Friday

Spinal Treatment Unit (B)

- Tuesday

Hand surgical Unit (B)

- Thursday

Ponseti OPD

- Monday

OPD Opening Times

- 9:00 a.m to 12:00 p.m
- 2:00PM – 4:00PM)

Physical Medicine Rehabilitation Department

- Monday, Tuesday, Friday
(9:00 AM – 12:00AM , 2:00PM – 4:00PM)
- Wednesday, Thursday
(9:00 AM – 12:00AM)

PO Center – OPD

- Thursday (2:00 PM – 4:00 PM)

Attendant Lounge

We also care for the people who assist their particular patients that we provide the place for rest at the Eastern part of the hospital. (*see map*)

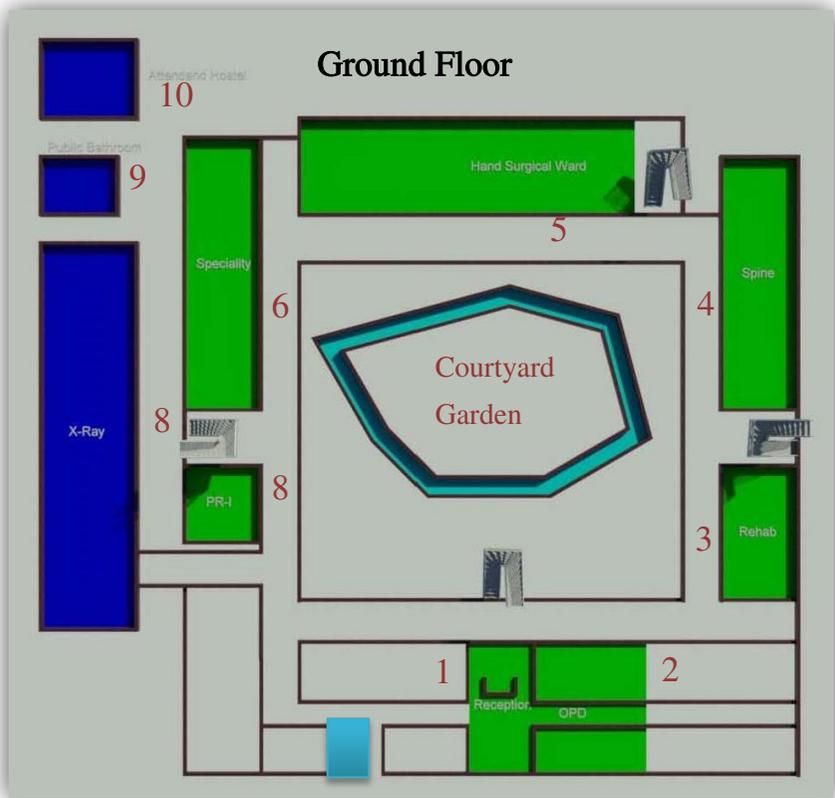
Courtyard Garden

There's our concern for the patients' and their carers to relax that we have a park in our compound where anyone can enjoy at any time.

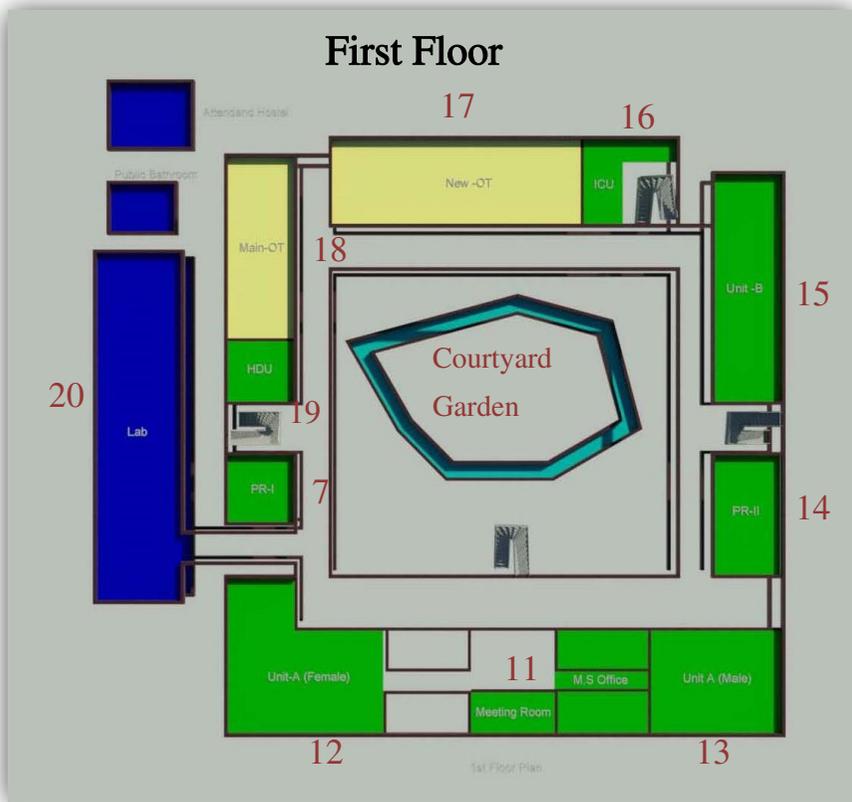
Safe Working Environment

Safety in workplace for staffs is very important. It is our commitment to treat the patients with empathy and respect, but if there is any extreme negative gesture or physical harassment to the staff in workplace, the responsible security will take action and would inform to the police if in need.

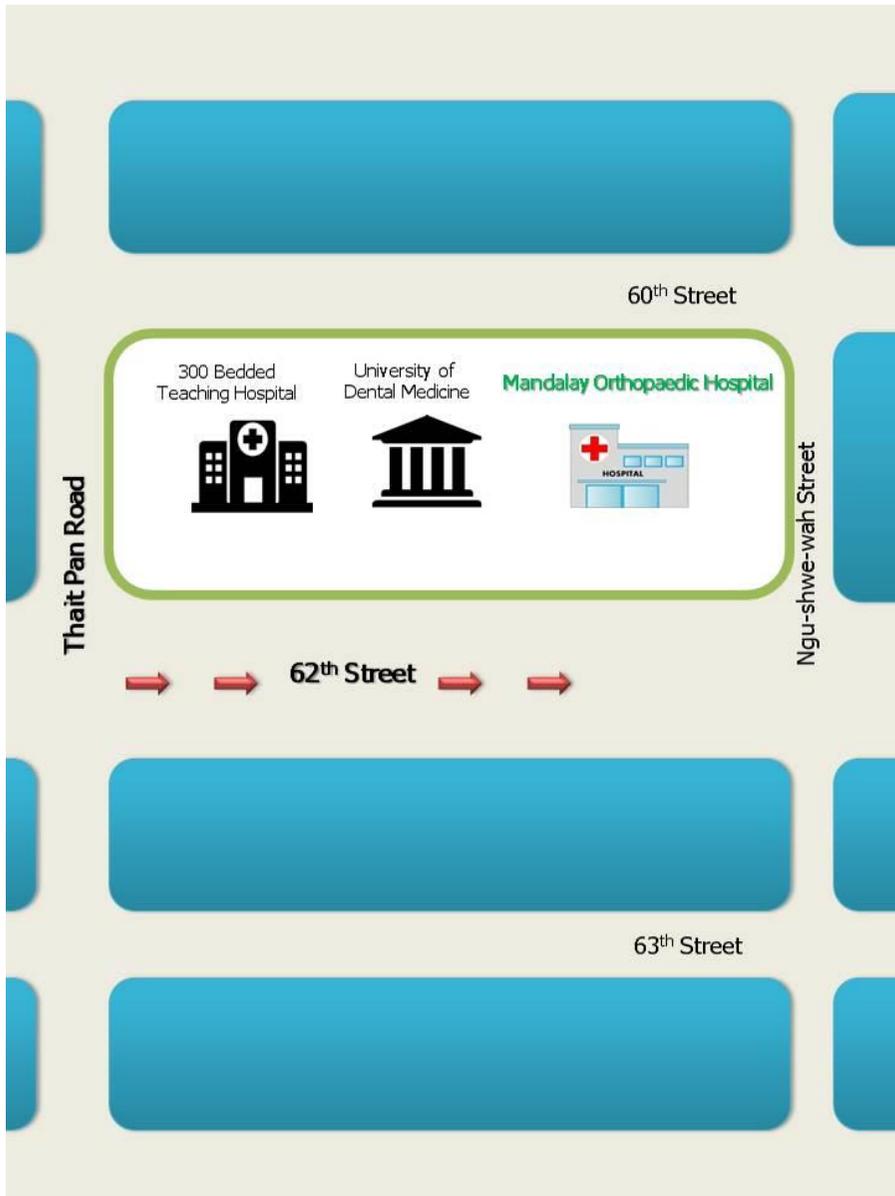
Disclaimer: All images in this booklet are published with permission from the respective individuals.



- | | |
|--------------------------------------|-----------------------|
| (1) Reception | (6) Speciality |
| (2) OPD | (7) Private Room (I) |
| (3) Physical Medicine & Rehab. Dept. | (8) Radiology Dept. |
| (4) Spine Orthopaedics Unit | (9) Public Bathroom |
| (5) Hand Orthopaedics Unit | (10) Attendant Lounge |
-  Supportive Pharmacy



- | | |
|---------------------------------|----------------------------|
| (11) MS Office | (16) ICU |
| (12) Unit A ₁ Female | (17) New OT |
| (13) Unit A ₁ Male | (18) Main OT |
| (14) Private Room(II) | (19) HDU |
| (15) Unit B | (20) Laboratory/Blood Bank |



This page intentionally left blank



Mandalay Orthopaedic Hospital
62nd Street,
Between Thaitpan Road & NguShweWah Street,
Chanmyathazi Township, Mandalay.