



INOVA™ LOUDOUN  
HOSPITAL

# INhealth

HEALTH AND WELLNESS MADE PERSONAL | WINTER 2012

## INOVA LOUDOUN HOSPITAL TURNS 100!

Expansion, philanthropy  
mark first century

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**{ FOLLOW THE LEADER }**

**Cheers to Us**

This New Year marks a thrilling time for Inova Loudoun Hospital. It is our 100th Jubilee — the centennial anniversary of our hospital. We are celebrating 100 Years of Promises Made, Promises Kept.

Reaching a century is an achievement unto itself, but the strides we have made along the way are worth mentioning. These include:

- Founding a hospital in a house on Market Street
- Expanding the hospital to a three-story building
- Moving the hospital to the Lansdowne Campus
- Joining forces with Inova Health System

There is plenty more to tout, and you will read about our fascinating history on pages 6–7.

One of the most exciting parts about this anniversary is that it is coinciding with a major construction project. We are in the midst of a \$32 million renovation that will dramatically improve the services at our hospital. What better way to honor our past and our founders?

In 2012, let's take time to reflect on our rich history at the same time we make our hospital fit for a new century. Here's to you and the next 100 years.



**RANDALL L. KELLEY, FACHE**  
Chief Executive Officer

# Hot Property

## Hospital to buy land for HealthPlex Ashburn facility

Inova Loudoun Hospital plans to purchase property to build a 24-hour, full-service Emergency Department, diagnostic imaging center and physician offices in the Ashburn community.

“2012 marks a century of healthcare provided to the residents of Loudoun County by their nonprofit, community hospital,” according to Randall Kelley, CEO of Inova Loudoun Hospital. “Establishing a HealthPlex in Ashburn underscores our commitment to providing the community equal access to essential healthcare services, while doing so within the 20-minute driving time window as prescribed by the County’s Health Care Facilities Plan.”

The proposed Ashburn HealthPlex will be located on approximately 8 acres of land at the Dulles Greenway and Loudoun County Parkway. The first phase anticipates approximately 50,000 square feet of developed space and represents a planned investment of \$31 million by Inova Health System. Future plans include 75,000 additional square feet of space for physician offices and other healthcare uses.



## NURSE CARE IS TOPS

### *Hospital attains Magnet status for second time*

Inova Loudoun Hospital again has earned the prestigious Magnet distinction, which recognizes nursing excellence in hospitals.

The American Nurses Credentialing Center, the largest and most prominent nurses’ credentialing organization in the world, awards the designation. The Magnet community is composed of a select group of 378 healthcare organizations among a total of nearly 6,000 healthcare organizations in the United States.

## IT'S SNOW TIME!

‘Tis the season for snow removal, and that can mean bad news for our backs. Using the wrong body mechanics can put stress on the lower back. Quick tips for snow shoveling:

**PICK THE RIGHT SHOVEL.** It should have a curved handle or adjustable handle length.

**WARM UP.** Take the time to warm up five to 10 minutes before any strenuous activity.

**PACE YOURSELF.** In deep snow, remove a few inches off the top at a time, rather than shovel the full depth at once.

► **Back to Basics**  
To learn more, visit [inovaspine.org](http://inovaspine.org).



# Diabetes Care

## Know your risk

Diabetes is a serious and common disease that can sneak up slowly, sometimes without any symptoms. But type 2 diabetes, which accounts for over 90 percent of cases, is highly manageable and can be delayed or even prevented with lifestyle changes and proper treatment, according to the Centers for Disease Control and Prevention. That's why it's important to know your diabetes risk.

Diabetes occurs when the body no longer can control the blood glucose (sugar) levels needed for healthy function. Risk factors for type 2 diabetes include age (45 years or older), obesity, physical inactivity, family history of diabetes, a history of gestational diabetes, and certain races and ethnicity — African-Americans, Hispanic-Americans and Asian-Americans are among those at particularly high risk.

Without treatment, diabetes can cause serious organ damage, nervous system disease, and can lead to death. The good news is that a combination of exercise, good nutrition and/or medication can keep the disease at bay.

## DISEASE PREVENTION

Inova Diabetes Center shows you how to make lifestyle changes to reduce your risk of type 2 diabetes. To register, call **1-877-511-GOAL (4625)**.



► Learn more about the Inova Diabetes Center at [inova.org/diabetes](http://inova.org/diabetes).

# Ask the Expert

## UNDERSTANDING DIABETES: A KEY TO BETTER HEALTH

Join Neeta Goel, MD, for a **FREE** lecture, "Understanding Diabetes: A Key to Better Health," on Wednesday, Jan. 18, at 2 p.m. at Inova Loudoun Hospital. Call **1-855-My-Inova (694-6682)** or visit [inova.org/asktheexpert](http://inova.org/asktheexpert) to register.



Neeta Goel, MD  
Primary Care Physician

Preceding the lecture from 1–2 p.m. will be **FREE** non-fasting glucose screenings (offered on a first come, first served basis). Call **1-855-My-Inova (694-6682)** or visit [inova.org/asktheexpert](http://inova.org/asktheexpert) to register.

# INOVA LOUDOUN LEADS THE WAY IN QUALITY CANCER CARE

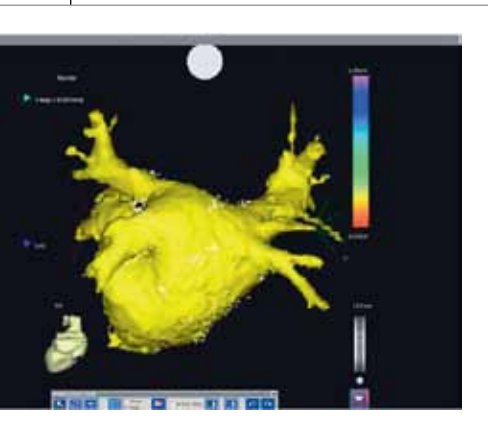
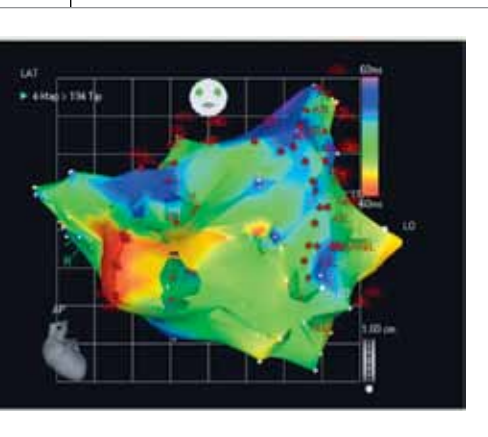


The hospital recently was awarded accreditation in radiation oncology following a review by the American College of Radiology and The American Society for Radiation Oncology. It is the first hospital in Northern Virginia to receive such a distinction. Radiation oncology is the careful use of high-energy radiation to treat cancer. The ACR-ASTRO seal of accreditation represents the highest level of quality in patient care, patient safety, personnel qualifications, adequacy of facility equipment and quality control procedures. "This achievement recognizes the highest quality and hard work of our team," says Punam Dutt, Director of Radiation Oncology. This accreditation is rare. There are only 257 accredited radiation oncology sites nationwide. Only 10 accredited sites are located in Virginia, of which Inova Loudoun Hospital is one.

## THE PLACE FOR CANCER CARE

For more information, visit [inova.org/memroc](http://inova.org/memroc) or call **703-858-8850**.





A mapping system gives doctors three-dimensional views of spaces inside the heart and heart muscle wall (see images above). This allows them to perform ablation treatments on patients with cardiac arrhythmia.

PICTURE THIS:  
**YOUR HEART  
 IN 3-D**

*New mapping system helps docs treat more patients with arrhythmia*

**Thanks to a new three-dimensional mapping system,** Inova Loudoun Hospital can now better treat patients with cardiac arrhythmia, or irregular heartbeat. The Biosense Carto 3 helps physicians localize those problem areas requiring ablation treatment.

“There are certain areas you need to stay away from in the heart,” explains Ann Pollard, RN, Director of Inova Heart & Vascular Institute at Loudoun. “3-D mapping allows you to get extremely close to those critical areas that are part of the heart’s electrical functioning with less risk of damaging them.”

The software represents a step beyond 2-D mapping, which did not always permit doctors to perform ablation — a procedure in which an area of tissue that is causing the irregular heartbeat is burned — because of the risks involved. The 3-D software gives physicians a real-time, three-dimensional view of tiny spaces inside the heart and in the heart wall muscle.

“The difference between 2-D and 3-D is that we can get very close to critical areas in the heart that you could not safely do with 2-D mapping,” Pollard says. “The other advantage is the cases are quicker. With 2-D mapping, we may spend two hours mapping out the heart. With 3-D, we can cut that time in half.”

**UNIQUE IN REGION**

Inova Loudoun Hospital was given the mapping system from its sister hospital, Inova Fairfax Hospital, in 2011. The

two hospitals are among the only ones in the region with this system. The software is used with ablation procedures for arrhythmia. “This is the type of procedure they do at heart centers whose names you’ll recognize like Mayo or the Cleveland Clinic,” notes Pollard. “You can get that care in Loudoun.”

She adds, “It’s especially important for us in Loudoun because we have a younger population and younger folks tend to be plagued with these types of arrhythmias that can really affect their life.”

Patients who have abnormal heart rhythms near sensitive areas typically have two choices without 3-D mapping: medication, which may have side effects and may not control several types of arrhythmia; and 2-D mapping ablation, which carries a higher risk of needing a pacemaker.

“It’s a big deal if you’re 40 years old, to be treated and cured by ablation, instead of having to rely on medication or a device,” Pollard says.

So far, the hospital has performed about 24 ablation procedures using the new system. Several of the cases have been younger patients in their 50s. “We couldn’t have done the procedure before the 3-D mapping program,” Pollard notes. “Sending a patient home cured is just really cool.”

► Learn more about Inova Heart and Vascular Institute at [inovaheart.org](http://inovaheart.org).

**Ask the Expert**

**MANAGEMENT OF CARDIAC ARRHYTHMIAS**

Join Walter Atiga, MD, for a **FREE** lecture, “Management of Cardiac Arrhythmias,” on Wednesday, Feb. 8, at 6:30 p.m. at Inova Loudoun Hospital. Call **1-855-My-Inova (694-6682)** or visit [inova.org/asktheexpert](http://inova.org/asktheexpert) to register.



Walter Atiga, MD  
 Electrophysiologist



# At Your Service

Two new reasons to choose The Birthing Inn: Concierge, renovated lobby



Moms-to-be and visitors to The Ladies Board Birthing Inn at Inova Loudoun Hospital will soon meet a new member on staff — and she aims to please. That person is the Concierge, and she is part of the new concierge service program.

“Our goal is to care for the patient and family from the second they arrive, by exceeding their expectations,” explains Cindy O’Hara, manager of OB community services.

The Concierge is committed to care for each patient and her family, remembering their physical, emotional, spiritual and personal needs, and celebrating their journeys. Among her duties:

- Greet patients/family and begin the registration process in the lobby.
- Identify visitors and provide a courtesy call to the new mom prior to visitors being escorted to the patient room.
- Provide directions to patient/family for classes, outpatient testing and lactation needs.
- Assist family with meal options — dine-in or carry out.
- Assist with directions/maps.
- Help Dad/support person with discharge.
- Assist with scheduling tours and classes at The Birthing Inn for Family Education by providing directions to the correct classroom for education.

A key part of the Concierge’s role is to provide up-to-date information with the nurse assigned to the patient “inside” the unit by being a liaison between family members and staff.

“Hourly, the Concierge person will talk with each nurse and talk to people in the lobby and give them a progress report,” O’Hara explains. “Quality and safety has always been our goal.”

## NEW LOBBY

Accompanying the introduction of the concierge program is a newly renovated Birthing Inn lobby. There is a private registration area, new furniture and TV, along with a display case for gift shop amenities, bookshelves, coffee, vending machines, water and an area where children can play.

The Ladies Board of Inova Loudoun Hospital donated \$60,000 to make the program and renovation of the lobby possible. Patient care is just expected to grow under the new program. Volunteers continue to provide tea and cookies to moms a couple days a week.

“It’s about taking care of people,” O’Hara says. “It’s about treating people with care and respect.”



**FAMILY-FOCUSED**

To learn more, visit [inova.org/birthing-inn](http://inova.org/birthing-inn).

## Here to Help

A concierge will staff the lobby of The Birthing Inn seven days a week.

# INOVA LOUDOUN HOSPITAL TURNS 100!

## A CENTURY OF CHANGE

Inova Loudoun Hospital through the years

1912

1913

Leesburg Hospital opens in brick Garrett House on Market Street for six-room, one-bath hospital.

Name of hospital is changed to Loudoun Hospital, Inc.

### *Expansion, philanthropy mark first century*

Imagine undergoing a procedure at the brick house on Market Street. This house, the former home of one Captain Garrett, contained a grand total of six patient rooms and one bath. That was Inova Loudoun Hospital — then called Leesburg Hospital — 100 years ago.

This June is the 100<sup>th</sup> Jubilee for Inova Loudoun Hospital. Over the years, bigger and more modern facilities were built to replace that fledgling hospital. Today’s impressive building stands as a 183-bed, nationally recognized acute-care hospital.

“We are so proud of the rich history of our hospital,” says Randy Kelley, CEO of Inova Loudoun Hospital. “It’s wonderful to think that even as we have grown and changed we have remained true to the community values of that house on Market Street.”

### COMMUNITY OUTPOURING

Not everyone thought the rolling Loudoun countryside needed a hospital back in 1912. It took the work of a few committed residents, including two prominent local physicians, Dr. William C. Orr and Dr. John A. Gibson, pharmacist Horace Littlejohn and P. Howell Lightfoot to put the plans in place. A 15-member board of directors leased the large brick Garrett House, which is now used for retail and office space. It opened on June 5, 1912.

The founding of The Ladies Board soon followed. A Donation Day was held in which community residents were invited to inspect the hospital and bring donations in the form of money, towels, linens, groceries and other items. For many years, Ladies Board volunteers assumed responsibility for overseeing the housekeeping, supplying



New hospital opens on 13- acre tract on edge of Leesburg.

1918



1951

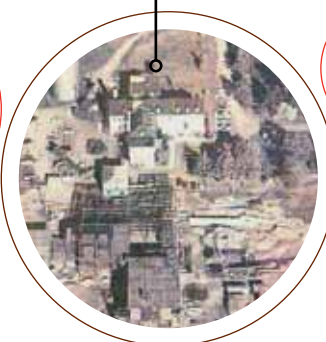
New hospital wing is inaugurated.

1960

Two new wings open.

New three-story, \$6.6 million hospital is built. Long Term Care Unit with 85 beds also opens.

1974



1988

Loudoun Healthcare Foundation is incorporated.

1997

Hospital moves from Cornwall Street to the Lansdowne campus.

2005

Pediatric Emergency Department opens.

2011

Construction begins on \$32 million renovation of Leesburg campus as part of Cornwall Cares campaign.

china, glassware and silver for the dining room and maintaining equipment and supplies for the kitchen, rooms and wards.

“Just as important as the establishment of the hospital was the founding of The Ladies Board,” notes Joan Elliott, President of today’s Ladies Board and a member of the Foundation Board. “We look to the pioneering spirit of those ladies as we continue our endeavors to support the hospital and our community.”

**GROWING AND GROWING**

It did not take long before the community outgrew the tiny hospital. Plans for construction of a new hospital began in 1914. Thanks in part to fundraising by The Ladies Board, the hospital purchased 13 acres of land for \$3,600. Construction on Cornwall Street began in March 1917, and the new hospital opened in April 1918 with 26 beds, six private rooms, four wards, an operating room, a chemical laboratory and an X-ray machine.

And the hospital didn’t stop growing. In 1926, the Nurses’ Home was built so the nurses could have comfortable quarters, necessary facilities and a dining area. Then, following World War II, the overcrowded hospital needed even more space. In 1951, a new wing opened with state and federal funding, two separate gifts and fundraising.

In recent years, the hospital has adapted to the changing needs of the community. Some highlights:

- In 1960, the Arthur Godfrey wing and New East wing open, expanding the hospital to 85 beds.
- In 1974, a new three-story, \$6.6 million hospital is built. The Long Term Care Unit with 85 beds opens the same year.
- In 1981, the 100-bed Long Term Care Center opens.
- In 1997, the hospital moves from Cornwall Street to the Lansdowne Campus.

**LOUDOUN MEETS INOVA**

A pivotal event in recent years occurred in 2005 when Loudoun Hospital Center merged with Inova Health System. This new partnership brought much-needed financial stability. Since the merger, Inova Loudoun Hospital has established a cardiac catheterization lab, daVinci robotic-assisted surgical program, breast surgery program and other state-of-the-art services.

Excitement is again in the air as the medical campus on Cornwall Street in downtown Leesburg undergoes a \$32 million renovation. “It is symbolic that on the anniversary of the founding of the hospital, we are again growing to fit the needs of our community,” CEO Kelley says. “Like our founders, we continue to look to the future and see the possibilities.”

**A LOOK BACK**

To learn more about the rich history of Inova Loudoun Hospital, visit [inova.org/ilh100](http://inova.org/ilh100).



Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency- and urgent-care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

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## Ask the Expert

ATTEND A LECTURE TO LEARN ABOUT TREATMENT OPTIONS

### \*Surgical Treatment of Kidney Disorders and Advanced Treatment

Join Jennifer Young, MD, on Jan. 11 at 6:30 p.m. at Inova Loudoun Hospital for a **FREE** lecture on advanced treatment of kidney disorders. Learn why da Vinci® surgery may be your best treatment option. Call **1-855-My-Inova (694-6682)** or visit [inova.org/asktheexpert](http://inova.org/asktheexpert) to register.



Jennifer Young, MD  
Urologist

\*Attendees will have the rare opportunity to "meet our robot" and see it up close!

### Joint Pain Is Treatable

Join Nauman Akhtar, MD, MBA, on Feb. 7 at 1 p.m. at Inova Loudoun Hospital for a **FREE** lecture, "21st Century Advancements in Joint Replacement." The subject is advanced treatment options for arthritis and joint pain. Call **1-855-My-Inova (694-6682)** or visit [inova.org/asktheexpert](http://inova.org/asktheexpert) to register.



Nauman Akhtar, MD, MBA  
Joints Specialist



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### baby and me

Sign up for Inova's free weekly pregnancy and parenting e-newsletter, *Baby and Me*. Visit [inova.org/babyandme](http://inova.org/babyandme) to sign up today!

## Former NICU Babies Reunite

Annual party celebrates infants' health

The Inova Loudoun Hospital's Neonatal Intensive Care Unit in September held its 10th annual reunion for recent "graduates."

These young hopefuls, now healthy and strong, were once not so — spending their first days in the NICU.

The September was a celebration of their health and their lives. Anil Sharma, MD, Director of the Unit, expressed pride in the children whose health he once fought to protect. Many arrived several weeks premature and severely underweight.

"The party is the ultimate progress report," he says. "Seeing these children healthy and growing is my big reward."

► Watch a video to learn more at [inova.org/ilhnicu](http://inova.org/ilhnicu).



Photos courtesy:  
Brian Swanson

