

Happy 2020! We wanted to take a moment to thank you for allowing our team to care for you and to provide some updates on the Pulmonary Hypertension Program at Inova Fairfax Hospital.



Under directorship of Dr. Oksana Shlobin, the Pulmonary Hypertension (PH) Program at Inova Fairfax Hospital continues to grow. In 2014, our program was one of the first 6 programs to undergo a rigorous process of accreditation by the Pulmonary Hypertension Association. In early 2019, the program was re-accredited and remains the only Comprehensive Care Center in the Greater Washington DC area.

Our medical team continues to grow. In addition to our clinical pulmonologists (Drs. King, Nathan, Ahmad, Aryal and Brown) and Dr. Mitchell Psotka (an advanced heart disease cardiologist with expertise in pulmonary hypertension), we have three full-time, dedicated PH nurse coordinators (Shanna Guzman, Johanna Coughlin and Alicia Echols). Nikki Sisserson, a critical care PA, joined our program from Georgetown University as an inpatient care provider and to help facilitate a seamless transition between inpatient and outpatient care. Dr. Abbas “Reza” Emaminia was recruited from Columbia and joins two experienced echocardiologists, Drs. Sears-Rogan and Joan Zhao, to further develop a right ventricular (RV) imaging program using sophisticated RV-targeted MRI protocols, three-dimensional echocardiography and cardiac PET imaging.



Pictured left to right: Nikki Sisserson PA, Alicia Echols RN, Andrea Grajeda, Shanna Guzman RN, Johanna Coughlin RN, Christopher King MD. Seated: Oksana Shlobin MD, Julieth Munoz, Aaron Bagnola PharmD.

Our goal for 2019 was to put together a team of clinicians to provide a full range of care to patients with chronic thromboembolic pulmonary hypertension (CTEPH). Our multidisciplinary PH team was enriched by recruitment of Dr. Daniel Tang from VCU, a cardiovascular surgeon with experience in performing pulmonary thromboendarterectomies (PTEs), and assembling and training a team to perform balloon pulmonary angioplasty (BPA) on CTEPH patients with inoperable disease. In addition to the PH clinical team and Dr. Tang, we have engaged a thoracic radiologist, Dr. Melanie Atkins, for assistance with interpretation of pulmonary vascular and cardiac specific imaging including V/Q scans, dual energy CT angiography, and cardiac MRIs; Dr. Emaminia for assessment of the RV using three-dimensional echocardiography; and Dr. Paul “Reha” Butros (interventional radiology) and Behnam Tehrani (interventional cardiology) for performance of BPA procedures. In February of this year, we performed our first PTE (Pulmonary Thromboendarterectomy) and BPA (Balloon Pulmonary Angioplasty).

Another program launched this year is a monthly multidisciplinary congenital heart disease clinic with the goal of providing comprehensive care to this complicated group of patients. It is currently staffed by experienced congenital heart disease clinical staff, a congenital cardiac surgeon, and a PH physician.

Our clinical practice continues to expand. We now follow approximately 500 pulmonary hypertension patients of various etiologic groups. In addition to providing cutting edge clinical care, we remain committed to clinical research. Patients are offered an opportunity to participate in a variety of clinical trials: we currently have four active PH registries and nine industry-sponsored trials for various groups of PH, including Group 1 PAH, HFpEF-PH,

sarcoidosis PH, COPD-PH and ILD-PH. Jennifer Pluhacek, Priscilla Dauphin and Megan Harbour help us coordinate these PH related studies.

We continue to be active in outreach to increase awareness of Pulmonary Hypertension and provide education to both the academic and patient community. Our team members continue to present at international, national and regional conferences including ISHLT, ATS, Chest, ERS, PHA and PHPN.

In April of 2019, we participated in the inaugural NoVA PHA sponsored 5K, which brought together patients, families, friends and PH clinical teams from various institutions of the Greater Washington DC area. Team Inova PHAngels contributed \$5,000 to the event that raised a total of \$30,000.



Pictured at the 1st NoVa PHA sponsored 5K: Team PHAngels. Steven Nathan MD, Oksana Shlobin MD, Christopher King MD, A Whitney Brown MD.

PHA is hosting the 2nd Annual PH Walk event on April 18th. We hope you will join our **PHast and Phurious** team either in person or through donations to help raise awareness of this disease. For more information, please visit www.phaevents.org/goto/PHastandPHurious or email Julieth Munoz at astrid.munoz@inova.org.

Once again, thank you for allowing us to participate in your care. Our team recognizes the impact that pulmonary hypertension has on all aspects of your life. We continue to work tirelessly to improve clinical care, provide education to patients and providers, and further research efforts through lobbying for funding and direct participation in clinical research. Please contact us if you need assistance scheduling an appointment or have questions or concerns about your care.