Inova Fairfax Hospital’s Joint Replacement Program offers the most comprehensive range of services to restore mobility to individuals whose joints no longer function properly.

Our physicians and staff have a commitment to providing world-class care, helping your patients live more active lives with less pain and discomfort. Our program offers the most advanced treatment options and ensures that each patient and their family are treated as individuals and are well-informed, comfortable and confident in our abilities with joint replacement.

In 2010, our program received the Gold Seal of Approval™ for outstanding care in joint replacement procedures by The Joint Commission. We are proud of this achievement and to share with you the joint replacement program outcomes for 2009.

Inova Fairfax Hospital Joint Replacement Program Outcomes 2009

- 24/7 intensivist coverage is available for patients on our Joint Camp unit
- All of our joint surgeons see their patients daily and follow their progress throughout their stay in the hospital
- Fully equipped Joint Camp rehabilitation gym to facilitate the patient’s strengthening process
- Dedicated physical therapy staff with special rehab protocols for Joint Camp patients
- Private rooms dedicated exclusively to joint replacement patients
- The multidisciplinary Joint Camp team includes dedicated orthopedic surgeons, physical therapists, occupational therapists, pain management, nurses, clinical pharmacists, case managers and care coordinators

Patient support and education

- Weekly pre-op education classes, customized individually for joint and hip procedures, for all patients and their coach
- Robust patient education guides with pre-surgical directions, exercise guide and post-op tips, conveniently organized in a handy 3-ring binder
Inova Fairfax Hospital Joint Camp

(continued)

- Social support programs including training and resources to equip each patient’s “coach”, a friend or family member who will support, motivate, and increase the patient’s confidence level throughout pre-surgical education, hospitalization, and recovery.
- Comfortable and convenient sleeping chairs for patient’s coach.
- Customized physical therapy and occupational therapy plans designed to help each patient regain strength, mobility and a better quality of life.
- Team lunches and select group-rehab sessions provide patients valuable encouragement that comes from learning and recovering with a group of peers experiencing similar rehabilitation experiences.
- Unique 24-hour Rapid Response Team (RRT) service for patients and their families to utilize if at any time they have a concern regarding the patient’s condition.
- Partnership with Inova VNA Home Health services to allow as many patients as possible to return home following surgery.

Improved Patient Outcomes

Through advanced orthopedic research

Inova’s unique Biomechanics Research Laboratory uses virtual surgery technology to help physicians customize the best treatment solutions for their patients. The innovative simulations are similar to a “test drive” of a surgical procedure before a patient and physician ever enter an operating room.

Current research efforts include both mechanical testing and computer simulation. A state-of-the-art Bionix MTS® system allows researchers to perform stress tests on bones and implants, mimicking real-life situations. A surgeon planning to perform a total joint replacement, for example, can test a specific implant’s performance under stress by simulating the patient’s weight and activity level. This customized approach means even better results for patients, and a faster return to normal activities.

Surgeons can also conduct “virtual surgery” on an orthopedic patient in advance of the actual procedure:

- The patient’s CT or MRI scans form the foundation of a 3-D model of the damaged bone.
- Software evaluates which of several treatment options is best suited to the patient.
- Software also simulates how the repaired bone or joint will respond to strain over time given the patient’s own profile.

Improved Patient Outcomes Statistics

Joint Replacement Volumes Per Year

Inova Fairfax Hospital is one of the largest joint replacement centers in Northern Virginia.

Average Patient Stay in Hospital (Days)

More than 90% of our patients meet their pain score targets.

Patients Discharged Home to Recover

We prepare our patients to go directly home, rather than to a nursing facility for rehabilitation.

“More than 90% of our patients meet their pain score targets.”
Meet Our Team Members

Joint Replacement Surgeons
Mark Theiss, MD, Chairman,
Department of Orthopedic Surgery
Peter Bruno, MD
Michael Cassidy, MD
Samuel Hawken, MD
Colleen Kennedy, MD
H.E. Lane III, MD
Mike Malek, MD
Robert Stinger, MD
Brantley Vitek, MD

Anesthesiologists
Jeffrey Beck, MD
Dominick Iaconetti, MD

Nurse Anesthetists
Catherine Jones, CRNA
Melissa Stout, CRNA

OR and Ortho Unit Nurses
Renee Silver, RN, MSN, Patient Care
Director
Maura Mathieson, RN, Nurse Manager
Dianne Barrale, RN
Ronnie Brock, RN
Kelly Compton, RN
Leila Kawoosi, RN
Mabvuto Mayaya, RN
Heather Robinson, RN
Peggy Rodda, RN
Jill Trost, RN

Ortho and Clinical Technicians
Roberto De Guzman
Jojo Robinos, CTCT
Audrey Wood, CTCT

Acute Pain Specialists
Sue Moore, RN
Flo Mooney-Cotter, RN

Rehabilitation Specialists
Abigail Cala, OT
Anne Harris, OT
Mary Lockett, PT
Amy Lydon, PT

“A” Inova Fairfax Hospital is consistently ranked in the top 10% of hospitals for having a low readmission rate on hip replacement procedures. “

What is a Joint Camp Coach?

A coach is a friend or family member who supports the patient through the joint replacement process, helping with exercises and activities of daily living during initial recovery stages.

Research shows that social support is linked to:
- increased patient confidence and level of preparedness
- less dependence on pain medication
- higher prosthesis survival rates
- lower dislocation rates
- higher post-op quality of life
- increased likelihood of discharge-to-home
- higher likelihood of attaining ambulation and transfer-out-of-bed targets

Inova Fairfax Hospital is consistently ranked in the top 10% of hospitals for having a low readmission rate on hip replacement procedures.”
Inova 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.

To learn more about our Joint Replacement Program, visit inova.org/joints or call our orthopedic nurse manager at 703-776-2289.

Inova Fairfax Hospital Joint Replacement Program Outcomes 2009

Patient Story
An excerpt from a thank-you letter written by a joint replacement patient

“As night nurse during my stay, Nurse Mayaya epitomized excellence. She was extremely attentive, providing extraordinary care and anticipating my every need. She thoroughly explained procedures and safeguards, providing me with a high degree of reassurance during a period of potential stress.

There is no question in my mind that she was a huge factor in my relatively quick recovery from the surgery. The night of my surgery, when I was unable to sleep, she arranged for me to practice walking with a walker. With the help of a physical therapist, I was able to practice successfully. My progress from the practice buoyed my spirits and enhanced my recovery — I am very grateful.

Please extend my appreciation to the entire staff of the Inova Fairfax Hospital orthopedics unit for their uniformly high quality of care.

Sincerely,
Jerome O’Brien