Rapid Response

Emergency care stretches throughout eastern and western Loudoun County

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Modernizing Care

It’s finally here. After years of planning, budgeting and building, phase one of the renovation at Inova Loudoun Medical Campus – Leesburg is complete, with phase two in full swing. This long-awaited modernization includes a 13,000-square-foot Emergency Care Center, complete with a new trauma unit, radiology suite and lab. This 21st century, state-of-the-art emergency care center is fully capable of handling everything from serious trauma to more routine kinds of illnesses.

The facility also has new outpatient rooms, enhanced imaging services, a 22-bed Inova Loudoun Behavioral Health Unit and other enhancements.

And speaking of 21st century upgrades, the new EpicCare electronic medical record (EMR) system is now in place at Inova Loudoun Hospital. This fully integrated, virtually paperless system will allow patients seen here, at Inova Loudoun Hospital, to have records instantly available. The system also allows patients to access records and make appointments through a feature called MyChart.

The opening of the new campus at Leesburg and the introduction of EpicCare are two ways that we are striving to bring the most advanced technology and healthcare to you here in Loudoun County. We hope they both help to make your lives easier and healthier.

H. PATRICK WALTERS
CEO, Inova Loudoun Hospital

Robotic Advances

da Vinci surgery continues to evolve

Inova Loudoun Hospital continues to grow its robotic-assisted surgery program, adding general surgery and single-site surgical incisions to the roster of services offered.

The da Vinci Si Surgical System allows surgeons to perform a cholecystectomy, or gallbladder removal, with a minimally invasive technique. The state-of-the-art robotic and computer technologies available with the da Vinci Si allow surgeons to perform complex operations with greater precision and control.

With this procedure, the surgeon performs the entire surgery through one incision in the navel instead of the usual three or four incisions used in laparoscopic surgery.

“Having the capabilities to perform single-site surgeries is great news for our patients,” said Lisa Dugan, Chief Nurse Executive, Inova Loudoun Hospital. “Inova’s commitment to excellence and vision for the future is foremost in the decision to bring this exciting new technology to the area.”

Benefits may include:
- Significantly less pain
- Less blood loss
- Patient is virtually scarless
- Shorter recovery time
- A faster return to normal daily activities
- Better clinical outcomes

Four general surgeons have been specially trained to operate with the assistance of the da Vinci robotic surgery system. Since the beginning of 2013, over 100 general surgeries have been successfully performed.

Minimally invasive, robotic-assisted surgery is also utilized as a treatment for urologic and gynecologic conditions.

Learn More

For more information on robotic-assisted surgery, conditions and treatments, and our team of specialized surgeons, visit inova.org/davinci.
Family Matters
Genetic counseling helps inform the decision to undergo testing

Wondering whether you have a genetic predisposition to cancer? You may want to undergo genetic testing. If you do, genetic counselor Cassidi Kalejta will help you prepare for the test and the findings.

Kalejta, a genetic counselor at Inova Loudoun Hospital, consults with people who are deciding if they should get tested for genetic mutations that may predispose them to cancer. Nearly all of the cases involve people who are tested for the BRCA1 and BRCA2 breast cancer genes.

“They need to be armed with information upfront,” she says. “The information can affect the entire family. Once they have the information, they can make the autonomous decision of whether to take the test for themselves. Some people ultimately elect not to do the testing.”

The issue of genetic testing has been in the spotlight recently after actress Angelina Jolie disclosed that she opted for a double mastectomy upon learning that she tested positive for a BRCA mutation.

“Everybody should be aware of his or her family history,” she advises. “It is wise to share information. It’s better to know than not to know. If you know you can do something.”

Inova Loudoun Hospital has been recognized for everything from hospital safety to nursing home quality. Here are its recent accolades:

Top 100 Hospitals
Inova Loudoun Hospital has been named one of the iVantage Health Analytics® 2013 HealthStrong™ Top 100 Hospitals in the country. HealthStrong hospitals represent the nation’s strongest institutions for performance under the new healthcare benchmarks including optimal population demand, operational and clinical outcomes, and financial performance.

Five Stars for Nursing Home
Inova Loudoun Nursing and Rehabilitation Center has received the highest possible overall rating of five stars in U.S. News & World Report’s fifth annual Best Nursing Homes report. U.S. News’ goal is to help users find a home with strong track record of good health.

Renewal of NAPBC Accreditation
In November 2012, Inova Breast Care Institute at Inova Loudoun Hospital received a renewal of the prestigious three-year accreditation in breast care from the National Accreditation Program for Breast Centers (NAPBC).

AARP: ILH One of the Nation’s Safest Hospitals
AARP The Magazine teamed up with The Leapfrog Group, which rates hospitals on safety and resource use, to create a list of America’s Safest Hospitals. Inova Loudoun Hospital is featured on the list as a “safety superstar.” It is one of five hospitals in Virginia and one of 66 nationwide included on the list. “We are committed to providing safe and reliable care at Inova Loudoun Hospital,” says H. Patrick Walters, CEO, Inova Loudoun Hospital.

To learn more about Inova’s awards...
Most people completely recover from a concussion, a mild traumatic brain injury caused by a direct blow to the head or a force that causes the head to move back and forth. But healing from an injury takes time, and concussion symptoms, including headache, sensitivity to light or sound, and problems with concentration, balance, memory, mood and sleep, can linger for weeks or even months. Experts say resuming physical activity before the brain has fully mended can lead to long-term cognitive impairment and may even be life-threatening.

To help members of the community who’ve had a concussion safely return to their normal activities, Inova Loudoun Hospital’s Head2Head Concussion Program offers comprehensive evaluation and rehabilitation services, all in one location. Expertly staffed by physicians, specialized therapists, nurse practitioners and registered dietitians, the concussion program provides a multidisciplinary approach to identifying signs of impairment and ensuring a thorough recovery.

“The goals of the care provided by the program are to intervene early, prevent re-injury, provide multidisciplinary therapy as indicated and monitor return to play/life, and thereby hopefully hasten recovery and prevent further injury, permanent disability and potentially death from repeat head injury,” says N. Yasmine Homeyer, MD, an emergency medical physician and Medical Director of the Inova Loudoun Hospital Concussion Program.

PERFECT REBOUND
The Head2Head Concussion Program was launched in June 2011 in response to a need for an all-inclusive program in the community, says Clinical Coordinator Anne Blackstone. “We knew we had a lot of young athletes and people of all ages who were having head injuries and they were not getting the proper care or education that they needed,” she says.

To inform the community about the impact of concussion, program representatives regularly meet with athletic trainers, athletes, parents and the general community about preventing head injury and the danger of returning to activities too soon following a concussion.

For individuals involved in school or community sports, the concussion program provides an affordable pre-season baseline assessment, including the ImPACT test (Immediate Post-concussion Assessment and Cognitive Testing) to evaluate an athlete’s brain function. The ImPACT test is a computerized neuropsychological screening tool that measures several aspects of cognitive functioning in athletes. “Ideally a patient would have a baseline test prior to an injury, but it can still be beneficial if there is not a baseline. It is beneficial in post-concussion injuries to help determine cognitive difficulties a patient may still be experiencing,” says Rebekah Jordan, NP-C, a nurse practitioner at Head2Head.

The Concussion Program also offers a comprehensive baseline assessment package which includes the ImPACT Neurocognitive test, as well as balance and oculomotor assessment for the most accurate representation of an individual’s pre-injury performance.
Know when to visit the Emergency Care Center versus an Urgent Care Center

When your doctor’s office is closed and you have experienced a minor condition that can be quickly treated, such as a sprained ankle or an earache, an appropriate option is to visit an Urgent Care Center (UCC). Visiting such a center, as opposed to an Emergency Care Center (ECC) for less serious conditions, can save time and still allow patients to receive high-quality treatment.

“Inova Urgent Care Centers are staffed by highly skilled internal medicine family practice physicians and nurse practitioners,” says Edward Puccio, MD, Medical Director of Emergency Services at Inova Loudoun Hospital.

*If you’re experiencing a life-threatening emergency, call 9-1-1 immediately or visit the nearest Emergency Care Center.

There’s a UCC near you

Inova Urgent Care Center – Dulles South
24801 Pinebrook Road, Suite 110
Chantilly, VA 20152
703.722.2500

Inova Urgent Care Center – Purcellville
205 East Hirst Road, Suite 101
Purcellville, VA 20132
540.338.4995

Call Ahead
You can make same-day and advance appointments at most Inova Urgent Care Centers by visiting inova.org/urgentcare.

WHEN TO GO TO AN EMERGENCY CARE CENTER:
- Suspected heart attack or stroke
- Difficulty breathing
- Severe bleeding or serious cuts
- Broken bones
- Poisoning
- Acute abdominal pain
- Allergic reactions
- Burns
- Seizures
- Traumatic injuries
- Dehydration
- High fever
- Severe pain

WHEN TO GO TO AN URGENT CARE CENTER:
- Treatment for minor illness and injury
- X-rays
- Treatment for work-related injuries
- Physical exams for camp, sport, school and pre-employment
- Audiometry
- Vision screening
- Alcohol and drug testing
- Flu shots
- Prescription refills
It's the middle of the night and you're experiencing chest pain and shortness of breath — the classic signs of a heart attack. You reach for the phone. When emergency strikes, it should be comforting to know that wherever you live in Loudoun County, state-of-the-art emergency care is only minutes away.

Loudoun County’s trio of Emergency Care Centers (ECCs) offers excellence in patient care any time and anywhere you need it. There are two full-service ECCs at Inova Loudoun Hospital — one for adults and one specially designed for pediatric patients. And if you live on the western side of the county, the brand new Inova Wheeler Family Emergency Care Center – Leesburg provides a high level of patient-centered care.

To ensure that you get to the right facility as quickly as possible, each of Inova’s ECCs works in close concert with Loudoun County’s 911 Emergency Medical Services (EMS).

“Loudoun County EMS works collaboratively with all three Emergency Care Centers," says Edward Puccio, MD, Medical Director of Emergency Services at Inova Loudoun Hospital. “We have an expertly staffed command center in each of the Emergency Care Centers that communicates with our emergency medical services provider and makes recommendations on which location to send a patient to and prepares the medical team for that patient’s arrival.”

TOP-NOTCH CARE

The staff at all three ECCs is composed of specialty-trained, board-certified emergency physicians, emergency nurses, and laboratory and imaging technicians who diagnose and treat a full spectrum of medical emergencies. Each care center is equipped with on-site diagnostic imaging including CT scans, MRI, X-ray and ultrasound.

The newly opened Inova Wheeler Family Emergency Care Center – Leesburg has been enhanced to provide every aspect of patient-centered care including large private patient rooms enclosed by glass to ensure a high degree of patient privacy. Equipped with the latest technology, the medical team is capable of handling a wide array of emergencies.

“The Inova Wheeler Family Emergency Care Center – Leesburg meets the high demand for emergency services in western Loudoun and over the years has been a great asset because it...
Minutes matter during a heart attack or stroke. The faster you get help, the better your outcome will be. Here are signs and symptoms of both:

**Heart attack signs:**
- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Nausea, vomiting, back or jaw pain

**Stroke signs:**
- Face drooping
- Arm weakness
- Speech difficulty
- Other sudden signs such as numbness or weakness of the leg, confusion, trouble seeing, dizziness, severe headache

**SPECIALY FOR KIDS**
For pediatric emergencies, the Pediatric Emergency Care Center at Inova Loudoun Hospital is specially designed to treat babies through teens.

“The Pediatric Emergency Care Center is a specialized area for children due to the additional expertise and training the staff has in managing children or helping their families during an emergency,” says John Morgan, MD. “It’s everything pediatric from the actual environment to the knowledge of the people working with the patients. They have all the resources they need to ensure the best experience for children and their families.”

The facility features a comforting atmosphere and offers medical equipment sized for younger patients. The new facility is expected to be open in 2015.
CHILDREN’S NATIONAL AND INOVA FORGE JOINT VENTURE

Starkid, Dr. Bear work together to keep Virginia’s kids healthy

Inova and Children’s National Medical Center have recently formed a 50/50 joint venture, Pediatric Specialists of Virginia. The outpatient practice will bring together and hire pediatric specialists to deliver pediatric specialty care to children in Northern Virginia.

“Pediatric Specialists of Virginia brings together two highly regarded and trusted medical centers to provide world-class care for children and families,” says J. Knox Singleton, Chief Executive Officer of Inova.

Beginning this fall, Pediatric Specialists of Virginia will offer pediatric Gastroenterology, Nephrology, Genetics, Hematology/Oncology and Orthopedics through the collaboration. This integrated model maximizes the reach of the limited number of pediatric specialists in Northern Virginia.

TOP-RATED AGAIN

Inova Loudoun Hospital is No. 7 among hospitals in the Washington, DC, metro area for 2013–2014, according to U.S. News & World Report. It is also ranked No. 8 in Virginia and is recognized among the Best Hospitals in Northern Virginia, the national news magazine says.

The annual U.S. News Best Hospital rankings, now in their 24th year, recognize hospitals that excel in treating the most challenging patients.

“We are extremely proud to be recognized by U.S. News & World Report yet again as one of the best hospitals in Virginia and the Washington, DC, metro area,” says H. Patrick Walters, CEO, Inova Loudoun Hospital. “This ranking demonstrates our continued commitment to offering excellent care for the residents of Loudoun County. My thanks to Inova Loudoun Hospital’s physicians, nurses and staff who have dedicated themselves to the health and well-being of the Loudoun community.”

Inova Loudoun Hospital is also ranked as high performing in the following specialties:

- Gastroenterology & GI Surgery
- Geriatrics
- Nephrology
- Orthopedics
- Pulmonology
- Urology

find a physician
Looking for a doctor? Call 1.855.My.Inova (1.855.694.6682) or visit inova.org/physicians. Our 24/7 physician-referral service can help you find one close to home or work.

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To ensure future arrival of InHealth, request your FREE subscription by calling 1.855.My.Inova (1.855.694.6682) and pressing 1 or visiting inova.org/subscribe.

we’re social!
- twitter.com/InovaHealth
- facebook.com/InovaLoudounHospital
- youtube.com/InovaHealthSystem

baby and me
Sign up for Inova’s free weekly pregnancy and parenting e-newsletter, Baby and Me. Visit inova.org/babyandme to sign up today!
**ASK the Expert LECTURES**

**KNEES, HIPS, SHOULDERS AND OTHER JOINTS**

**Osteoarthritis and the Latest Advances in Joint Replacement**
Nitin Goyal, MD  
Residence Inn National Harbor, National Harbor, MD  
Wednesday, Sept. 11, 6:30 p.m.

Bethesda Marriott, Bethesda, MD  
Wednesday, Oct. 9, 6:30 p.m.

Courtyard Marriott, Waldorf, MD  
Wednesday, Oct. 23, 6:30 p.m.

Residence Inn National Harbor, National Harbor, MD  
Wednesday, Nov. 20, 6:30 p.m.

**Treatment Options for Rotator Cuff Tears and Shoulder Arthritis**
Sameer Nagda, MD  
Residence Inn National Harbor, National Harbor, MD  
Tuesday, Sept. 17, 6:30 p.m.

Harbour View, Woodbridge, VA  
Tuesday, Oct. 8, 6:30 p.m.

Residence Inn National Harbor, National Harbor, MD  
Thursday, Nov. 7, 6:30 p.m.

Jeffrey Lovallo, MD  
Inova Alexandria Hospital  
Thursday, Sept. 27, 6 p.m.

Ryan Miyamoto, MD  
Inova Fair Oaks Medical Campus, Auditorium  
Tuesday, Oct. 1, 12 p.m.

**Latest Advances in Hip and Knee Replacement**
Tony Aram, MD  
Inova Fair Oaks Medical Campus, Auditorium  
Tuesday, Nov. 5, 12:30 p.m.

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**TREATMENT STRATEGIES FOR NECK AND BACK PAIN**
Corey Wallach, MD  
Courtyard Potomac Mills by Marriott, Woodbridge, VA  
Thursday, Sept. 12, 6:30 p.m.

Inova Alexandria Hospital  
Wednesday, Sept. 18, 7 p.m.

Residence Inn National Harbor, National Harbor, MD  
Tuesday, Oct. 15, 6:30 p.m.

Inova Alexandria Hospital  
Wednesday, Nov. 6, 7 p.m.

Court Yard Potomac Mills by Marriott, Woodbridge, VA  
Thursday, Nov. 21, 6:30 p.m.

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**FREE PROSTATE SCREENING AND LECTURE**
Yousef Salem, MD  
Inova Alexandria Hospital  
Monday, Sept. 16, 5–8 p.m. (PSA and DRE screenings from 5–7 p.m., lecture by Dr. Salem at 7 p.m.)

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**COLORECTAL CANCER TREATMENT FOR A PREVENTABLE DISEASE**
Katherine Khalifeh, MD  
Ellen Coolidge Burke Branch Library, 4701 Seminary Road, Alexandria, VA  
Tuesday, Sept. 17, 6 p.m.

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**NONSURGICAL TREATMENT OF UTERINE FIBROIDS**
Calvin Neithamer, MD  
Inova Fair Oaks Hospital, Conference Room 1  
Thursday, Oct. 3, 6:30 p.m.

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**OTHER**

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**WEIGHT-LOSS SEMINARS**

To register for a FREE seminar or online webinar, call 703.348.4716 or visit inovaweightsloss.org. Seminars will be held at Inova Fair Oaks Medical Campus.

**Inova Weight Loss Surgery (Bariatric) Program Seminar**
**TUESDAY:** Nov. 26, 7 p.m.
**WEDNESDAY:** Sept. 11, Sept. 25, Oct. 9, Oct. 30, Nov. 13, Dec. 11, 6:30 p.m.
**THURSDAY:** Sept. 5, Sept. 12, Oct. 3, Oct. 10, Nov. 7, Nov. 14, Dec. 5, Dec. 12, 6:30 p.m.

**Inova Medical Weight Loss Program Seminar**
**THURSDAY:** Sept. 26, Oct. 24, Nov. 21, Dec. 19, 6:30 p.m.

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**SPECIAL EVENTS**

**Golf and Tennis Classic**
International Country Club, Fairfax, VA  
Monday, Sept. 23  
To register, go to inova.org/ifohclassic.

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**Inova Alexandria Hospital Health Expo**
U.S. Patent and Trademark Office, Madison Auditorium 600 Dulany St., Alexandria, VA  
Wednesday, Oct. 9, 10 a.m.–2 p.m.

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All the Ask the Expert lectures are FREE. Please visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

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**INNOVA**

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**SUMMER/FALL 2013**

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**PHILANTHROPY**

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**A NEW CHAPTER FOR THE LEESBURG EMERGENCY CARE CENTER**

_New ECC offers 14 exam rooms_

On May 1, 2013, Inova Loudoun Hospital celebrated the opening of the renovated Emergency Care Center at Inova Loudoun Medical Campus – Leesburg with a community gathering and ribbon-cutting. Originally built in 1974, the building was completely gutted and redesigned to better serve the western Loudoun population with state-of-the-art emergency and imaging services.

The Inova Wheeler Family Emergency Care Center offers 14 exam rooms, four of which are specially designed to care for behavioral health patients, as well as a trauma room that can support critical lifesaving care for two patients simultaneously. Other features include an enclosed room in the nurses station where medication can be prepared with no interruptions, a room designed for OB/GYN care, decontamination showers and a triage area for two patients.

The new diagnostic imaging suite now boasts large X-ray and CT scan rooms adjacent to the Emergency Care Center to allow for swift testing of patients. Outpatient imaging will continue to be offered.

The new laboratory features four times the amount of space as the former lab and has the ability to continue functioning in the midst of a power outage. Test results will be available more quickly and staff will finally have the necessary room to perform these tests.

Other spaces in the building, which opened in June 2013, include the Loudoun Free Clinic, the Loudoun Child Advocacy Center and Inova Loudoun Behavioral Health Unit (also known as LAMPS).

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**GIVE BACK**

Inova Loudoun Hospital Foundation is asking for support from the community for this project through the Cornwall Cares Campaign. The Wheelers have generously pledged a match of donations up to $500,000 by September 30. To date, almost half of the $8.5 million goal has been raised and we thank all of our donors for their generosity. To learn more about how you can participate, contact the Foundation at 703.858.8803.