A Bright TOMORROW

Inova Loudoun Hospital’s fundraising drive aims to bring world-class care close to home

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This rendering of the lobby of the new Inova Loudoun Hospital (ILH) offers a glimpse of ILH’s future. Loudoun Rising, a fundraising campaign, supports the expansion efforts.
Greetings! I am thrilled to introduce myself as the new CEO of Inova Loudoun Hospital (ILH). For years, I have heard stories about the Loudoun community and, of course, the wonderful reputation of ILH. As expected, both have lived up to their repute. Everyone has been exceedingly welcoming and supportive.

Previously, I was CEO at Inova Mount Vernon Hospital. During my tenure there, I established positive relationships with staff, local officials, donors and volunteers. In my short time here, I’m pleased to share that I’ve already made a number of these quality connections within the Loudoun community. I believe collaboration is essential in achieving the strong healthcare community we all need. (To learn more about me, see the story at right.)

In this issue, you’ll read about our Loudoun Rising campaign and our Master Plan expansion. You’ll also learn about the services we provide in the Neonatal Intensive Care Unit (NICU) and a new procedure now available at ILH.

This is an exciting time for ILH and the Loudoun community. I’m honored to be part of this team, and I look forward to what we will build together.

Deborah Addo was named CEO of Inova Loudoun Hospital (ILH) in April, a position she held previously at Inova Mount Vernon Hospital (IMVH). Here, she talks about her first few months on the job.

**WHAT HAS BEEN YOUR TOP PRIORITY AT ILH SO FAR?**
I’ve worked to connect to the community at every level, from meeting staff and volunteers to talking with local leaders and donors. Another priority has been our Master Plan expansion. Construction is going well, but I realize it can be disruptive for patients and staff. I plan to host a number of town hall meetings across the county for the community to provide input, ask questions and share concerns.

**WILL THE MEETINGS FOCUS ON CONSTRUCTION ISSUES?**
If that’s what people want to talk about, then yes. But I expect that we will address a wide range of topics. We really want to be responsive to patient needs — even more than we already are — and that starts with productive conversations about expectations and policies.

**WHAT ARE SOME LESSONS IMVH TAUGHT YOU THAT YOU’LL APPLY AT ILH?**
The people are the bedrock of what we do. That means patients, administration and medical staff working together. It’s great to have state-of-the-art programs, new buildings and medical innovations, but if you don’t put patient quality and safety first, you don’t have anything.

**WHAT DO YOU DO FOR FUN?**
I’m a licensed minister, so for me, it’s fun to teach and speak at retreats. I spend most of that time with women’s groups and young people. I love providing a message of hope and healing. I also enjoy spending time with my family and friends, and I adore fast cars. Sometimes I take my car to the racetrack just to be able to drive as fast as I want. That keeps me from getting speeding tickets!
Four-Legged CAREGIVING

Inova Loudoun Hospital introduces first facility dog

This November, Inova Loudoun Hospital (ILH) will welcome a new, full-time furry staff member: Jeremiah is a 2.5-year-old golden retriever and the hospital’s first full-time facility dog.

Currently in training, Jeremiah spends his days mainly visiting patients in the Children’s Emergency Room (ER) and Pediatric Inpatient Unit at ILH. “We are so excited to have him,” says Allyson Halverson, Certified Child Life Specialist, ILH Pediatrics Department. “His impact is immeasurable; kids immediately calm down when he enters a room, their faces light up, and they’re more cooperative with their treatments and procedures.”

Spearheaded by Halverson; Certified Child Life Specialist Kim Van Etten; and Dr. Jill McCabe, Medical Director of the Children’s ER at ILH, the facility dog program was designed to minimize kids’ stress while in the healthcare setting. Jeremiah promotes positive coping during medical interventions, provides a source of comfort and physical contact for patients, and offers an alternative focus from illness and medical treatment.

Halverson, Van Etten and Dr. McCabe are completing extensive training through Hero Dogs, a nonprofit organization. Jeremiah’s formal graduation is set for Nov. 4. Upon graduation, Jeremiah will become a permanent member of the ILH Child Life team.

Jeremiah’s Favorites

Food: Any kind of meat and peanut butter inside of a bone.
Activity: Playing with his ball and showing off his tricks, especially popping bubbles and giving high fives!

Inova Loudoun Hospital introduces first facility dog

Trauma services are now available at Inova Loudoun Hospital

This past spring, Inova Loudoun Hospital (ILH) received Level III trauma center designation, making the Inova Virts Miller Family Emergency and Trauma Center the first trauma center in Loudoun County. “Achieving trauma designation reinforces our promise to provide advanced medical and surgical care to those in our community,” says ILH Trauma Medical Director Jordan Estroff, MD, FACS.

As a Level III trauma center, ILH can provide care to those with moderate to severe torso and extremity injuries. It can also promptly assess and stabilize the critically injured prior to their transfer to a higher level of care. And less EMS travel out of the county allows Loudoun County EMS to be more readily available for all county emergencies.

ILH is also committed to preventing injuries in the community. Over the past year, approximately 80 percent of injured patients have been over the age of 65 and victims of a fall. As a result, the ILH trauma team has partnered with ILH Mobile Health Services and the Outpatient Specialty Rehabilitation Center at ILH to launch a Fall Prevention Program. New community education and outreach programs designed to prevent injuries will continue to be developed.

The process of achieving the Level III designation is entirely voluntary under the Virginia Department of Health. The ILH physicians, nurses and staff are committed to the process to continue to provide the highest level of care for those in the community.

To learn more about or donate to the Hero Dogs, visit hero-dogs.org.
BEST START
Expert care for babies in a family-friendly setting

At Inova Loudoun Hospital (ILH), expectant parents will find more than they expect and nothing less than the personalized birth experience they deserve. That means access to a world-class OB team, an on-site natural birth center and Loudoun County’s only Neonatal Intensive Care Unit (NICU).

“We offer the best of both worlds: the intimacy and personalized care of a community hospital coupled with the most advanced technology and amenities available, including an on-site NICU,” says Cindy Andrejasich, RN, Senior Director, Perinatal Services at ILH.

The NICU at ILH is staffed with board-certified neonatologists (the same group of doctors serving the NICUs at Inova Children’s Hospital [ICH] and Inova Fair Oaks Hospital), neonatal nurse practitioners, respiratory therapists, lactation consultants and a dedicated support staff. The team cares for premature babies and newborns with medical conditions requiring specialized care and observation. The strong collaborative relationship with ICH and its pediatric subspecialties allows ILH to provide the best possible care, regardless of the condition.

“We are proud of our state-of-the-art facility, skilled clinical team and neonatal capabilities,” says David Goodwin, MD, Medical Director of ILH Neonatal Services. “In particular, we have an exceptional record in length of stay — which means we get babies healthy and home to their families quicker than many other NICUs.”

TWICE THE JOY
For Yana and Glenn Harshman, the NICU at ILH provided the best possible start for their twin babies, Isabella and Kathrin. For seven months, Yana’s pregnancy had progressed without a hitch. But at week 28, she began experiencing contractions. Yana was put on bed rest for the next five weeks until one night when she woke in excruciating pain. Her water had broken, so Glenn rushed her to the hospital. From the moment their babies were born at 33 weeks, Yana and Glenn knew they were in capable, caring hands.

Over the next three weeks while their new additions were in the NICU learning to feed and being monitored by the expert nursing staff, Yana and Glenn were encouraged to hold the babies, feed them and change their diapers. “The doctors, the nurses and the lactation consultants in the NICU were amazing to us and our babies,” says Yana. “The nurses were always available, always insightful and always helpful,” Glenn adds.

When the couple went home with their infants last January, they were well-prepared for every aspect of their babies’ care. “They’re doing great,” says Yana, the mother of the twins, who are now 9 months old. “They’re big and fat, and they giggle and talk. They’re not preemies anymore!”

YOUR QUESTIONS ANSWERED
To learn more about childbirth services at the Inova Loudoun Ladies Board Birthing Inn and Natural Birth Center, visit inova.org/loudounbaby or call 703.858.8690.

Brand-New Look
We recently remodeled the NICU spaces to offer families a more comfortable, soothing atmosphere. Walls now have a cheerful new color scheme with hints of turquoise, green and purple. They are adorned with inspiring portraits of adorable NICU graduates — each holding a former baby photo of himself or herself while in the NICU.
After going through four different sets of hearing aids over the last 20 years, Raymond Lepesqueur knew it was time to try something new. Raymond, 74, suffers from otosclerosis, a genetic disorder that impedes the ear’s ability to amplify sound, and gradually started losing his hearing in his early 20s.

“Each set of hearing aids helped somewhat. But, in the end, I was using them at maximum power and they weren’t doing much to help,” he says. “By 2015, I had no hearing in my left ear and less than a third of normal hearing in my right ear.”

Raymond found his way to Roya Azadarmaki, MD, an otolaryngologist and Medical Director of Washington Ear Associates. Dr. Azadarmaki recommended cochlear implant surgery, which is designed for people with severe to profound hearing loss. During the surgery, a small device is placed in the ear that sends impulses directly to the auditory nerve, which carries sound signals to the brain. A few weeks after the surgery, the doctor fits the patient with a speech processor and microphone and activates the implants.

Thankfully, Inova Loudoun Hospital (ILH) and Washington Ear Associates recently partnered to bring cochlear implant surgery and complex hearing services to Loudoun County. Raymond was able to have surgery at ILH in May 2017; his implants were activated one month later.

“We are the first program in Loudoun County to offer these services and are excited to bring this level of tertiary care to the local population,” says Dr. Azadarmaki. “We help patients of varying ages — even those in their 90s — because people are living longer and deserve to have a better quality of life.”

“I’m much happier and able to engage in conversations more easily now,” Raymond says. “Previously, I was restricted because I couldn’t hear what anyone was saying unless they were directly next to me. Now, I can go to lectures or my retirement community’s dining hall and hear everyone in the room.”

Raymond is also more confident in his ability to take care of his wife, who suffers from Alzheimer’s disease. He is active in an Alzheimer’s support group and now can hear everyone at the round table. “The experience I had with Dr. Azadarmaki and Inova was very positive,” he adds. “I hope my story encourages people who might benefit from a cochlear implant to consider getting one.”
PAYING IT FOR

Fundraising drive aims to bring world-class care close to home

Marking an exciting new era in patient care, Inova Loudoun Hospital (ILH) has launched its largest fundraising campaign in the hospital’s century-old history. The $20 million “Loudoun Rising: Taking Health to New Heights” fundraising drive will support the hospital’s $300 million Master Plan expansion of facilities and services to be completed by 2020.

“I believe strongly in investing in our community’s health,” says Loudoun Rising campaign Co-Chair Sharon Virts. “This campaign is a bold initiative that will have a significant and meaningful impact on our health, our children’s health, our grandchildren’s health and beyond.”

Over the last decade, ILH has sought to improve the health and wellness of the community by expanding and renovating its state-of-the-art facilities, recruiting top specialists, and introducing a variety of new programs and services. This includes the addition of the Natural Birth Center at ILH, the expansion of the ILH surgical center, and the expansion of the Inova Heart and Vascular Institute (IHVI) – Schaufeld Family Heart Center. New specialty programs include colorectal, neurosurgery, vascular and pediatric gastroenterology.

In the realm of emergency services, the hospital recently received Level III trauma designation (read more on page 3) — making ILH Loudoun County’s first and only trauma center. The hospital also built the Inova HealthPlex – Ashburn Emergency Room (ER) and is currently expanding the adult ER at ILH. Additionally, the Children’s ER at ILH recently became the first sensory-friendly ER in the DC metro region.

Over the next few years, the community will gain access to an even broader array of state-of-the-art facilities and medical advancements.

“Our goal is to progress to an advanced community hospital,” says Growth Officer Rachna Krishnan. “We are working to increase the complexity of care that we can provide at the hospital and keep Loudouners close to home.”

Getting Around

Finding your way through a hospital can be confusing, especially when construction is under way. Fortunately, the patient experience team at Inova Loudoun Hospital (ILH) is on-site to lend a hand.

Beginning in September, the entrance on the north side of the hospital will be closed for the new tower construction. Patients and visitors will enter through the south hospital entrance near the Inova Loudoun Ladies Board Birthing Inn. There are numerous wayfinding signs posted to help you navigate. In addition to campus signage, staff is available at the south hospital entrance information desk to answer questions and provide walking maps. Volunteers will help direct you.

“Our goal is to provide an excellent experience by caring for both patients and visitors from the minute they arrive on campus,” says Cynthia O’Hara, RN, MSN, Patient Experience Manager at ILH. “We apologize for any inconvenience the construction may cause.”

September 2016

A brick-breaking ceremony celebrates the expansion of the Inova Virts Miller Family Emergency and Trauma Center. The project will yield eight additional bays, an EMS lounge, new nurses station and trauma bay.
To better accommodate patients and their families, Inova Loudoun Hospital (ILH) has opened a brand-new 766-space parking deck with designated patient, family, visitor and employee spots. ILH also offers complimentary valet parking and a parking lot shuttle. Valet parking is available at the south hospital entrance, the ER entrance and the 44035 Medical Office Building.

“By using the team’s clinical expertise and the best available clinical evidence from systematic research, Inova’s goals of improving patient outcomes and care can be realized beyond initial expectations,” says Jason Beshore, HDR, Health Principal.

The expansion of the Inova Virts Miller Family Emergency and Trauma Center — the adult ER at ILH — is scheduled to be completed in December and will feature eight new patient bays, a new trauma bay and an EMS lounge.

At the IHVI – Schaufeld Family Heart Center, the existing catheterization labs are currently undergoing renovations. By 2020, the center will feature the addition of a fourth hybrid suite and a community/outpatient clinic for transitioning patients back to their active lifestyles.

ILH also has plans to expand its Intensive Care Unit (ICU), bring additional mental health resources to Loudoun County and open a brand-new breast center.

PHILANTHROPY IN ACTION
The Master Plan expansion is made possible through caring Loudoun County benefactors. More than $12 million in donations have kick-started the campaign, including $2 million from Sharon Virts and Scott Miller for expanded emergency services, and $5 million from Fred, Karen and Bobbi Schaufeld for the expansion of heart and vascular services at the IHVI – Schaufeld Family Heart Center.

“We are deeply grateful for the generous support from Loudoun Rising donors, which has allowed us to continue to raise our standard of excellence,” says Suzy Quinn, Executive Director of the ILH Foundation. “Through continued philanthropic support, the Loudoun Rising campaign will have a lasting and transformative effect on our community’s healthcare — both now and in the future.”
Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area’s only Level 1 Trauma Center and Level 4 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute (IHVI), Inova Translational Medicine Institute (ITMI), Inova Neuroscience Institute, Inova Schar Cancer Institute and Inova Children's Hospital. Inova’s mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at inova.org.

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IN Memoriam

Inova Loudoun Hospital loses a dedicated member of its nursing family

On May 6, 2017, Elizabeth Dugan, PhD, an inspiring leader and devoted nurse at Inova Loudoun Hospital (ILH), died. Known by everyone as Lisa, Dugan touched the lives of patients, employees and fellow nurses alike before losing a short but valiant battle with cancer.

Dugan began her career as a clinical education coordinator at ILH in 1995. She held multiple leadership positions before being named Chief Nursing Officer (CNO) and VP of Patient Care Services in 2007.

“Through each of her roles, Lisa elevated nursing at Inova Loudoun Hospital, further developing the culture of compassion, safety and quality that exists today,” says Marissa Jamarik, AVP, Chief Nursing Officer. “The contributions that Lisa has made to the community through her work here at ILH are endless. She has been the driving force in the development of multiple programs, including the children’s emergency room, robotic surgery program and, most recently, Level III trauma center designation.”

Dugan experienced loss and illness from an early age; she was diagnosed with lymphoma at 19 years old and lost her mother when she was 23. However, Dugan never crumbled or dwelled in sadness. Instead, she looked toward the future and felt thankful for what was to come. She married her husband, Buck, in 1983, and raised four successful children. Dugan also worked tirelessly as a student, obtaining both a PhD and MBA, even when she required open-heart surgery for a triple valve replacement and pacemaker in 2014.

“Lisa has been an inspiration to each of us,” says Jamarik. “She created an army of caregivers who love nursing just a little more because her own enthusiasm and love for nursing was so contagious. She was truly remarkable in every way.”

HONORING LISA’S LEGACY

Inova Loudoun Hospital will rename the hospital chapel the Lisa Dugan Memorial Chapel. To learn more or to make a gift in memory of Lisa, please visit foundation.inova.org/DuganChapel.

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