State of the HEART

Constant communication between cardiology and emergency services ensures superior care

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Expansion Efforts
As the New Year begins, there’s a good chance that we’ve all made our resolutions and goals for 2016. At Inova Loudoun Hospital (ILH), our goal is to continue growing to meet the needs of the community.

We are happy to report that we’re on track with this goal: We have been working with the Loudoun County government to approve the extensive and expansive zoning requirements for the next 20 years of our master plan. This approval will eliminate any impediments in developing ILH as the community needs it. Some of these next-level developments include expanding the Schaufeld Family Heart Center, Elizabeth Miller Cancer Center and The Ladies Board Birthing Inn; broadening surgical subspecialties to include pediatric, colorectal and vascular; and expanding trauma capabilities and achieving Trauma Level III Center status.

We have already expanded many of the services offered at ILH over the last 10 years, including adding several Emergency Rooms, such as the Ashburn HealthPlex and the ER on Cornwall Street. We know you have a choice in healthcare, and we hope you’ll choose ILH and affiliated facilities for your needs.

WELLNESS
New Year, NEW PLAN TO LOSE WEIGHT
Start 2016 with balanced nutrition

After all the holiday fun, January marks that time of the year again — time to lose some weight. But what is the best diet plan to follow? This year, instead of choosing a plan to lose weight fast, opt for eating healthier and being more active, recommends Wendy Johnson, MS, RD, an exercise physiologist and dietitian at Inova Loudoun Hospital. This is a recipe for sustained weight loss.

“Research shows that fad diets do result in fast weight loss, but the lasting effects are not maintained,” she says. “Typically, these types of diets ask you to eat excessive amounts of a specific food or eliminate some food groups altogether.”

A combination of ideas from various popular diets, such as Paleo, high-protein, gluten-free, Atkins and South Beach, offers the best overall diet plan, she says. If your goal is weight loss, try reducing your carbohydrate intake from items such as breads, pastas, rice and pastries. Also, incorporate moderate amounts of beans, lentils and whole grains. Finally, minimize your intake of refined flour products such as white breads, white rice and white potatoes, as well as simple sugars from desserts, juices and sugary sports drinks.

It is also important to have some protein each day, as well as three cups or more of vegetables and a few pieces of fruit, she offers. And don’t forget the water. “Stay hydrated!” she emphasizes. “This will help improve metabolism and energy throughout the day.”

It’s certainly not easy to change your eating and fitness habits to make lasting dietary changes. For a weight-loss plan tailored to you, consult with a registered dietitian, Johnson suggests.

HEALTHY HABITS
Learn more about weight management at healthlibrary.inova.org/wellness/weight.

DEVELOPMENT
Growing FORWARD

In 1997, Loudoun County’s population totaled 87,000. By 2025, the population is likely to increase to more than 447,962 residents. The team at Inova Loudoun Hospital created a comprehensive Master Plan to accommodate this growth. The plan started in 2015 and is expected to be completed by 2020.

This plan, which is estimated to cost approximately $275 million, includes a new patient tower, technological advancements and facilities to accommodate this growth, additional tertiary services, and the necessary infrastructure to ensure that the hospital can be a designated trauma center.

“Our community is made up of sophisticated consumers,” says ILH CEO H. Patrick Walters. “From a healthcare point of view, they are very educated and are looking for really advanced treatment options that Inova Loudoun Hospital can provide, with a strong connection to Inova’s overall research enterprise.”

H. PATRICK WALTERS
CEO, Inova Loudoun Hospital
Mobile Health Services at Inova Loudoun Hospital (ILH) is more than just healthcare on wheels; it’s the hospital’s way of helping and giving back to the entire Loudoun County community. “Our main focus is to be out in the community promoting health and wellness through education and by providing health screenings,” says Stacey Miller, Government & Community Relations Liaison at ILH. “Our nurses and staff are at community events providing First Aid, and heating and cooling stations. We go to senior living communities to provide health screenings on a monthly basis. We also provide screenings and outreach for underserved and low-income communities.”

The health screenings offered by Mobile Health Services include blood pressure, blood sugar, cholesterol, body mass index (BMI), bone density, hearing and vision, and sun damage screenings. The Mobile Health team can perform these screenings and other services directly from a fully equipped Mobile Health bus.

Mobile Health Services also works with educational institutes and runs classes at ILH, says Miller. “We conduct group Safe Sitter® classes and run a medical explorers program for high school students interested in medical careers,” she says. “We also invite about 50 students to shadow various departments for two days through the Job for a Day Program in conjunction with Loudoun County Public Schools.”

“All of these are strategies to bring healthcare out into the community,” Miller adds. “That is the goal of Mobile Health: to educate and take care of the health needs in our community.”

Inova Loudoun Hospital (ILH) will be hosting an array of women’s health services, from childbirth services, gynecologic care and surgery, to breast care and cancer screening. In order to make navigating and accessing these services easier for patients of all ages, ILH is forming a Women’s Health Program. “We’re developing a more coordinated, comprehensive approach,” explains Anne Brown, MD, OB-GYN, and Medical Director of the Women’s Health Services at ILH.

The program includes a women’s health navigator, Marie Tolliver, RN, to help coordinate care for patients with any number of issues and handle referrals. If patients need to see a physician, pelvic physical therapist, urologist/urogynecologist, counselor, gastroenterologist, cardiologist or other healthcare provider, she helps to point patients in the right direction and make sure they have a seamless communication between laboratory, radiology and provider. Dr. Brown says the hospital will be hosting an ongoing series of educational programs in the future that can address women’s health problems and provide free advice and insight for the community.

Along with the Women’s Health Program, a new hospital tower housing both inpatient and various women’s services will be completed in approximately five years. “The new building will have a variety of enhancements, including updates to the NICU and gynecology department,” says Dr. Brown.

ILH is currently in the planning stages of the new building. The hospital will offer a “‘one-stop shopping’ experience for the various services that women and their families require.” Dr. Brown adds.
The number of families in Northern Virginia continues to grow, and with that comes a greater need for pediatric services. In order to serve this expanding community, Inova Loudoun Hospital (ILH), as well as the Inova system as a whole, is expanding access to specialized pediatric care and fostering a better patient experience for pediatric patients and their families.

This explains why Inova partnered with Children’s National Health System, a nationally ranked pediatric hospital in Washington, DC, to form Pediatric Specialists of Virginia (PSV). This new organization, which celebrated its two-year anniversary on Sept. 30, 2015, combines both partners’ resources to make pediatric specialty services more readily available to the Northern Virginia community.

Currently, PSV and ILH offer full access to pediatric gastroenterology, endocrinology and nephrology services, with expanding access to other specialties such as allergy and immunology, and mental health. In February, PSV will establish a new major center in Loudoun County, which will expand access to specialty services.

“We view [PSV] as our effort to really partner with the community, working with pediatricians, family practitioners, patients and families to determine how we can best deliver care,” says Ian Leibowitz, MD, Chief Medical Officer of PSV and Chief of Pediatric Gastroenterology at Inova Fairfax Hospital. “It’s about being engaged and being a part of the community.”

Serving the Inova community goes beyond providing better access to specialty services. ILH also offers a Pediatric ER and Inpatient Unit with kid-friendly rooms at the Lansdowne location.

“A Pediatric ER is important because] kids just have different problems,” says B. Jill McCabe, MD, Medical Director of Pediatric Emergency, Inpatient, Concussion and Urgent Care Services. “We are specially trained to take care of the unique emergencies that kids and adolescents have. That includes everything from having the right equipment to set a broken arm to using nasal pain medication instead of injections. We keep kids comfortable.”

At ILH we offer kid-friendly inpatient rooms to keep our pediatric patients comfortable in a medical setting, she adds. “In our child-friendly environment, kids will be less stressed and anxious,” says Dr. McCabe. “Every room in our Pediatric ER has an iPad, and the Pediatric Inpatient Unit has Playstations in the private and family-focused rooms as well. We also have Child Life specialists to help children and families, and we use video instruction to help communicate follow-up care. We do everything we can to make our patients and their families more comfortable, making their tough days a bit better.”
SUPERIOR SURGICAL OFFERINGS

Inova Loudoun Hospital (ILH) provides advanced surgical services throughout its departments. Here are a few noteworthy examples.

TOP-LINE COLORECTAL SURGERY
ILH now has a group of board-certified colorectal surgeons solely committed to the treatment of colon, rectum and anal problems, says Lynda Dougherty, MD, a colorectal surgeon. The group has extensive experience treating conditions such as colon cancer, rectal cancer with anal sphincter preservation, diverticulitis, Crohn’s and ulcerative colitis, as well as advanced proctology (hemorrhoids, fissures and fistulas). Thanks to the addition of colorectal surgery, ILH can now offer multidisciplinary care, with gynecology/urology, for patients who have rectal prolapse or fecal incontinence when it occurs with pelvic prolapse.

ROBOTICS IN ONCOLOGY
Ruchi Garg, MD, a gynecologic oncologist at ILH, is excited about the robotics her team is using for minimally invasive hysterectomies and cancer staging. “It is the latest and the greatest in the surgical world,” she says.

According to Dr. Garg, patients are typically able to go home within 24 hours of a hysterectomy and can get back to work within two or three weeks. “Patients have been quite happy with the results,” says Dr. Garg. “Their pain level has been very minimal, [and] their activity level has been great after surgery. Even the cancer patients heal up quickly so, if needed, they’re able to begin treatment protocol sooner.”

NEW FACES IN NEUROSURGERY
ILH is excited to welcome neurosurgeon Gail Rosseau, MD. She will be working with neurosurgeons Nilesh Vyas, MD, and Jae Yun Lim, MD, to expand neurosurgical services and coverage in the Loudoun community. “I have found the leadership at ILH, both in the administration and in clinical services, to be extraordinary,” she says. Dr. Rosseau, who has an interest in sports concussions, will also serve as the Associate Chairman of the Inova Neuroscience Institute and provide leadership for academic and residency services.

Urology, Colorectal Surgery Join Forces
Colorectal surgeons and urogynecologists (OB-GYNs with expertise in female urological issues) are now working together to offer pelvic prolapse and fecal incontinence procedures at Inova Loudoun Hospital, according to Lynda Dougherty, MD, a colorectal surgeon at ILH.

Pelvic prolapse in women occurs when one of the organs in the pelvis (such as the bladder, uterus, small bowel or rectum) drops below its normal place in the abdomen. Fecal incontinence occurs when one cannot control his or her bowel movements, which can lead to leakage. “This partnership to perform these two critical surgeries is exciting,” says Dr. Dougherty.

A CUT ABOVE
To learn more about surgical offerings at Inova Loudoun Hospital, call 703.858.6490 or visit inova.org/ILHdavinci.
Heart attack patients are in capable hands at Inova Loudoun Hospital (ILH). Specially trained doctors, streamlined communication and a first-class catheterization lab are some of the characteristics of ILH’s heart program.

STATE-OF-THE-ART CATH LAB
ILH first opened its cardiac catheterization (cath) lab in 2006, thanks to a gift from the Schaufeld family, for diagnostic procedures. Then, in 2009, doctors began performing interventions using balloons and stents to treat acute myocardial infarctions, or heart attacks. Since then, the cath lab has grown exponentially and now includes two labs — one for heart catheterization and one for interventional radiology, a subspecialty of radiology that involves using the least-invasive techniques to minimize patient risk and improve outcomes. The interventional program started on Oct. 9, 2015.

“When we developed the current cath lab, we recognized that every minute counts to save heart muscle by taking patients rapidly to have blocked coronary arteries opened up and stented to restore blood flow,” says Edward Puccio, MD, an emergency physician and Medical Director, Emergency Services, ILH. “When done quickly, this not only saves lives, but gives people a healthier outcome. Being able to provide this service has affected the patients in our community greatly for the past six years.”

New Blood Pressure Guidelines for the Elderly
New blood pressure guidelines suggest that in those over 60 years of age, it may not be necessary to lower systolic pressure to 120. A satisfactory number to aim for could be in the 140 to 150 range.

According to Dean Pollock, MD, a cardiologist at Inova Loudoun Hospital, blood pressure guidelines constantly change. But generally speaking, it’s not necessary to treat blood pressure quite as aggressively in older populations. Giving older people enough medication to get their blood pressure down to 120 could result in numerous side effects from the medication without lowering the number, he points out. “People have so many side effects that it’s just not worth it,” Dr. Pollock says. “There’s not a lot of data to support that lowering the systolic blood pressure from 140 to 120 has much benefit.”
The recently opened Inova HealthPlex – Ashburn, located at the Dulles Greenway and Loudoun County Parkway, offers a 24/7 Emergency Room, as well as a lab and imaging center. According to Edward Puccio, MD, an emergency physician at ILH, about half of patients with chest pain will go home. Therefore, emergency rooms don’t necessarily need to be tied to hospitals. “We can actually put emergency rooms where the patients are and get them quicker and more efficient care closer to their homes,” he says.

If transport is necessary between the HealthPlex and the ILH Emergency Room at Lansdowne, the operative word is speed. In fact, the treatment would not be quicker if someone came initially to the ILH ER. In the time it takes to treat a heart attack patient in the ILH ER, the Ashburn ambulance is already in transport.

In fact, the two cath labs at ILH perform more cases per room than any in the entire Inova system. The cath lab does approximately 700 heart cath cases yearly, half of which are coronary interventions. In addition, the cath lab takes care of at least 70 acute MI patients yearly and sees dramatically good results. In order to keep up with demand, ILH is adding a third cath lab. “We’re currently in the design phase and are really excited about this expansion,” says Dean Pollock, MD, a cardiologist and Medical Director of the Cardiac Catheterization Lab at the Schaufeld Family Heart Center, ILH. “As our community continues to grow, our doctors are committed to providing for that growth. The progress has been really gratifying and the results have been rewarding.”

UNPARALLELED COMMUNICATION
When Emergency Medical Services, or EMS, thinks someone has the symptoms of a heart attack, the EMS team immediately communicates with the Emergency Room at ILH. “It’s simultaneous communication that happens between EMS, the Emergency Room and cardiology 24/7/365, almost instantaneously,” says Dr. Puccio.

Here’s how communication happens between EMS and the Emergency Room — all in a matter of just three or four minutes:

1. When someone is experiencing chest pain or other cardiac symptoms, EMS does an EKG on the scene and electronically transmits it to the Emergency Room.
2. An ER doctor (such as Dr. Puccio) looks at the EKG and decides whether or not it’s a heart attack.
3. The ER doctor puts in a call to activate the cath lab if it is a heart attack.
4. This call activates the hospital’s team to come to the lab and prepare to receive and treat the patient.
5. Simultaneously the interventional cardiologist (such as Dr. Pollock) calls the ER doctor to gather clinical information as well as the EKG findings so they can anticipate the patient’s status upon arrival.
6. The team can often be assembled in the lab before the patient has even arrived at the hospital.

“We have excellent collaboration between EMS, the ER and cardiology, which has been maintained from the beginning of this program, to get patients the fastest care possible,” says Dr. Puccio. “It’s been a seamless process and continues to save lives and improve patient outcomes.”

Both Drs. Puccio and Pollock agree that the communication between EMS, the Emergency Room and cardiology at ILH is unparalleled. “I’m excited about the future,” says Dr. Pollock, who has been with ILH since 1986. “We’re growing steadily. It has been a great place to work and a great community to work in.”

HEART HEALTH
To learn more about cardiac services at Inova Loudoun Hospital, call 703.858.8660 or visit inovaheart.org.
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) on genomics, Inova Neuroscience Institute, Inova Dwight and Martha Schar Cancer Institute (ISCI) 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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