

TEAM *Daphne*

Young patient receives care delivered with compassion **PAGE 6**

Daphne Branham, 6, is undergoing treatment at Inova Children's Hospital for a brain tumor.



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FOLLOW THE LEADER

Major Feat

I'm proud to report that *U.S. News & World Report* has ranked the Inova Fairfax Medical Campus No. 1 in the D.C. metropolitan area for the third consecutive year. In addition, we've moved up to No. 2 in the state rankings. We also earned national recognition for our gynecology and neonatology programs, along with high-performance rankings in 11 specialties. These exceptional accomplishments are in large part due to our dedicated physicians, nurses and staff, who provide the best of care to our patients every day.

You can read an outstanding example of this superior care in this issue of *InHealth*. Six-year-old Daphne had successful surgery for a malignant brain tumor last spring. An expert team trained to diagnose and treat complex neurological conditions performed a 16-hour operation at our Pediatric Intensive Care Unit to remove all traces of the tumor. Daphne has made a remarkable recovery and is receiving follow-up care from our pediatric oncology staff.

We value physician expertise and experience, as evidenced by our new Advanced Surgery and Technology Center. Exceptional patient care is truly our No. 1 goal.



PATRICK CHRISTIANSEN, PhD

CEO, Inova Fairfax Medical Campus

Executive Vice President, Inova



WELLNESS |

Flu BUSTER

Getting vaccinated increases your chances of avoiding sickness

A recent report released by the U.S. Centers for Disease Control and Prevention (CDC) estimated that during the 2012 flu season, approximately 381,000 Americans were hospitalized due to flu and over 30 million were affected by flu-related illnesses. In addition to symptoms such as sore throat, aches and fever, the flu can lead to serious health complications such as pneumonia.

One of the most important steps you can take to avoid serious, flu-related illness is to be vaccinated. Each year, the flu vaccine targets what doctors expect will be the three most common strains of the flu that season. The CDC recommends that anyone 6 months of age and older get vaccinated, particularly people who are at a high risk for flu complications. This includes senior citizens, young children and people with chronic conditions like asthma or heart disease.

GETTING VACCINATED

Inova Fairfax Hospital's clinic is located in the atrium of the hospital at **3300 Gallows Road, Falls Church, VA.** No appointment is necessary. For more information on Inova's flu clinics, visit inova.org/flu.

Preventative Measures

In addition to being vaccinated, there are simple, preventative measures you can take to reduce the likelihood of getting the flu. In general, they are the same steps you would take to avoid a cold:



Wash your hands often.



Don't touch your mouth, eyes or nose with unwashed hands, as those are places where germs easily can enter the body.



Avoid being in close proximity to sick people.

If you do get sick, visit your doctor and follow his or her directions; an antiviral medication may be prescribed. To protect others, stay home for at least 24 hours after your fever has gone except to get medical care or other necessities.

Three cheers for three years: Inova Fairfax Medical Campus is No.1 again

TOP of the List

U.S. News & World Report has, for the third year in a row, ranked Inova Fairfax Medical Campus the No. 1 hospital in the Washington, DC, metropolitan area. It is the No. 2 hospital in the state, behind Sentara Norfolk General Hospital in Norfolk, according to the annual rankings.

Inova Fairfax Medical Center's gynecology program is also No. 33 in the country, and the hospital's neonatology department is No. 42

nationally, according to the 2014-2015 Best Hospitals list.

"Three years in a row as No. 1 is an outstanding accomplishment and we are proud of our hospital's dedicated physicians and staff who provide the best of care to our patients every day," says Patrick Christiansen, PhD, Chief Executive Officer, Inova Fairfax Medical Campus. "I'd like to congratulate our staff, particularly within Inova Women's and Children's, for their

impressive and well-deserved national rankings."

Inova Fairfax Medical Campus earned high-performing rankings in 11 specialties: cancer; cardiology and heart surgery; diabetes and endocrinology; ear, nose and throat; gastroenterology and GI surgery; geriatrics; nephrology; neurology and neurosurgery; orthopedics; pulmonology; and urology.

U.S. News publishes Best Hospitals to help guide patients who need a high

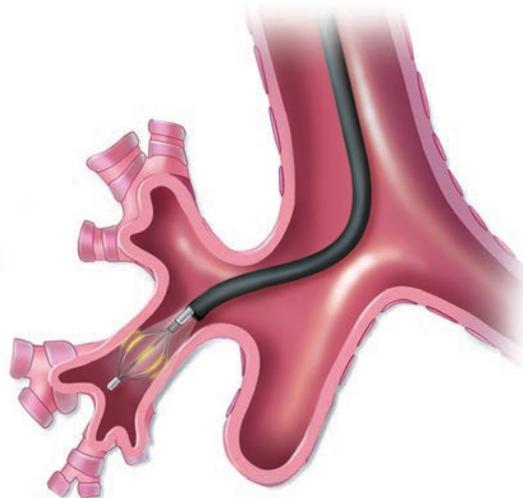
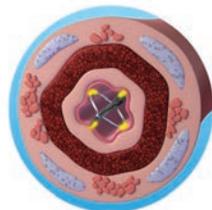


level of care because they face particularly difficult surgery, a challenging condition or extra risk because of age or multiple health problems. Learn more at inova.org/usnews.

PULMONOLOGY |

BREATHE Easy

Inova Fairfax Hospital offers advanced asthma treatment



Bronchial thermoplasty is a novel intervention for asthma in which controlled thermal energy from a radiofrequency source is delivered to the airway wall during a series of bronchoscopy procedures.

Image courtesy of Bridge Design Ink.

Inova Fairfax Hospital is among the first hospitals in the DC area offering a new procedure that helps patients with severe asthma. The procedure is bronchial thermoplasty; it uses mild heat to reduce excess smooth muscle tissue in the patient's airway so that the airway has less capacity to constrict. This reduces wheezing, shortness of breath and chest tightness.

"It's a cutting-edge procedure that really has the potential to help a lot of people who in the past have been reliant on daily inhalers, oral medications like Singulair, or, in the worst-case scenario,

daily doses of prednisone," says Mark Granada, MD, pulmonologist at Inova Fairfax Hospital. "We've just never had anything like this in asthma before. There's a lot of promise to it."

The treatment is an outpatient procedure that takes place over the course of three months, during which time the patient receives a total of three treatments. While the results of the treatment often start appearing after the third treatment, Dr. Granada has seen patients who report breathing easier while they are still in the treatment phase.

Dr. Granada explained that Inova's

commitment to its patients is what brought this unique technology to the hospital.

"I think Inova was very proactive in trying to get this procedure," he says. "One of the things that was impressive is they really took a hard look at the data and by committee decided this procedure had the potential to really help asthmatics."

TAKE A BREATH

To learn more about bronchial thermoplasty, please contact your physician or call **703.641.8616**.

CONVENIENT CARE



With the opening of the new Vein and Vascular Center in Gainesville, patients now have access to state-of-the-art care in a local setting. The new center provides all the services offered by Inova Fairfax Hospital, in addition to an exciting array of cosmetic treatments for venous conditions. “The center is really a one-stop shop,” says Medical Director Maseer Bade, MD, a vascular surgeon at Inova Fairfax Hospital. “All of the patient’s vascular needs, from the initial diagnosis and evaluation to therapeutic intervention and follow-up care, can be performed in the same day under the same roof.”

Since the center opened last spring, members of the community have responded with enthusiasm.

“Our patients have been extremely pleased with the quality of the procedures, the location, the treatment, the recovery and the follow-up,” says Neil Smarte, Director of the Vein and Vascular Center. “Our facility is all brand new, all our equipment is brand new, we’ve got the latest and greatest technology and we provide the newest procedures.”

SPECIALTY SERVICES

The center’s highly experienced team of vascular surgeons, interventional cardiologists and radiologists offer the most advanced diagnostic tests and treatments. Using a multidisciplinary

approach, the team works in close concert to eliminate symptoms, prohibit the development of disease, and reduce the risk of heart attack, stroke and related complications.

For patients with varicose veins, the medical team offers minimally invasive treatments such as radiofrequency ablation and endovenous laser therapy, resulting in quicker recovery and minimal-to-no scarring compared to traditional open surgery. Advanced cosmetic procedures for venous conditions such as spider veins include sclerotherapy and microphlebectomy.

To diagnose atherosclerosis, or narrowing of the arteries throughout the body, the center offers the full gamut of vascular studies including angiograms and Doppler ultrasound. Treatments for opening blocked vessels include angioplasty, stent placement and atherectomy. To get the

clearest picture during therapy, the center is equipped with advanced digital X-ray technology, known as flat-panel imaging.

“Flat-panel imaging results in significant reduction in radiation exposure to both the patient and the operator and allows for superior quality imaging and the ability to perform complex interventions on small vessels,” says Dr. Bade.

New center offers full range of vein and vascular services

GIVE US A CALL

To schedule an appointment at the Vein and Vascular Center, call **703.468.2600**.



L-R: Patrick Christiansen, CEO of Inova Fairfax Hospital; John Moynihan, MD, Chief of Surgery at Inova Fairfax Hospital; Russell Seneca, MD; and Knox Singleton, CEO, Inova, celebrate the opening of ASTEC in June.

CUTTING- EDGE

Inova unveils surgical simulation & education center

Inova in June opened the Advanced Surgical Technology and Education Center (ASTEC) for surgical teams to train and practice procedures. Located on the Inova Fairfax Medical Campus (IFMC), the 6,900-square-foot center offers two fully equipped operating rooms, pre-op and post-op areas, skills-training area and a classroom.

“ASTEC will change the dynamic for the care of the patient in the perioperative setting through teams training,” explains John Moynihan, MD, FACS, Chair of the Department of Surgery at IFMC.

The center is designed to accommodate a comprehensive, multidisciplinary simulation and training curriculum focused on improving surgical teamwork and technical skills. Those who will use the center include: surgical residents and

medical students, licensed professionals needing advanced training or education for maintenance of certifications, and multidisciplinary surgical teams.

ASTEC is equipped with both traditional and laparoscopic surgery instruments, interactive mannequins and robotic simulators. Surgeons and surgical residents alike will be able to receive skills training in robotics, laparoscopy and other procedures. In addition, all members of a surgical team, including nurses and anesthesiologists, will be able to practice together to refine surgical and post-surgical procedures.

Paula Graling, DNP, RN, CNOR, FAAN, clinical nurse specialist in the Department of Surgery and Education Director of ASTEC, compares ASTEC to airplane simulation training. “When you go on a plane and swipe your boarding pass, you are putting confidence in the pilot,” she says. “You want to come to the OR and know you are in



The Advanced Surgical Technology and Education Center (ASTEC) offers simulation training for surgeons and their teams.

the best possible hands.”

Later this year, Inova will be applying for ASTEC to be an Accredited Education Institute, through the American College of Surgeons. There are only 73 AEIs throughout the world, according to Graling.

A LEARNING EXPERIENCE

To find out more about ASTEC, call the Department of Surgery **703.776.2040** or visit inova.org/astec.



TEAM D A

Young patient receives care delivered with compassion

Last spring, when Cathy Branham's youngest daughter, Daphne, began to experience chronic headaches, the mom of three girls scheduled a routine appointment with the family pediatrician. Both Branham and her oldest daughter had endured migraines for years and she suspected her 6-year-old was headed down that same path.

But on Mother's Day, things took a turn for the worse. Daphne had sudden, severe head pain accompanied by repeated vomiting. Branham's intuition and training as a registered nurse allowed her to recognize the severity of Daphne's symptoms.

"She had a horrible headache, she was complaining of dizziness and weakness and she told me she couldn't walk," remembers Branham.

Branham rushed her daughter to the emergency

room near their home in Winchester. The emergency staff diagnosed Daphne with a migraine and gave her anti-nausea medication and a pain reliever to alleviate her symptoms. But Branham asked for a CT scan to rule out anything more serious. When the doctor returned with the test results, Branham braced herself for the worst.

The doctor informed her that Daphne had a brain hemorrhage and she would need to be flown to Inova Children's Hospital located on the Inova Fairfax Hospital

Daphne Branham, 6, derives comfort and enjoyment from her many stuffed animal friends.

P H N E



Daphne, here with her sister, Jamie, has maintained an upbeat spirit.

campus. Branham will never forget her daughter's brave reaction.

"At that point I started to cry and Daphne said to me, 'Mom, just think happy thoughts; think of rainbows.'"

READY TO HELP

Both mother and daughter were transported by helicopter to the Pediatric Intensive Care Unit (PICU) at Inova Children's Hospital where an expert team trained to diagnose and treat the most

complex neurological conditions was ready to take care of Daphne. Branham soon learned that Daphne had a tumor that would require immediate surgery.

Leon Moores, MD, Director of Pediatric Neurosciences at Inova, explained that the tumor was intertwined with Daphne's cranial nerves and that she might experience temporary or possibly long-term deficits affecting her ability to eat, talk, hear and even breathe. He assured Branham that if she wanted to

provided with follow-up care in the Pediatric Hematology and Oncology Department where she met with Jeff Knipstein, MD, a pediatric hematologist/oncologist from Pediatric Specialists of Virginia, who is coordinating her chemotherapy and radiation treatments.

Despite some temporary deficits affecting her speech, hearing and her ability to swallow, Daphne was able to return to school to finish out the academic year.

"She had a very large tumor in a very difficult location that oftentimes results in profound neurological deficits, and the fact that she came out of the surgery as well as she did is quite reassuring," says Dr. Knipstein.

As for Branham, she finally got her Mother's Day gift.

Two days after her surgery, Daphne was out of bed and walking with a walker. Within a few days of being home from the hospital she was riding her bicycle. As of press time, she had finished two cycles of chemotherapy.

"Daphne is the same spunky 6-year-old she was before the surgery," gushes Branham. "She is doing absolutely fantastic. Her recovery from the surgery has been nothing less than remarkable."



Lending a Hand

To help young patients cope with the stress of illness and hospitalization, Child Life specialists at Inova Children's Hospital work with children and their families during their hospital stay.

"Our Child Life specialists help our patients deal with new diagnoses and provide them with distractions while they're in the hospital," says Jeff Knipstein, MD.

The pediatric healthcare professionals are available to help children prepare for medical procedures, provide coping strategies, offer support during medical procedures and give pre-surgical tours. They also provide information and guidance for parents, siblings and other family members. Child Life specialists tailor services to each child's individual needs.

Inova Child Life specialists distract children with activities such as blowing bubbles.

check on Daphne at any time during the surgery, a member of the staff would keep her informed.

The surgery lasted 16 hours. Just after midnight, Dr. Moores came out of the operating room to speak with Branham, her family and her pastor. He explained that the team had removed a malignant tumor about the size of a chicken egg. The pathology later revealed that the tumor was an ependymoma.

"This particular type of tumor has a tendency to grow around nerves and blood vessels," says Dr. Moores. "We were able to remove all of the visible tumor, both under our microscope and on the follow-up MRI. The best surgical result you can hope for is to try to get it all out and fortunately, in her case, we were able to achieve that."

ROAD TO RECOVERY

After a six-day stay in the PICU and two days in the Hematology/Oncology Department, Daphne was



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 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience 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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WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Fairfax Hospital medical staff in recent months:



NAME	DEPARTMENT
Tarek Abou-Ghazala, MD	Medicine/Cardiology
Giovanni Disandro, MD	Surgery/Ophthalmology
Nkechi Ezirim, MD	Obstetrics/Gynecology
Mubasher Fazal, MD	Family Practice
Adam Fein, MD	Medicine/Cardiology
Mirtha Galliani Alvarez, DDS	Surgery/Oral
Anjali Gresens, MD	Surgery/General
Michael Holzman, MD	Orthopedic Surgery
Cindy Huang, MD	Medicine/Nephrology
Paul Kaplowitz, MD	Pediatrics/Endocrinology
Kanwal Khan, MD	Obstetrics/Gynecology
Rebekah Kim, MD	Surgery/Colorectal
Jennifer McQuade, MD	Surgery/Colorectal
Rinku Mehra, MD	Pediatrics/Endocrinology

NAME	DEPARTMENT
Ifeoma Nwaneri, MD	Neurosciences/Neurology
Temilolu Olayinka Aje, MD	Medicine/Internal
Maria Sacoto, MD	Pediatrics/General
Paul Savoca, MD	Surgery/Colorectal
Keilla Schmidt, MD	Surgery/Trauma
Shafik Sidani, MD	Surgery/Colorectal
Anjali Srivastava, MD	Pediatrics/General
Jason Sun, MD	Radiation Oncology
Neeraja Tandra, MD	Medicine/Nephrology
Bezawit Tekola, MD	Medicine/Gastroenterology
Robin West, MD	Orthopedic Surgery
Othon Wiltz, MD	Surgery/Colorectal
Sean Wolfort, MD	Surgery/Plastic
Qiong Zhao, MD	Medicine/Cardiology

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