



INOVA MOUNT VERNON HOSPITAL

# INhealth

## THE CHANGING FACE OF WOUND CARE

More young patients seeing results from specialized care

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Susan Suarez received treatment at the Wound Healing Center following the birth of her son.



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# FOLLOW THE LEADER

## Looking Forward

I believe in community hospitals, where the people you're caring for are oftentimes people you know, and there's a personal level of accountability. So it's been a special joy for me not only to return to the region I grew up in, but to have the opportunity to join Inova, which is committed to this community.

As we move forward with the comprehensive expansion of the Emergency Department, I've witnessed how our community, including generous donors, actively supports these goals. I'm looking forward to building on the forward-thinking work of my predecessors. This includes the new Inova HealthPlex – Lorton and our Inova Wound Healing Center, which is delivering dramatic results for a growing number of younger adult patients.

My goals are to ensure that we incorporate the input of our community into further construction and renovation; that we grow additional programs and services that directly serve our changing demographic needs; and that we live Inova's vision of safe, quality care and a superior patient experience as we move with the people of Mount Vernon into the future of healthcare.



**DEBORAH ADDO**  
Chief Executive Officer,  
Inova Mount Vernon Hospital



## WELLNESS |

# Flu BUSTER



### Get vaccinated to avoid 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 including asthma or heart disease.

## Preventative Measures

In addition to being vaccinated, there are simple, preventative measures you can take to reduce the likelihood of getting the flu:



**Wash your hands often.**



**Don't touch your mouth, eyes or nose with unwashed hands. 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. If possible, stay home for at least 24 hours after your fever has broken.

## GETTING VACCINATED

Inova Mount Vernon Hospital's clinic is located in the hospital lobby at **2501 Parkers Lane, Alexandria**. No appointment is necessary. For more information, visit [inova.org/flu](http://inova.org/flu).

## WELCOME |

# NEW CEO at IMVH

## Addo takes reins

Inova Mount Vernon Hospital is proud to welcome Deborah Addo as its new CEO. She replaces Barbara Doyle, who left at the end of 2013 after seven years in the position. Don Brideau, MD, served as interim CEO.

Addo comes from Meritus Healthcare in Hagerstown, the largest

healthcare provider in Western Maryland. There she served as chief operating officer and senior vice president.

Addo brings nearly three decades of healthcare operations and management experience to Inova, with areas of expertise including

strategic planning, financial management and population health.

"I am privileged to join Inova, which is deeply committed to the Mount Vernon community and expanding its resources to address the healthcare needs of its residents, especially children and seniors," said Addo.

# GIVING Close to Home

Large gift highlights local businessman's connection to Mount Vernon community

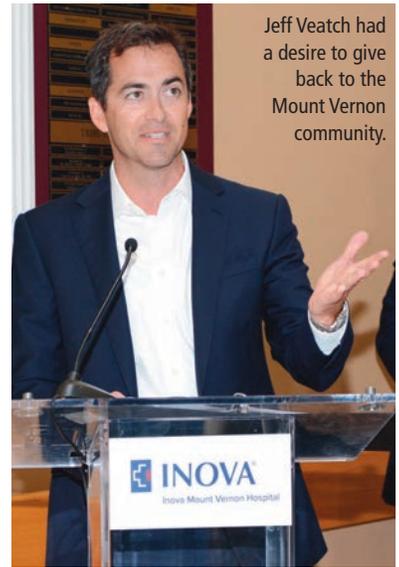
Local businessman Jeff Veatch recently contributed \$2 million to improve Inova Mount Vernon's Emergency Department. Veatch's gift is the largest donation from a Mount Vernon resident received by the hospital.

"Jeff is a longtime supporter of Inova, and he lives in the Mount Vernon community, so he felt very strongly about wanting to give back to his community," says Judy Bilicki, Executive Director of Inova Health Foundation. "He chose the Emergency Department because that will truly serve every member of the Mount Vernon community."

Veatch's donation allows for a large expansion to the current Inova Mount Vernon Hospital Emergency Department. A total of 19,500 square feet of new treatment space will be added, along with additional treatment rooms and trauma rooms. The new Emergency Department will also feature improved ambulance access, an enlarged waiting room and treatment rooms designed specifically to be family- and child-friendly.

This generous support is also inspiring others to give to Inova Health Foundation. It is a matching gift, so Veatch is challenging the community to come together and meet his donation, and it seems to be working.

"We had a press conference, and a longtime supporter of Inova Mount Vernon Hospital presented us with a check for \$1,500, which is the first matching gift," says Bilicki. "This is one of the most significant opportunities in the hospital's history and we welcome the community to rally behind it."



Jeff Veatch had a desire to give back to the Mount Vernon community.

## SUPPORT THE CAUSE

To give to Inova Mount Vernon Hospital, contact Judy Bilicki, Inova Health Foundation, at **703.664.7102** or at [judy.bilicki@inova.org](mailto:judy.bilicki@inova.org).

Patients recover balance skills with the new NeuroCom machine.



New technology promotes optimal recovery

# REHAB *Renewed*

Recent additions to the Inova Rehabilitation Center at Inova Mount Vernon Hospital provide advanced diagnostics and treatment for patients recovering from neurological injuries. These include a new driving simulator and a NeuroCom balance system.

The driving simulator is a resource for patients who are seeking further evaluation to ensure their safety and readiness to return to driving. The system mimics real-life driving situations with live visual and motor feedback to the patient's every move, enhancing the detail of the assessment and overall outcomes.

"Our driving simulation program is not only geared toward improving physical ability; it's also about the cognitive ability to recognize dangers," says Brandy Bush, OTD, OTR/L, CDRS, Senior Occupational Therapist for the Neuro Outpatient Rehabilitation Program. "That is what makes

our program innovative; it gives us a way to help our patients prepare and test their driving skills."

To help those with balance and mobility impairments, the new NeuroCom system allows the clinician to assess the extent of the patient's visual, motor and sensory deficits and design an effective treatment program. The system can then be used to maximize a patient's balance reactions, safety and functional recovery.

"This tool helps us to determine where we need to focus treatment for the best possible outcomes," says Tera Jenkins, PT, DPT, Clinical Education Coordinator. "It also helps us to demonstrate the patient's progress for optimal decision-making and functional outcomes."

## BACK TO LIFE

For more information about rehabilitation services, visit [inova.org/rehabilitation](http://inova.org/rehabilitation).



# ED EXCELLENCE

## Patients give high marks to community-centered care

It's no wonder the year-old Inova HealthPlex - Lorton has the highest patient satisfaction scores in Inova Health System. It's conveniently located and patients love the friendly, small-town atmosphere.

"There's a community aspect here that you don't have in a big place," says Interim Nurse Manager Helen Stevens, RN, CEN. "We try to know the people in our community by name."

Serving the Mount Vernon/Lorton/Woodbridge area, the Inova HealthPlex - Lorton has a 19-bed, full-service Emergency Department (ED). It also

provides 24-hour lab and radiology services. Although the ED is busy — serving 1,000 patients per month — patients rarely wait more than 10 minutes for a consultation.

"With Direct Bedding, a nurse is there to bring you to the room for examination as soon as possible," says Stevens. "This helps to reduce time spent in the waiting area."

### TOP-NOTCH TECHNOLOGY

Affiliated with Inova Mount Vernon Hospital, the HealthPlex - Lorton facility is staffed by highly trained physicians,

nurses, and laboratory and X-ray technicians who are board-certified or board-eligible. The medical staff is equipped to stabilize every type of emergency, with transfer to a higher level of care at Inova Mount Vernon Hospital when needed.

In addition to offering a full complement of emergency services for adult and pediatric patients, the medical team provides 24-hour imaging services, including X-ray, CT and ultrasound. The imaging department also schedules outpatient visits for routine imaging such as mammography and bone density scanning.

"We have the highest level of radiology equipment available, including 3-D mammogram with the lowest radiation and the highest visualization," says Radiology Operations Manager Nick Gimmi, a radiologic technologist. "And our equipment is operated by highly trained and experienced staff."

For patients requiring follow-up visits with a primary care physician, there is an Inova Medical Group Primary Care practice located in suite 203 of the HealthPlex. To request an appointment, call **703.982.8390**.

"This is an exceptional place for high-quality healthcare," says Stevens. "The patient is the center of our universe."

## Reaching Out

The Inova HealthPlex - Lorton facility doesn't just care for patients; it also cares for the surrounding community with outreach programs and support for local health programs.

"Whatever we can do for the surrounding area, we get out and do," says Radiology Operations Manager Nick Gimmi, a radiologic technologist.

Last spring, doctors and nurses on the HealthPlex -

Lorton team volunteered at South County High School to provide 120 physical examinations to students in athletic programs. This summer, members of the HealthPlex - Lorton staff provided first aid services for Lorton's July Fourth parade, and recently supplied hygiene kits to a local organization supporting community members in need. The next project on the roster? Adopt a local highway!

### IN CASE OF EMERGENCY

Inova HealthPlex - Lorton is located at 9321 Sanger Street in Lorton. For emergency care, call 911. For routine radiology scheduling, call **703.982.8324**.

# STRONG STUFF

A diabetic wound on his foot wasn't about to stop William Alvey from repairing water and sewer lines for his clients in Dumfries, Virginia. The 73-year-old contractor continued to work 10 hours a day, seven days a week, operating heavy equipment and driving massive trucks. But when aggressive treatment couldn't heal the wound, Alvey knew he had to do something to save his foot.

"It was like having a hot wire in my foot with electricity going through it," Alvey remembers. "It was painful and I was concerned about further damaging it or further infection."

Alvey was referred by his doctor to the Dorothea R. Fisher Wound Healing Center at Inova Mount Vernon Hospital, where he received hyperbaric oxygen (HBO) therapy.

## BREATHE EASY

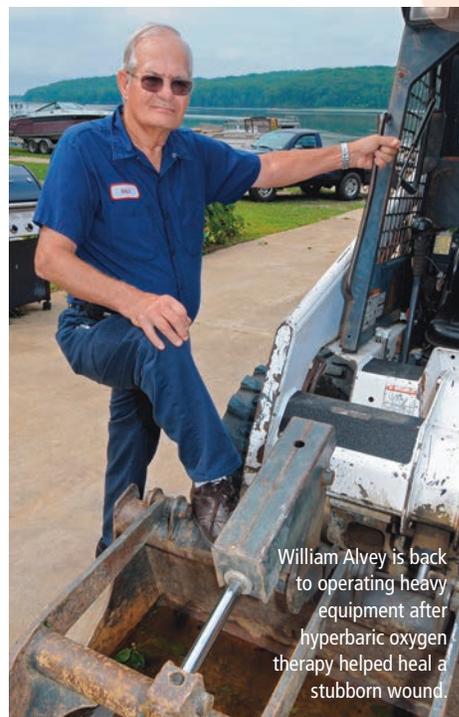
Tapering his work schedule over the next two months, Alvey received HBO

five days a week for two hours a day. HBO is a safe and effective treatment option that boosts oxygen flow in the body, promoting healing and fighting infection. The non-invasive therapy spurs recovery for wounds that won't heal as a result of diabetes or radiation injury; decompression illness in scuba divers; carbon monoxide poisoning; and many other conditions.

## Hyperbaric therapy takes on the toughest wounds

"If wounds don't receive the adequate amount of oxygen, then they won't heal properly," says Alfred J. Kirkwood, DO, MPH, Medical Director of Hyperbaric Oxygen Therapy at Inova Wound Healing Center. "Adequate oxygen to wounds that have a decreased oxygen supply can help with wound healing."

During treatment, a patient lies comfortably in a pressurized chamber and breathes 100 percent pure oxygen. For Alvey, the therapy was a success. Within a week, his wound had diminished by 50



William Alvey is back to operating heavy equipment after hyperbaric oxygen therapy helped heal a stubborn wound.

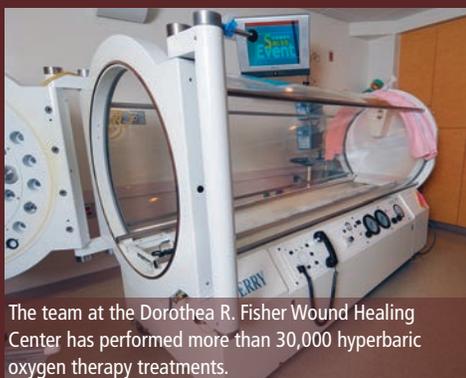
percent and after eight weeks, he no longer needed oxygen treatment.

"The doctors, nurse Joan Wirsing and the entire wound center team in the hyperbaric unit are wonderful people," says Alvey. "I was treated with professionalism and respect by everyone I came into contact with."

## ASK US

Are you a candidate for hyperbaric oxygen therapy? To learn more or to schedule a consultation, call **703.664.7218**.

## Care Round the Clock



The team at the Dorothea R. Fisher Wound Healing Center has performed more than 30,000 hyperbaric oxygen therapy treatments.

With over 25 years of experience in hyperbaric oxygen therapy (HBO), the medical team at the Dorothea R. Fisher Wound Healing Center at Inova Mount Vernon Hospital has performed more than 30,000 treatments, and has the only hyperbaric unit in Inova Health System.

The program is Certified With Distinction by the Undersea & Hyperbaric Medical Society. This prestigious accreditation is held by only 6 percent of HBO units throughout the United States.

Since 1986, the center has been the only unit in the greater DC metro area available 24/7, 365

days per year for emergency care.

"We are here for the public and we will come in during the night if you have an emergency," says Alfred J. Kirkwood, DO, MPH, Medical Director of Hyperbaric Oxygen Therapy at the Inova Wound Healing Center.

# THE CHANGING OF WOUND

More young patients seeing results from specialized care

Every year, non-healing wounds affect 3 to 6 million people in the United States. A chronic wound can mean frequent doctor visits, trips to the ER and feelings of frustration and hopelessness. Fortunately, there's a place you can turn to for expert care. With three convenient locations, Inova's Dorothea R. Fisher Wound Healing Center provides the highest level of wound therapy delivered with expertise and compassion.

"It's a great resource for the community," says Eric Desman, MD, Medical Director of the three Inova Wound Healing Centers, who is board certified in plastic surgery and hyperbaric oxygen (HBO) therapy. "We have a tremendous success rate. Over 90 percent of our patients heal within the first 12 weeks of treatment."

A multidisciplinary team comprised of board-certified physicians and expertly trained clinical staff offers

safe, effective therapies to treat a wide variety of wounds, including those in an increasing number of younger patients, says Dr. Desman.

"Our patient population includes the elderly, but we're also seeing a lot of younger patients, including women with C-section healing problems and young men with traumatic wounds from yard work or the workplace."

## TEAM APPROACH

The team at Inova Wound Healing Center helped get Aimee Preece, 38, back on her feet. Following a hip replacement in 2005, the mother of two girls was in pain,



Aimee Preece, 38 (left), is back on her feet after treatment for a serious hip infection.

and found that metal debris from her hip prosthesis was affecting her muscles. The hip would need surgical revision.

A year after the surgery, the pain returned and Preece discovered that her hip was infected with methicillin-resistant staphylococcus aureus (MRSA). To allow the infection to heal, the hip joint was temporarily removed, a procedure that involved shortening her femur by two inches. For the next nine months, Preece was unable to walk.

To speed the healing process, Preece sought help from Inova Wound Healing Center. Dr. Desman prescribed vacuum-assisted closure to clean the wound, a self-care device patients can use in the comfort of their homes. She also received hyperbaric oxygen therapy five days a week for six months, which accelerated healing by restoring oxygen to the damaged tissue in her hip (see related story on page 5). Additionally, Dr. Desman performed a rectus flap procedure, transferring one of her abdominal muscles to her hip to bring

## Healing Technology

Inova Wound Healing Center provides a wide array of advanced therapies to accelerate healing.

"There are a lot of new advances in treatment modalities, so technology is playing a bigger role," says Eric Desman, MD.

One of the center's newest therapies, known as epidermal autograft, involves removing the top layer of skin cells from one area of the body and transplanting it onto the wound site. The treatment can be done as an outpatient therapy. The team also uses a variety of laboratory-engineered products, which serve as artificial temporary grafts during the healing process.

"I am proud to lead our team of advanced wound healing experts because 100 percent of our focus is on healing wounds all day, every day," says Dr. Desman.



CelluTome (pictured) is an epidermal autograft wound care therapy that transplants healthy skin cells to a damaged area to promote healing.

# FACE CARE



Susan Suarez says that the Wound Healing Center was a lifeline when her C-section incision wouldn't heal.

healthy tissue to the area and help boost her immune system. These days, Preece feels like her hip is back to normal and the scar is "next to nothing."

"My hip is fabulous now," says Preece. "Even though it took a long road to get here, it's finally where it needs to be."

## SPECIALISTS AT WORK

Sometimes it takes specialized care to pinpoint the problem that's preventing healing and find a solution.

"Our expertise is in recognizing problems with specific types of wounds," says Dr. Desman. "For example, we know the level of treatment that's required to get C-section wounds under control. Then, healing is just a matter of time."

Last November, a week after Susan Suarez had a healthy baby boy, she developed a painful infection at the site of her C-section. The infection persisted despite topical treatment. Three weeks later, Suarez returned to the hospital for surgical treatment of the wound followed by home healthcare. She was

prescribed Percocet for pain and used vacuum-assisted closure to clean the infected area. But after several visits to the emergency room and antibiotic treatment, the wound had still not healed. That's when she contacted Inova Wound Healing Center.

On Suarez's first visit, Dr. Desman took a culture to pinpoint the type of bacteria present in the wound. He and his staff cleaned the wound to promote blood flow and accelerate healing. Recognizing that Suarez had a severe staph infection, he immediately referred the new mom to five days of in-hospital care at Inova Fair Oaks Hospital where she received intravenous antibiotics. That was when Suarez began to see a change for the better.

"Inova Wound Healing Center staff was amazing," says Suarez. "They were incredibly responsive and they work as a team, so they were all up to speed on my situation from beginning to end. I highly recommend Dr. Desman and Inova Wound Healing Center."

## Nutrition Promotes Healing

When you're recovering from a wound, your body uses up extra nutrients to create new tissue. Your diet plays an important role in how quickly your wound heals and how well your body fights infection. Here are some key foods to promote healing recommended by the Academy of Nutrition and Dietetics:



**Protein:** eggs, low-fat cheese or cottage cheese, yogurt, chicken noodle soup, soy-based foods



**Vitamin C:** citrus fruits, strawberries, kiwi, baked potatoes, broccoli, bell peppers



**Zinc:** meat, fish, poultry, dairy foods, whole-grain breads, cereals, dried beans and peas, nuts



**Calcium and Vitamin D:** low-fat dairy foods fortified with vitamin D

## HEALING POWER

Inova Mount Vernon Hospital offers three convenient wound care locations:

- **Inova Mount Vernon Hospital** – Inova Dorothea R. Fisher Wound Healing Center, 2501 Parkers Lane, Alexandria, VA
- **Inova Wound Healing Center** – Fair Oaks (a service of Inova Mount Vernon Hospital), 3700 Joseph Siewick Drive, Suite 303, Fairfax, VA
- **Inova Wound Healing Center** – Annandale (a service of Inova Mount Vernon Hospital), 3299 Woodburn Road, Suite 180, Annandale, VA

To schedule an appointment at any location, call **703.664.8025**.

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](http://inova.org).

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ASK THE EXPERTS
LECTURES



### Osteoarthritis and Advances in Joint Replacement

Nitin Goyal, MD

<p><b>Thursday, Sept. 11, 6:30 p.m.</b> Inova HealthPlex - Lorton 9321 Sanger St. Lorton, VA</p>	<p><b>Thursday, Oct. 23, 6:30 p.m.</b> Harbour View 13200 Marina Way Woodbridge, VA</p>
<p><b>Thursday, Oct. 9, 6:30 p.m.</b> Residence Inn National Harbor 192 Waterfront St. National Harbor, MD</p>	<p><b>Thursday, Nov. 6, 6:30 p.m.</b> Courtyard Marriott Waldorf 3145 Crain Highway Waldorf, MD</p>



### Treatment Options for Neck and Back Pain

Corey Wallach, MD

**Thursday, Nov. 20, 6:30 p.m.**  
Harbour View  
13200 Marina Way  
Woodbridge, VA

To register for one of our free Ask The Expert lectures, visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call 1.855.My.Inova (1.855.694.6682).

# Top 15 Hospital

**IMVH ranks among DC's best**

*U.S. News & World Report* has ranked Inova Mount Vernon Hospital No. 13 in the Washington, DC, metro area. The hospital also is high-performing in orthopedics, according to the annual U.S. News Best Hospitals rankings, now in their 25th year.



“We are proud to remain among the top 15 hospitals in Washington, DC,” said Deborah Addo, CEO of Inova Mount Vernon Hospital. “The largest joint replacement center in the area, our orthopedics department continues to maintain its well-known excellence. We strive for quality of service each and every day, providing the best possible care to our patients.”

Inova Mount Vernon Hospital also ranked among the top 20 hospitals in Virginia.

*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. Objective measures such as patient survival and safety data, adequacy of nurse staffing levels and other data largely determined the rankings in most specialties. Learn more at [inova.org/usnews](http://inova.org/usnews).

## Find a Physician

Looking for a doctor? Visit [inova.org/physicians](http://inova.org/physicians) or call our 24/7, bilingual physician-referral service at **1.855.My.Inova (1.855.694.6682)** to find one close to home or work.



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