



INOVA LOUDOUN HOSPITAL

INhealth



Inova Loudoun Hospital offers comprehensive care for women at all stages of life

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FOLLOW THE LEADER

Growing Together

With another school year beginning, this is a great time of year to review progress and look forward to the future. Here at Inova Loudoun Hospital, we, too, are looking to the future and finding ways to better meet our community's healthcare needs.

We are continuing to see significant increases in ER and urgent care visits. We are also seeing more people with health coverage and a desire for immediate access to services. We are working to address those needs. We have recently expanded services at Inova Urgent Care Center – Dulles South on Route 50 in the South Riding area to include after-hours pediatric specialists. In October, Inova HealthPlex – Ashburn will open, offering 24-hour emergency care, comprehensive imaging, laboratory, physical therapy and physician office space.

These recent additions are just part of our plans to grow with the community we are serving. We are implementing our long-term master plan for Inova Loudoun Hospital's Lansdowne campus. The Loudoun community has really grown in the last 25 years. We expect to see dramatic growth continue. Inova Loudoun Hospital will support that growth for both our community and the individuals we serve by continuing to provide healthcare when and where people need it most.



H. PATRICK WALTERS

CEO, Inova Loudoun Hospital



AWARDS

KUDOS to Inova Loudoun Hospital

Nurses, heart care, patient safety draw positive notice

LANTERN AWARD



The Emergency Department at Lansdowne was one of only four Emergency Departments in the nation to receive the Lantern

Award from the Emergency Nurses Association (ENA) in June 2015.

2015 MISSION: LIFELINE® BRONZE RECEIVING RECOGNITION AWARD



Inova Loudoun Hospital received this award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer severe heart attacks.

STRAIGHT A'S SINCE 2012



HOSPITAL SAFETY SCORE

The Leapfrog Group has given Inova Loudoun Hospital yet

another "A" grade in the Hospital Safety Score, which rates how well hospitals protect patients from accidents, errors, injuries and infections.

AMERICAN COLLEGE OF CARDIOLOGY AWARD FOR CARDIAC CARE



This award recognizes Inova Loudoun Hospital's commitment and success in implementing a higher standard of care for heart

attack patients, and signifies that the hospital has reached an aggressive goal of treating these patients to the standards of care as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

DEVELOPMENT

ONE HUNDRED-PLUS YEARS

Inova Loudoun Hospital continues to change, expand

Inova Loudoun Hospital never stops growing. This timeline offers a glimpse of the high points over the years.



- 1912** Original Leesburg Hospital opens
- 1918** New hospital opens and is renamed Loudoun Hospital
- 1949** Post-World War II, Loudoun Hospital expands due to overcrowding
- 1974** New wing of Loudoun Hospital is dedicated
- 1997** Current Loudoun Hospital campus in Lansdowne opens

CARE for the Little Ones

Children's Emergency Room tailors services to children and their families

Although taking your child to the emergency room will never be something you look forward to, it doesn't have to be an extremely stressful experience, either. Being prepared for an emergency can help ensure your child gets the care he or she needs in a comfortable environment.

BEING PREPARED

One of the most important things you can do as a parent to prepare for a medical emergency is to have all of your child's medical information on hand. According to Gina Harrison, MSN, RN, Nurse Manager at the Children's Emergency Room at Inova Loudoun Hospital, knowing your child's pediatrician or doctor, allergies, medications (and dosages), and how he or she was injured will all help our board-certified pediatric emergency physicians make the appropriate care decisions.

'PAINLESS' STAYS

In addition to providing high-quality

care to both children and families, the Children's ER at Inova Loudoun Hospital offers other services to make the hospital experience more manageable for children. Our Child Life Specialists put children at ease by showing them videos, playing with them and explaining any necessary procedures on a child's level.

The 24-hour Children's ER offers a kid-friendly atmosphere. This includes an indoor playground featuring antimicrobial figurines of Beamer, the therapy dog, and an Inova Children's Hospital ambulance that kids can climb and play on; electronic tablets; slushies; family videos; games; books; and toys.

"We want to ease the anxiety and stress affecting children while they are in our care, taking the extra time to make their visits as comfortable and as pleasant as possible," says Harrison.

Inova Loudoun Hospital has also partnered with iTriage, a Web-based and mobile app, to help individuals make more informed healthcare decisions.



Symptoms can be entered into the app, and it will suggest appropriate care. The app can also be used to check in and let the ER know that you are coming, so you can receive the best and quickest care on arrival.

CHECK OUT OUR APP!

Find the closest ER and wait times with the Inova app. It is available on both iPhone and Android devices at inova.org/app.

of Growth

2002 Reopening of Cornwall Campus as a 24-hour Emergency Department is announced

2005 Loudoun Hospital becomes part of the Inova network of hospitals

2012 Cornwall Campus reopens a brand-new, state-of-the-art Emergency Department and renovated campus; electronic medical records (EMRs) are implemented across Inova

2014 Loudoun County's first hospital-based Natural Birth Center opens; a brand new 14-bed Observation Unit opens

2015 Inova Urgent Care - Dulles South opens in February; Inova HealthPlex - Ashburn featuring 24-hour emergency room, diagnostic imaging, lab and more to open in October; new operating rooms and endoscopy suite for GI and colorectal procedures to open in November

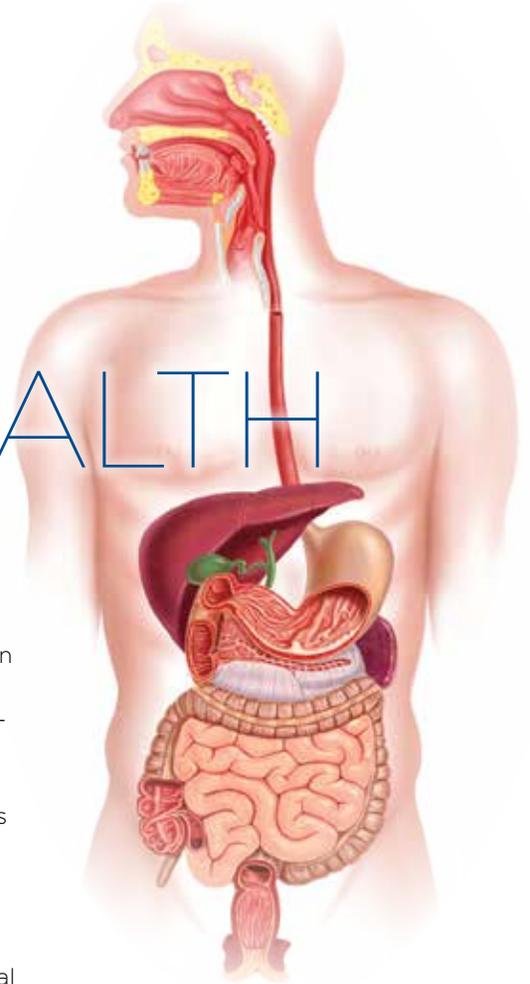
2016-2017 Cardiac - Interventional Cath Lab to expand; Lansdowne ED Fast Track to be reconfigured; Cancer Center to expand; Inova Loudoun Nursing and Rehab Center to undergo an upgrade
For completion by 2020 New seven-floor tower with the following: private rooms, outpatient services, imaging and

hospital support; 24 post-surgical beds and a future Intensive Care Unit (ICU); 32 telemetry and future step-down beds; a new OB unit and Neonatal Intensive Care Unit (NICU), enhanced neonatal capabilities and Women's Health Center; expanded cafeteria and dining area, new kitchen, expanded materials management department and new loading docks

A LOOK BACK, AHEAD

For more information on the past and the future of Inova Loudoun Hospital, visit inova.org/LoudounFuture.

EXPANDING DIGESTIVE HEALTH SERVICES



New endoscopy suite to open in November

To better serve the community, Inova Loudoun Hospital is expanding its gastrointestinal services to be more comprehensive. It is adding a brand-new endoscopy suite that will be open to the public in November.

"It's exciting that as our endoscopy services are expanding, the hospital's vision supports that growth," says Satinder Gill, MD, Chairman of the Gastroenterology Section.

CUTTING-EDGE SERVICES

The new endoscopy suite will provide comprehensive endoscopic techniques to diagnose and treat conditions in the

esophagus, stomach, small intestine, colon and rectum.

"The No. 1 procedure we do is colonoscopies for cancer screening," says Dr. Gill. "We also provide upper endoscopy procedures that evaluate the esophagus for damage from acid reflux. And the endoscope can also visualize the stomach for symptoms of abdominal pain. In addition, we will provide care for patients with chronic gastroenterological problems like ulcerative colitis and Crohn's disease."

In the new suite, patients with complex conditions will have the opportunity to receive advanced diagnostic and therapeutic procedures. The highly skilled team will offer endoscopic retrograde cholangiopancreatography (ERCP) to search for problems with the bile duct such as stones or tumors, or problems with the pancreas. To treat patients with a tumor in the colon, bile duct or

esophagus, physicians will have the capability to perform stent placement to open digestive pathways. The team will also offer percutaneous endoscopic gastrostomy (PEG) to assist patients who have difficulty with feeding and nutrition.

"The new suite is going to be large enough to handle all of the ancillary equipment that is required for specialty procedures, and the imaging technology is going to be even better," says Dr. Gill.

PEDIATRIC CARE

In addition to added services for adults, the new endoscopy suite at Inova Loudoun Hospital will also provide expanded pediatric services.

"Currently, children with any kind of digestive diseases generally have to go to Fairfax for their care. Now children with abdominal pain, Crohn's disease, celiac disease or any gastrointestinal digestive diseases will be able to have procedures such as colonoscopies, endoscopies and reflux evaluations here in their community," says Ian Leibowitz, MD, Chief of Pediatric Gastroenterology. "We're very happy to expand the services we're providing to the pediatric community at Inova Loudoun Hospital."

Early Detection

To prevent colon cancer, the American Cancer Society recommends getting your first colonoscopy at age 50; for African Americans the recommended age is 45. The gold standard of colon cancer prevention, colonoscopy is both therapeutic as well as diagnostic. Your doctor can detect and remove polyps in your colon during the exam. Precancerous polyps can turn into colon cancer, which is why it's important to have them removed.

"Colon cancer is extremely preventable," says Satinder Gill, MD. "Over the last three decades, a significant reduction in colon cancer incidence is attributable to the use of colonoscopy."

GET A REFERRAL

To request a referral to a gastroenterologist at Inova Loudoun Hospital, call **1.855.My.Inova (1.855.694.6682)**.

Inova Spine Institute offers help to patients suffering from back pain

FINDING RELIEF



Back pain affects more than 26 million Americans and is the main cause for disability among people under 45. Because the spine is integral to just about every activity, unrelieved pain can significantly reduce a person's quality of life.

At Inova Spine Institute, a team of skilled specialists is here to help individuals suffering from back pain to resume their active lifestyles without the pain.

"What sets Inova Loudoun Hospital apart is our great medical staff, particularly our team of nurses, technicians, physicians and our collegial environment. This provides patients with an outstanding experience," says Ali Moshirfar, MD, Medical Director of Spine Surgery and Chairman of the Department of Orthopedic Surgery at Inova Loudoun Hospital.

CONSERVATIVE PATH

At Inova Spine Institute, patients are first treated with the least invasive therapies before being considered for surgery.

"Our goal with most patients is to maximize their pain relief and improve their quality of life while being as conservative as possible," says Dr. Moshirfar, who is Assistant Professor of Orthopedic Surgery at Johns Hopkins University Hospital. "With most patients we begin with a course of medication management, typically anti-inflammatory medications and muscle relaxants. We try to minimize the use of narcotic pain-killers. Most times, concurrent with medications, we recommend physical therapy, activity modification and a certain amount of rest."

The team offers a wide array of pain management procedures including epidural injections, trigger point injections, facet injections and radiofrequency ablation to help patients achieve a pain-free lifestyle without surgical intervention.

SURGICAL OPTIONS

For patients who have maximized conservative treatments and continue to experience pain, or for patients who are experiencing spinal instability, significant nerve compression, neurologic nerve deficits or certain congenital or developmental abnormalities, the medical team offers several surgical procedures including the latest minimally invasive options.

"At Inova Spine Institute, all our surgeons are fellowship-trained, and have demonstrated expertise and good clinical outcomes," says Dr. Moshirfar. "Patients receive excellent care here."

You Can Prevent Injury

About 11,000 spinal cord injury accidents happen each year nationwide. Here are simple tips from the American Association of Neurological Surgeons for reducing your risk:

- Wear a seatbelt when driving.
- Stay focused behind the wheel. Research shows that taking your eyes off the road while reaching for your phone, dialing and texting significantly raises your crash risk.
- Eliminate hazards at home that could cause falls, such as area rugs and cords.
- Wear safety gear when playing sports.
- Never dive in water less than 12 feet deep, in above-ground pools or in water that is not clear. Check the depth before diving.
- Store firearms unloaded and locked up. Keep ammunition in a separate, locked location.

Spine surgeons at Inova Loudoun Hospital:

- Ali Moshirfar, MD
 - Angela Santini, MD
 - Ian Wattenmaker, MD
- Neurosurgeons at Inova Loudoun Hospital:
- Jae Lim, MD
 - Nilesh Vyas, MD

Search Inova.org/physicians for more information on each surgeon.

WHAT'S YOUR PAIN LEVEL?

To request an assessment from an experienced spine care specialist, call **703.391.3667**.

LADIES FIRST

Inova Loudoun Hospital offers compassionate care for women at all stages of life



As a woman's body changes throughout her lifetime, so does her need for personalized, quality care. Inova Loudoun Hospital provides specialized care at every stage of a woman's life, from her reproductive years through mature adulthood.

"Our goal is to coordinate these services in such a way that our women's health navigator and birth navigator can guide patients through all the different services in a seamless way," says Anne Brown, MD, OB-GYN and Medical Director of Women's Health at Inova Loudoun Hospital.

CARE OVER A LIFETIME

The expert staff at Inova Loudoun Hospital provides specialized care as early as adolescence.

"Our board-certified gynecologists are available to consult with adolescent patients about menstrual difficulties, contraceptive needs, and education regarding their bodies and how to stay healthy," says Dr. Brown. "Many college-aged women will see the gynecologist before leaving home for the first time, although many adolescents can also benefit from consultation at a younger age in order to establish a doctor-patient relationship and set the stage for personal health maintenance."

For conditions that require surgical intervention, such as fibroids or gynecologic cancers, Inova Loudoun Hospital offers the latest minimally invasive treat-

Guiding Light

At Inova Loudoun Hospital, oncology nurse navigators are available to guide women through the challenges of cancer diagnosis, treatment and recovery. A navigator is there to coordinate each patient's care and provide support through every step of her cancer journey.

"We are that continuity for the patients and their families; we are there for them from the start to the end of their treatment, to be their support, guide them, educate them and help them get through the experience," says oncology nurse navigator Christine Stone.

Oncology nurse navigators work with patients affected by all cancer types. "We work with patients, helping them find resources that they need and also educating them on what their treatment is," says Oncology Nurse Navigator Barb McDonnell.

ments (such as vaginal, laparoscopic or robotic surgeries), resulting in less post-operative discomfort, a shorter hospital stay and quicker recovery time.

During a woman's postmenopausal years, she may encounter urogynecologic issues including urinary incontinence, fecal incontinence and pelvic-organ prolapse. Inova Loudoun Hospital offers a full range of preventive and treatment services to help women manage these conditions.

"We have two pelvic physical therapists in our rehabilitation center that work with women to postpone or avoid surgery altogether," says Dr. Brown.

When surgical intervention is necessary, the hospital offers the most advanced procedures in pelvic reconstruction surgery. A specially trained urogynecologist is available for more complex cases.

WELCOMING BABY

Inova Loudoun Hospital offers childbirth services throughout a woman's pregnancy, delivery and post-delivery.

"The Ladies Board Birthing Inn and the Natural Birth Center give women a wide array of options, including whether they want a medicated or unmedicated birth with or without various interventions," says Dr. Brown.

The highly skilled medical staff at the Birthing Inn provides a personalized, supportive environment for a woman to have the unique birthing experience she desires. Private, homelike labor-delivery-recovery suites and postpartum rooms provide a nurturing, family-centered atmosphere. A high-level IIIA Neonatal Intensive Care Unit (NICU) is close by should the need arise. Certified lactation coordinators work with patients in and out of the hospital setting to educate and



Stepping Up

The Step Sisters represent a new approach to charity. Working with Inova Loudoun, Fair Oaks and Fairfax hospitals, The Step Sisters provide quality-of-life services



to patients as they battle breast cancer. These services include transportation to appointments, house cleaning, childcare and fresh food delivery.

As children and siblings of breast cancer patients and, in some cases, survivors themselves, The Step Sisters truly understand the daily challenges faced by patients.

Together, Inova and The Step Sisters are working to alleviate some of the day-to-day worry associated with breast cancer diagnosis and treatment, allowing the patient to focus on healing. Learn more at stepsisters.org.

assist mothers in nursing their babies.

For high-risk pregnancies, the Birthing Inn provides specialized care in the Antenatal Testing Center, which offers comprehensive diagnostic tests to monitor the health of mother and baby.

The Natural Birth Center offers a low-intervention option for women seeking to have birthing experiences similar to home deliveries, with the added benefit of immediate access to safe, supportive care, should they need it.

BEST IN BREAST HEALTH

To maintain optimal breast health throughout a woman's lifetime, Inova Breast Care Program offers world-class services from diagnosis through recovery. High-quality, comprehensive breast imaging represents the cornerstone of any breast care program, and to that end, Inova Loudoun

Hospital was recently named a Breast Imaging Center of Excellence by the American College of Radiology.

"This designation reflects our dedication and commitment as a hospital to women's health," says Shannon Lehr, MD, Medical Director for Inova Breast Care Program at Inova Loudoun Hospital. "Our breast fellowship-trained radiologists are second to none, and the same can be said of our imaging technicians."

Breast imaging services include advanced 3-D screening mammography. Other services include diagnostic mammography and breast ultrasound, breast MRI and the full range of minimally invasive, image-guided core needle breast biopsies, including stereotactic breast biopsies.

For women with a strong family history of certain types of cancers, such

as breast and ovarian cancers, there is a robust genetic counseling program.

"Genetic counseling can be truly life-saving," says Dr. Lehr. "Based upon your family history, if there is a concern that you are at risk for having a gene abnormality, the genetic counselor will guide you through the complex decision-making about genetic testing. If a woman elects to be tested and is found to carry an abnormal (or mutated) gene, prophylactic surgery or medical management can be offered to greatly decrease her chances of developing breast and/or ovarian cancer."

Breast surgeons at Inova Loudoun Hospital

- Virginia Chiantella, MD
- Kirsten Edmiston, MD
- Shannon Lehr, MD

Search Inova.org/physicians for more information on each surgeon.

HOW CAN WE HELP?

To connect with an oncology nurse navigator at Inova Loudoun Hospital, visit inova.org/cancer/meet-the-navigators.

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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