



INOVA LOUDOUN HOSPITAL

INhealth

Fitness enthusiast returns to form after robotic surgery

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Richard Humphreys bounced back from two robotic surgeries.

Speedy **RECOVERY**

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FOLLOW THE LEADER

A Critical Test

The increasingly warm and pleasant weather feels like a gift. It's almost hard to believe that just a few months ago we were battling days on end of snow and cold.

While most of us don't want to repeat the winter of 2013-2014, it is worth looking back to see how Inova Loudoun Hospital fared when challenges were presented. I honestly believe the dedicated team here at Inova Loudoun exceeded all expectations.

During those snowy days when it was difficult to arrange coverage for our families unexpectedly home from school and work, and just plain dicey to drive to work, our dedicated team found ways to care for our patients. On multiple occasions, staff came to work early, spent the night at the hospital and stayed well past shift end, all to ensure that the patients and families received the care they needed. I receive multiple letters every month that tell the story of a calm, competent team working tirelessly to address the unique needs of the patients and families we are privileged to serve, every time and every touch.

So, bravo and thank you, staff of Inova Loudoun Hospital, for your efforts in every season. I am truly proud to be associated with each of you.



H. PATRICK WALTERS

CEO, Inova Loudoun Hospital



EDUCATION

LEARNING the Ropes

Inova Loudoun Hospital partners with Loudoun County Public Schools



High school students learn about the healthcare profession in the Job for a Day program.

This April, Inova Loudoun Hospital once again partnered with Loudoun County high schools in the Job for a Day program. For more than 10 years, the hospital has hosted high school juniors who are exploring the possibility of entering a career in the healthcare world. The hospital accommodated 47 juniors on two separate full-day sessions this year.

"It's a day in the life," explains Stacey Miller, Growth Officer at Inova Loudoun Hospital. "We worked diligently to place all the students in their area of interest to provide a real-life experience in their chosen medical field. Students were mentored and given opportunities to observe our healthcare professionals throughout the day, and our goal was to get them excited and educated about their career choices. It's basically an opportunity for these students to have hands-on experience in the medical field,

so they can explore their post-high school graduation interests in the 11th grade."

Some of the more popular fields that this year's students chose were pediatrics, nursing, patient experience and primary care, Miller says. The hospital also offered exhibits about many different aspects of the hospital's community outreach programs, highlighting the types of screenings being done by Inova Loudoun Hospital's mobile health unit.

The program does more than just educate students. "I think it was such a great chance to really engage our community's youth, and it allowed us to provide opportunities for growing our future," says Miller.

COMMUNITY OUTREACH

Find out more about our community outreach efforts at inova.org/community.

EVENTS



COME JOIN US!

(Stay Tuned for Details)

What: Youth Sports Safety Symposium

When: Saturday, July 26

Who: Parents, coaches and trainers. Activities will be held for kids.

Why: Learn about youth sports safety, including concussions and orthopedic injuries.

INFORMATION

Visit inova.org/youthsports

or **scan the QR code HERE**

to find out more.



STOP Slipping

Inova Loudoun Hospital incorporates new fall prevention technology

Inova Loudoun Hospital recently introduced groundbreaking slip simulator technology. Virginia Tech first developed the Slip Simulator to help UPS drivers deal with slipping. Inova Loudoun Hospital is the first rehabilitation center in the country to offer this technology to patients.

“It trains your body how to instinctually react to a slip perturbation, so it will help train our fall-risk population—our elderly population and neurologically involved patients — to train their bodies to help develop these pathways of recovering,” says Anne Blackstone, Clinical Coordinator of Outpatient Specialty Rehab for Inova Loudoun Hospital. “If they find themselves in a situation where they have a slip, they’re

able to recover themselves.”

As to how it works, she explains: “An individual is walking along and then all of a sudden, when they don’t know it, the floor slips out from underneath them. The first time you do it, if you weren’t in a safety harness, you would most likely hit the ground, but by the third time you do this Slip Simulator, your body has learned the pathway, and you’re able to recover very easily from the slip.”

These neural pathways created by experiencing and recovering from a slip are ingrained in your brain for up to two years. Blackstone and the Inova Loudoun Hospital staff, however, recommend re-training every year, as a fall prevention checkup, to avoid losing the pathways.



Anne Blackstone works with a patient during their first use of the Slip Simulator.

STAY ON YOUR TOES

Learn more about outpatient specialty rehab at inova.org/rehabilitation or call **703-858-6667**.

Master Plan UPDATE

Progress continues at Inova Loudoun Hospital – Lansdowne Campus



The Observation Unit is for those patients who require a period of observation but do not need the level of services of an inpatient setting.



Observation Unit NOW OPEN

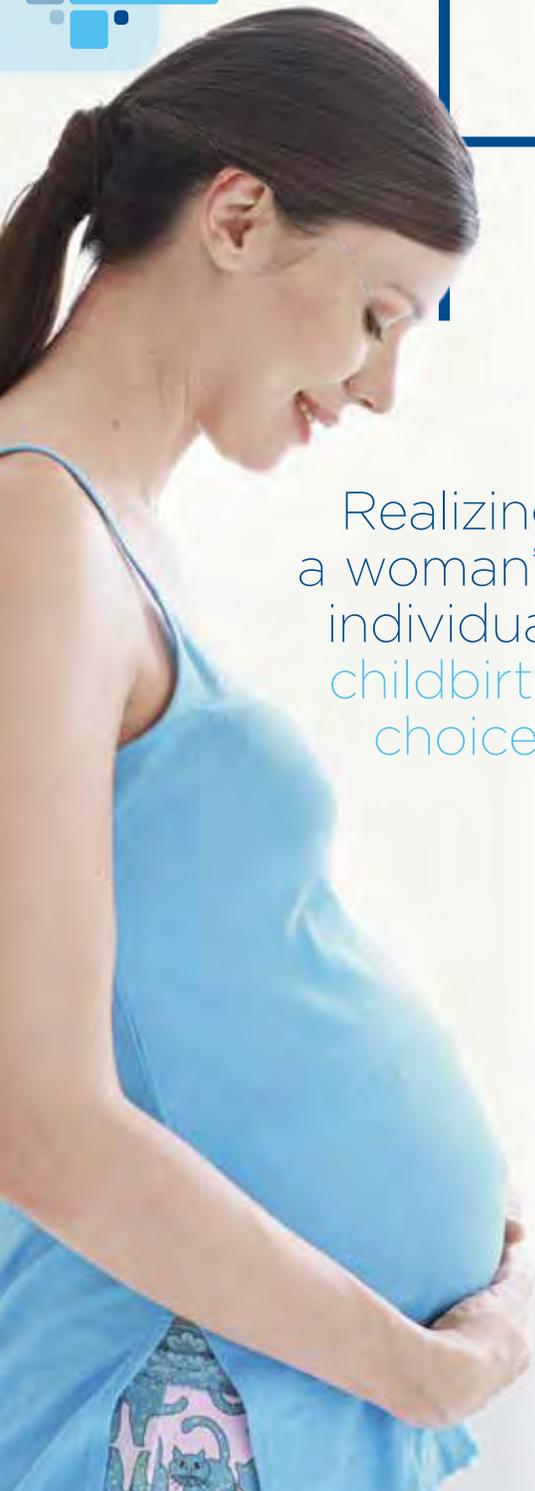
The new Observation Unit officially opened on Monday, March 10, 2014. The 14-bed unit occupies 4,600 square feet of space and was a \$2.6 million investment by Inova. This unit was added to better serve our patients. There are circumstances where additional time and testing is necessary to determine if a patient can be discharged or admitted as inpatient. This interim period is considered observation status if it’s deemed to meet appropriate

criteria by a physician. Once placed in observation status, the patient will remain there until discharged or until he or she is changed to inpatient. The unit will also help to minimize the “holding” in the Emergency Department. The new unit is located next to the pharmacy on the first floor of the West Wing building.

Ashburn HealthPlex Ground-breaking The Ashburn Healthplex, located at the Dulles Greenway and Loudoun County Parkway interchange, will include a new emergency department, imaging center, physician office space and more. Currently, the groundbreaking is scheduled for this summer with operations starting by mid- to late 2015.

HER WAY

Realizing a woman's individual childbirth choices



Every mom-to-be has unique childbirth preferences. For women who envision having a natural childbirth, The Natural Birth Center, which is opening this fall at Inova Loudoun Hospital, offers a nurturing, homelike environment with a staff to support them every step of the way.

"Natural childbirth is about women making their own decisions and having more control over how they labor and how they birth," says Jodie Horton, MD, Medical Director of OB Hospitalists at The Natural Birth Center at Inova Loudoun Hospital. "I think there's a growing interest in Loudoun and Fairfax Counties and being able to provide the natural childbirth option is fantastic."

LABOR OF LOVE

At The Natural Birth Center, natural childbirth will provide women with the option to deliver their babies with minimal medical intervention while having the support of a highly trained staff. Women will be encouraged to walk and move in any position that's comfortable for them while they're in labor, says Dr. Horton. The staff will support and suggest alternative options for pain relief such as massage, hypnotherapy, aromatherapy, warm baths or the use of a birthing ball or a rocking chair.

"One way we support women in labor who want a natural childbirth is to facilitate

them being mobile, encouraging them not to be in bed all the time, and giving them the opportunity to walk or move around," says Wendy Dotson, CNM, a certified nurse midwife at Loudoun Community Midwives, who attends births at The Birthing Inn (and will attend them soon at The Natural Birth Center). "We do a lot of position change and massage—and we help women get in the best positions to cope with labor."

The Natural Birth Center will also optimize each woman's birth experience by welcoming the presence of a dedicated support person during her labor.

"A lot of research shows the presence of another supportive person diminishes risks and improves outcomes," says Dotson. "Having a midwife or a doula present makes women feel more secure and less stressed in labor, producing better outcomes."

Women who choose to have a natural childbirth at The Natural Birth Center will receive comprehensive prenatal care including ultrasound and lab work, and they will have access to advanced obstetrical services at any time during childbirth if needed.

CREATE A PLAN

To visit with our birth navigator and create your unique birthing plan, call **703.858.8936**.

Delivering Naturally

This fall, Inova Loudoun Hospital is opening The Natural Birth Center, located on campus in the main hospital. The center, which is expected to be accredited by the American Association

of Birth Centers, will offer a warm, relaxing atmosphere for women and their families.

"It will be very family-centered," says Wendy Dotson, CNM, a certified nurse midwife. "We'll have a kitchen area for the family to prepare food, and we'll have a family area where

kids can play near or visit with their mom during labor or after the birth."

Women will have the option of having their physician, midwife or doula stay with them throughout the entire birthing process. If a woman or her baby requires emergency care, her

caregiver can accompany her to the hospital and continue to provide care throughout childbirth.

"It's really going to feel like you're in a home but the advantage is that you're at the hospital if medical intervention is needed," says Jodie Horton, MD.

GOOD, CLEAN FUN

Helping kids stay **injury-free** this summer

While being active in the summer is great for young people, it also offers opportunities for them to get hurt, says Jill McCabe, MD, Medical Director of the Children's Emergency Department at Inova Loudoun Hospital.

"Although we see injuries year-round, there is definitely an increased number in the summer season. The types of injuries we tend to see are extremity sprains and fractures, head injuries and lacerations," says Dr. McCabe.

PROTECTIVE GEAR



Children should wear helmets while skateboarding and biking.

So what can you do to help your kids avoid injury? "Whenever possible when playing sports, children need to be playing with the proper protective gear," says Dr. McCabe. "And when playing, do so under the guidelines and rules of your sport and coach, which are designed to protect athletes from injury."

For younger children engaging in less structured play outside, Dr. McCabe stressed the importance of wearing helmets, particularly during fast-moving

activities like bicycling or skateboarding. "Helmets will prevent 90 percent of serious head injuries that occur while riding bicycles, scooters and skateboards," she says. "If all kids wore helmets it would prevent thousands of ER visits throughout the country each year."

SWIMMING POOL SAFETY



Never let children swim unattended, says Jill McCabe, MD.

Dr. McCabe also offered some summertime health tips for parents. "It's important for people to be careful around swimming pools," she says. "Children should never be unattended and pools should be surrounded by a fence with a self-

latching gate." She also suggested investing in swimming lessons to teach your child how to swim and respect the water and pool environment.

PEST PROTECTION



Make sure your children use insect repellent.

Insect bites, especially from ticks, are a common summer problem that can cause Lyme disease, rashes and other ailments. "We live in an area with lots of vegetation and a higher numbers of ticks," says Dr. McCabe, "so to protect your children, use insect repellent, dress them in light-colored clothing and check their bodies for ticks."

Preparing for an ED visit

Jill McCabe, MD, Medical Director of the Children's Emergency Department at Inova Loudoun Hospital, shares some steps parents can take to make an emergency room visit smoother and easier for everyone involved. She suggests:



Jill McCabe, MD

Use ice and over-the-counter (OTC) pain medication:

"There are very few injuries that it isn't safe to put ice on," says Dr. McCabe. The same is true of OTC pain medication like ibuprofen or acetaminophen. Avoid giving your child anything to eat or drink after an injury until a doctor tells you it is safe.

Take a photo of the "scene of the crime:" Information about the space where the injury occurred can really help doctors in their diagnosis. This can also help for rashes or lesions that change over time.

Bring comfort items: The Inova Loudoun Hospital Children's Emergency Department has videos, slushies and iPads to take children's minds off of their injuries. Bringing an additional item or two that you know will keep your child happy always helps.

LEARN MORE

Visit [inova.org/live](https://www.inova.org/live) to see a live recording of Jill McCabe, MD, talking about the different ways you can be prepared in case of an emergency.

Fitness enthusiast returns to form after robotic surgery

SPEEDY RECOVERY

For avid skier Richard Humphreys, surgery was not going to prevent him from hitting the slopes last winter. Having skied much of his life, Humphreys loves the exhilaration of gliding at top speed down a snowy summit. So last October, when he was diagnosed with a hernia, a weakening in the abdominal wall that got in the way of his physical activity, Humphreys opted to have a minimally invasive procedure that would get him back on the mountain fast.

"I chose robotic surgery because my surgeon told me the postoperative pain would be reduced and I would be able to resume normal activities and do more things quickly," says Humphreys. "He was right on the money about everything."

Humphreys had also been diagnosed with diverticulosis, a condition that occurs when small pockets of the intestine become weakened, potentially leading to life-threatening complications. Satisfied with the way his hernia surgery turned

out, Humphreys had another robotic procedure for the diverticulosis after ski season was over. So far, the 68-year-old is racing through recovery from his second surgery at top speed.

"I had very little pain associated with the surgery and I was out of the hospital two days after the procedure, a day earlier than expected," says Humphreys, who has been enjoying getting back to the gym, running and gardening with his wife. "It was all very positive."

One particularly encouraging aspect of the surgery: "The day after surgery I planned my wife's surprise birthday party from my hospital bed."

PEAK PERFORMANCE

Robotic-assisted surgery provides a minimally invasive approach resulting in a high level of precision and a quicker recovery for sports enthusiasts like Humphreys.

"The advantage with the robot is we have a better camera that provides a three-dimensional view of the surgical



site and we have advanced instruments allowing us to be extremely precise," says Bernard Cross, MD, a general surgeon at Inova Loudoun Hospital specially trained in the field of robotic surgery who treated Humphreys. "With robotic surgery, the patients have less pain, feel better sooner and are able to get back to their normal lives quicker than they would with traditional laparoscopic or open surgery."

Inova Loudoun Hospital has offered robotic surgery for more than a decade and now offers the technology to treat a wide array of conditions in urology, gynecology, gastroenterology and general surgery.

"Any patient who is eligible for traditional laparoscopic surgery may be a good candidate for robotic surgery," says Dr. Cross.

Less Invasive Approach to Knee Surgery

For people with joint degeneration caused by osteoarthritis of the knee, a robotic-assisted procedure called MAKOpasty® may provide a solution. MAKOpasty® is a partial resurfacing of the knee that preserves the healthy tissue and bone surrounding the damaged area. This

minimally invasive treatment option, performed by orthopedic specialists at the Inova Loudoun Hospital Joint Replacement Program, results in a more natural-feeling knee following surgery.

MAKOpasty® may be an optimal treatment for patients with early or

mid-stage osteoarthritis who have tried non-surgical treatments, yet continue to have pain or stiffness in their knee. MAKOpasty® patients typically recover more quickly and have a shorter hospital stay than traditional total knee replacement patients. Learn more at inova.org/mako.

Maximum Precision

Robotic-assisted surgery provides a high-definition, three-dimensional view of the patient's anatomy, resulting in a greater level of precision. The surgical site can be magnified up to 10 times, allowing the surgeon to see a close-up view of the area

he or she is operating on.

"The magnification is so great, it's like operating with a microscope," says Bernard Cross, MD. "We are able to see so much more detail that we weren't able to see in the past."

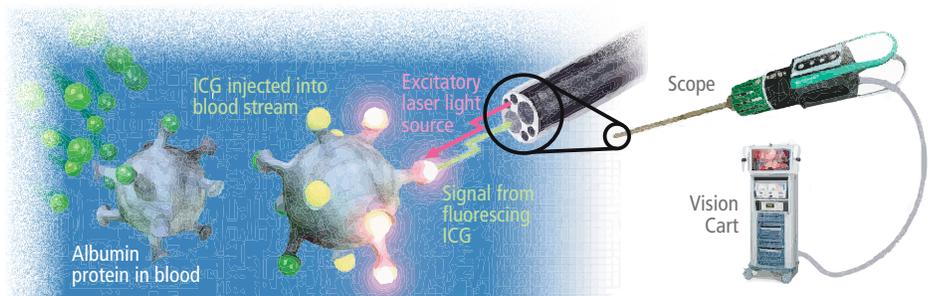
During a robotic-assisted

procedure, the surgeon uses controls to guide tiny surgical instruments and a camera through small incisions in the body. The instruments mimic the movements of the surgeon's hands with a high level of precision and accuracy.

Bernard Cross, MD, and the da Vinci® robot, which allows for more surgical precision and a faster patient recovery.



An imaging system called Firefly allows doctors to see the patient's blood supply during a procedure.



The medical team's top-notch expertise brings the best possible surgical experience to each patient.

"The team at Loudoun Hospital is so efficient," says Dr. Cross. "The staff is excellently trained and I feel fortunate to work with such talented OR [Operating Room] staff."

"The whole idea is to do things in a minimally invasive way so that the patient has less pain, is feeling better sooner and can get back to his or her normal life faster," he adds.

NEW ADVANCES

To ensure the highest level of precision, the Inova Loudoun Hospital medical team uses the latest technological advances in robotic surgery. In addition to a wide array of leading-edge instruments, the

team now uses the the vessel sealer for tissue dissection and manipulation. The addition of the Endowrist Stapling platform ensures precise tissue division and closure with more mobility during robotic-assisted procedures.

"We are the first in the Inova Health System to acquire a stapling device that you can use on the robot to transect bowel and connect it back together internally. That helps us to keep the incisions small during surgery," says Dr. Cross.

Another surgical advance designed to improve patient outcomes is an imaging guidance system called Firefly, greatly enhancing the view of key blood vessels and bile duct. The device uses a special

fluorescent dye detected by near-infrared light that allows the surgeon to ensure proper blood flow during intestinal surgery and identify bile ducts during gallbladder surgery.

"The fluorescence technology allows the surgeon to see the patient's blood supply during the procedure and identify anatomy," says Dr. Cross. "That gives us an extra advantage to increase the safety of our procedure that we may not have with open surgery."

HIGH-TECH

Find out more about robotic assisted surgery at inova.org/davinci.

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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inova.org

IHS-052-ILH



WELCOME, NEW PROVIDERS!

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

DEPT/SECTION	NAME	DEPT/SECTION	NAME
Allergy & Immunology	Laura Ispas-Ponas, MD	Geriatric Psychiatry	Radha G. Agepati, MD
Anatomic and Clinical Pathology	Zachary D. Goodman, MD	Hematology	Rui He, MD
Anatomic and Clinical Pathology	Theodore M. Friedman, MD	Hematology	Abhishek Kalla, MD
Anatomic and Clinical Pathology	Russell R. Houk, MD	Hematology	Yan Liu, MD
Anatomic and Clinical Pathology	Jasbir S. Johal, MD	Hospice and Palliative Medicine	Ashlei W. Lowery, MD
Anatomic and Clinical Pathology	Rebecca D. McAfee, MD	Hospice and Palliative Medicine	Ellen H. Richardson, MD
Anatomic and Clinical Pathology	Hassan Nayer, MD	Internal Medicine	Arun K. Grover, MD
Anatomic and Clinical Pathology	Leslie H. Sobin, MD	Medical Oncology	Naveen Doki, MD
Anatomic and Clinical Pathology	Gregory J. Swedo, MD	Neuromuscular Medicine	James A. Armstrong, MD
Blood Banking/Transfusion Medicine	Myong Ho Nam, MD	Neuropathology	Mahtab Tehrani, MD
Cardiovascular Disease	Ejaz M. Khan, MD	Neurosurgery	Leon E. Moores, MD
Child and Adolescent Psychiatry	Afia A. Hussain, MD	Obstetrics and Gynecology	Sabita Dammoju, MD
Clinical Neurophysiology	Elizabeth Garcia-Lopez de Victoria, MD	Obstetrics and Gynecology	Gillian A. Jacob, MD
Critical Care Medicine	Larry J. Quate, MD	Pathology	Grace C. Banez-sese, MD
Cytopathology	Charles J. Bechert, MD	Pathology	James A. Henry, MD
Cytopathology	Fatemeh Khedmati, MD	Pathology	Hareesh Mani, MD
Cytopathology	Geetha Menezes, MD	Pathology	Dan Y. Qi, MD
Cytopathology	Michael D. Stamatakos, MD	Pathology	Tuyethoa N. Vinh, MD
Cytopathology	Brant G. Wang, MD	Pathology	Syed A. Zaman, MD
Emergency Medicine	Michael D. Homeyer, MD	Pediatric Endocrinology	Shadi Tabba, MD
		Pediatric Pulmonology	Jenny L. Kelty, MD
		Pediatric Pulmonology	John P. Osborn, MD
		Pediatrics	Carolina Pillion, MD
		Psychosomatic Medicine	Mary E. Newman, MD
		Surgery	Hiral Kantilal Patel, MD

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