



INOVA MOUNT VERNON HOSPITAL

INhealth

IN THE RIGHT DIRECTION

Being prepared for surgery paves the way for success

PAGE 6



ALSO IN THIS ISSUE:

- 3** U.S. News hospital rankings
- 4** Fit for spine surgery
- 5** A knee replacement option

FOLLOW THE LEADER

EpicCare Is Here

Inova Mount Vernon Hospital successfully transitioned to EpicCare, Inova's new integrated electronic medical record (EMR), on June 28 after months of training by staff and physicians. This EMR system is one of the biggest transformations in Inova's history — it standardizes and links medical information across all of Inova's hospitals and outpatient facilities. The reward: improved patient safety and efficiency.

With EpicCare, all scheduling data, registration data, billing data and clinical data are in one centralized database available to every clinician at every location of care. Users can easily access what they need when they need it, share information across multiple care settings, track a patient's health history and medical progress, and order and review tests and medications. One of the technology's capabilities is predicting adverse drug events, which will help reduce the incidence of drug interactions. All of this assists our hospital staff and physicians in providing the safest and best care possible to all of our patients.

In addition to the technology's benefits for staff, patients can access their test results and make appointments with physicians through the MyChart feature. It is one more step on Inova Mount Vernon Hospital's journey to be the best place to give and receive excellent care.



BARBARA DOYLE

CEO, Inova Mount Vernon Hospital

Targeting the Pain

New ablation procedure helps provide cancer pain relief



A procedure called targeted-Radiofrequency Ablation (t-RFA) for bone metastatic lesions on the spine has provided immediate pain relief for cancer patients, according to Sandeep Bagla, MD, interventional radiologist at Inova Mount Vernon and Inova Alexandria hospitals.

“This technology is really a breakthrough because for years we've had [t-RFA] for lungs, kidneys and other bones, but we haven't had the

ability to target spine tumors,” says Dr. Bagla.

Being able to target spine tumors with this procedure means that doctors can relieve pain and immediately give cancer patients a better quality of life. Patients with all types of cancers — from breast cancer to multiple myeloma — benefit from the procedure because many cancers metastasize and cause lesions on the spine. “Any patient with back pain and a diagnosis of cancer to the lower spine or backbone may be a candidate,” says Dr. Bagla.

This is a major advancement for patients when compared to traditional treatments, which “involve placing a needle into the bones of the spinal column and administering medical-grade cement after destroying the tumor with radiofrequency ablation,” he says. Traditional pain relief treatments include spine radiation, which can take up to two to three weeks to produce effects and may fail to provide pain relief in a portion of patients.

The t-RFA procedure can be performed outpatient with local anesthesia through a small incision. The patient can leave the same day.

The Big 'C'

Learn more about Inova Cancer Services at inova.org/cancer.



FINDING A NICHE

Inova Mount Vernon Hospital earns NICHE designation for elder care

Inova Mount Vernon Hospital has received a Nurses Improving Care of Hospitalized Elders (NICHE) designation. NICHE is a program designed to provide resources to hospitals to better meet the needs of patients and the community.

NICHE gives Inova Mount Vernon Hospital staff access to resources such as educational programs and training, as well as the network of hospitals in the NICHE program.

“The support has been tremendous from both the NICHE program and from other doctors and nurses in the system,” says Laura Shanks, MSN, MHA, RN-BC, ACNS-BC, medical-surgical clinical nurse specialist. “Here at Mount Vernon, we have such a dedicated staff that is ready to learn. I think we're going to be able to do a lot of great things for the elderly population,” she says.



Dig Deep

Horticulture Group blossoms at Inova Rehabilitation Center

Last spring, the Horticulture Group took root at Inova Mount Vernon Hospital. The inpatient Therapeutic Recreation Department and outpatient program of Inova Rehabilitation Center are facilitating the program. It is designed for patients recovering from traumatic illness or injury.

While gardening has long been a component of Therapeutic Recreation, the Horticulture Group has an additional goal of bringing together clients from both the inpatient and outpatient settings to share challenges and support one another. “We hope this will be an effective therapeutic modality to help patients heal, feel hopeful about their rehab experience and achieve their personal goals,” says Paula Berntsen, CTRS.

The group meets weekly in the Therapeutic Recreation Pavilion. The first patients in the program planted flower, vegetable and herb seedlings indoors and transplanted them outside. Raised beds allow for wheelchair access and a supportive spot assists patients working on standing tolerance.

Funded in part by generous donors, the project got off to a strong start thanks to nursing students from Northern Virginia Community College. During their time at Inova Rehabilitation Center, students took great interest in donating plants, helping with transport, and assisting and socializing with patients. Therapists have also been in contact with area nurseries for support.

AWARD-WINNING CARE

July was a busy month at Inova Mount Vernon Hospital. In addition to going live with the new EpicCare system, the hospital underwent surveys by The Joint Commission for its Joint and Stroke programs, and by the survey team from the National Accreditation Program for Breast Centers. In addition, *U.S. News & World Report* announced its rankings: Inova Mount Vernon Hospital was ranked in the top 15 in the Washington, DC, metro area.

Outcomes of the above activities resulted in the following:



The Joint Commission has recertified the Hip and Knee Replacement Programs and Primary Stroke Program, designating these programs as Centers of Excellence.



The National Accreditation Program for Breast Centers awarded the IMVH Breast Care Center a three-year Full Accreditation.



U.S. News & World Report ranked Inova Mount Vernon Hospital No. 14 in the metro Washington, DC, area with a “high performing” rating in Orthopedics.

Hats off to the physicians, staff and volunteers at Inova Mount Vernon Hospital for a job well done!

Save the Date

INOVA MOUNT VERNON HOSPITAL
— SENIORS FAIR

A DAY JUST FOR YOU

Annual Seniors Health Fair offers free health screenings and health and wellness information. Screenings include:

- Cholesterol
- Flexibility
- Body Fat
- Stroke
- Glucose
- Bone Density
- Blood Pressure
- Skin Cancer

We'll check all that. We'll even give you a free massage. Visit our nutrition booth and learn heart health tips and more. The Seniors Fair is FREE, but registration is required to better serve you. To register, please call 1.855.My.Inova (1.855.694.6682) and press “2”. See you at the fair!

When: Thursday, Oct. 17, 2013, 9 a.m. to noon

Where: Blue Entrance Main Lobby,
Inova Mount Vernon Hospital





BACK TO LIFE

Two spinal conditions reduced Patrick Dynes' quality of life. Surgery helped to fix the problems, and now Dynes has resumed doing what he loves — physical fitness.

ACTIVE AGAIN

SPINE SURGERY OFFERS LASTING RELIEF FOR FITNESS ENTHUSIAST

Patrick Swan Dynes is always on the go. When he's not running marathons or taking his road bike on 100-mile rides, the 61-year-old government analyst lifts weights, practices yoga and swims. Being physically active is an important part of Dynes' lifestyle. But it hasn't always been easy.

For years, Dynes experienced excruciating lower back pain that grew worse as time went by. He felt unstable on his feet and even simple household tasks were agonizing.

"I had overwhelming pain in my lower back 24 hours a day, seven days a week," recalls Dynes. When the pain began disrupting his sleep, he knew it was time to do something about it.

BACK IN MOTION

Dynes sought the expertise of Corey Wallach, MD, an orthopedic spine surgeon and the Medical Director of Inova Spine Institute at Inova Mount Vernon Hospital.

"Dr. Wallach has great interpersonal skills and he has all the right qualifications," says Dynes. "I knew that if he couldn't fix my back, nobody could."

Diagnostic X-rays and an MRI revealed that Dynes suffered from spinal stenosis, the narrowing of the spinal canal, which in Dynes' case caused pressure on his spinal cord and the nerves located in his spine. He also experienced spondylolisthesis, the forward movement of one vertebra above another, which adds to the compression of nerves within the spinal canal. Dr. Wallach recommended a conservative approach involving physical therapy and epidural steroid injections, which temporarily improved Dynes' quality of life.

Unfortunately, nothing gave him permanent relief. Having exhausted all his options, Dynes elected to proceed with surgery.

To treat Dynes' spinal stenosis, Dr. Wallach performed a lumbar laminectomy and fusion, which involves removing part of the affected vertebrae to create additional space for the spinal cord and nerves. To fix the spondylolisthesis, Dr. Wallach then addressed the unstable vertebrae by fusing them together.

Just two weeks after the operation, Dynes was back to work and taking daily, hour-long walks in his spare time. To increase his core strength, he participated in physical therapy training at Inova Mount Vernon Hospital. "The operation was successful in that the pain is gone," says Dynes.

Notes Dr. Wallach: "Mr. Dynes just got right back to doing everything he wants. He's just happy as can be and I am glad to see that he's resumed all of his prior activities without pain or limitations."

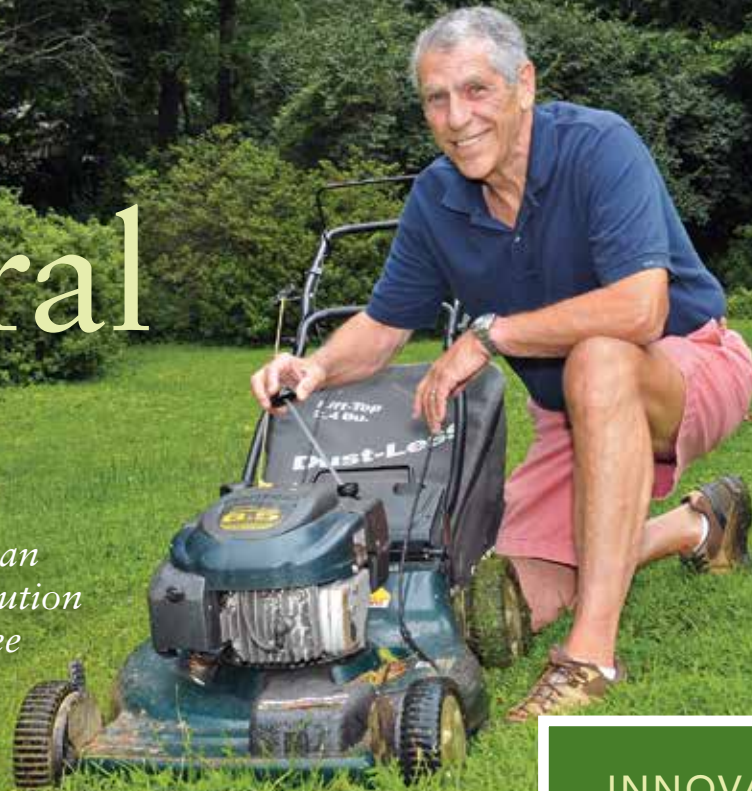


Find Out More

If you'd like to hear more about the latest advances in neck and back pain, please turn to the back page for a listing of free community lectures Dr. Wallach will be giving over the next few months.

A Natural Fit

Avid outdoorsman finds long-term solution for painful knee



EASY DOES IT
Richard Nearing can kneel with ease again, thanks to partial knee replacement surgery on his left knee.

Richard Nearing wasn't about to let the arthritis affecting his knee inhibit his active lifestyle. The 69-year-old McLean resident enjoys riding horses, hunting, fishing and ballroom dancing. So last fall, when the constant pain in his left knee threatened to slow him down, Nearing sought a solution that would get him back out in nature — and on the dance floor — with the shortest possible recovery time.

When Nearing met with Kevin Fricka, MD, an orthopedic surgeon at Inova Mount Vernon Hospital, he was excited to learn that only the inside part of his knee would need repair, allowing him to quickly resume his normal activities.

"Mr. Nearing is very active and he had isolated arthritis in one portion of the knee, which limited his activity, so this made him a very good candidate for partial knee replacement," says Dr. Fricka, who performed Nearing's surgery. "It replicates a more normal-feeling knee than a total knee replacement because we leave all the ligaments in the knee intact and we only remove the arthritic bone and cartilage."

Partial knee replacement offers an option for patients who have arthritis on only one side of their knee. During

the procedure, the damaged bone and cartilage are removed through a small incision and then replaced with a metal-and-plastic implant. The patient is able to go home the same day as surgery.

"Partial knee replacements have been around a long time, and they've regained favor in the last 10 years as people look to be more and more active with their knees even though they have arthritis," says Dr. Fricka.

LESS DOWNTIME

Within just four weeks after surgery, patients can resume low-impact activities such as walking, biking, swimming, lifting weights, hiking, golfing and gardening. Some people even pursue high-impact activities such as softball and tennis when they are fully recovered.

As for Nearing, he was back on his feet at home the day of surgery, and the next day he was walking with less pain. "In my opinion, Dr. Fricka and his team did a splendid job," he says. "Now I'm back to riding horses and I can walk three or four miles up and down hills no problem. Plus, I can walk on uneven ground and on slippery rocks in a river. Truly I consider it miraculous."

INNOVATIVE SOLUTION

If you have arthritis pain in part of your knee that cannot be controlled by medication, you may be a candidate for partial knee surgery, also known as unicompartmental arthroplasty. The knee is divided into three compartments: inside (medial), outside (lateral) and front (patellofemoral). During unicompartmental arthroplasty, the surgeon removes the damaged bone and cartilage from one compartment of the knee, then caps the ends of the bones with metal and plastic components.

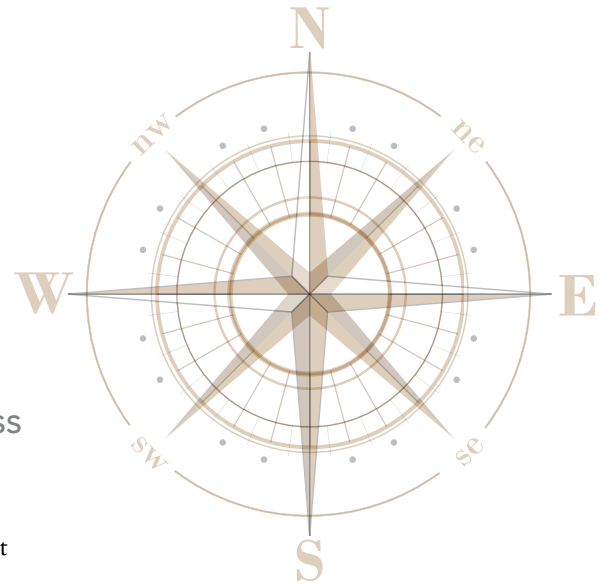
The procedure can be done in an hour to an hour and a half. Patients can begin putting weight on the knee immediately after surgery and go home the same day, avoiding a stay in the hospital. Physical therapy is recommended soon after surgery to build strength and regain range of motion.



Know Your Knees

To learn more about knee replacement surgery at Inova Mount Vernon Hospital, visit inova.org/joint_replacement.

In the Right DIRECTION



Being prepared for surgery paves the way for success

Gearing up for surgery can be overwhelming, especially when you're experiencing joint pain or reduced mobility. Your to-do list may overflow with tasks such as getting the green light from your primary care physician, assembling your personal and medical information, planning ahead for your recovery, and obtaining any necessary exams and tests.

The good news is you don't need to go through the process alone. The medical team at Inova Joint Replacement Center at Inova Mount Vernon Hospital is available to help you navigate every aspect of the pre-op process so you'll feel confident about your procedure and your recovery.

ONE-STOP SHOP

"The pre-op process is a crucial part of the surgical experience," notes Katie Slattery, Executive Director of Inova Joint Replacement Center and Orthopedics. "We have a lot of information and research demonstrating that the more emphasis you put on the pre-operative experience, the less anxiety the patients and their families feel, which positively impacts their outcomes after surgery."

Inova Joint Replacement Center's pre-operative clinic allows you to meet the caregivers who will be providing your treatment, complete a medical evaluation, and learn about the procedure and recovery process. The comprehensive orientation is overseen by joint replacement patient care navigator Abel Simutami, RN, BSN, MBA/MSM, who ensures that every aspect of your pre-op process is completed and that you have all the information you need to feel equipped for surgery.

"We want our patients to feel as if preparing for surgery is effortless," says Simutami. "We've streamlined the pre-operative process so that we can help our patients go through the entire process in two hours or less and get back to their daily lives."

When you arrive at the center, usually two weeks prior to your surgery, you will meet with Simutami, who will guide you through the pre-operative process. After visiting the lab to complete any necessary tests, you will then meet the caregivers who will provide care both during and after your surgery, including a physical therapist, a case management specialist, a pharmacy technician and a physician.

COMMIT TO RECOVERY

Getting in shape and maintaining good health prior to joint replacement surgery can help you face the physical challenges ahead. How quickly you bounce back depends on your commitment to recovery. Here are some strategies you can use now to ensure the best possible outcome:

- Ask your doctor about exercises that will strengthen your upper body to help you use walking aids during recovery.
- Talk to your doctor about exercises that will build the muscles supporting your joint.
- Learn about exercises used during rehabilitation and practice them now so you can perform them easily during recovery.
- Avoid alcohol and cigarettes.
- Eat nutritious meals to build your strength and your immune system.

READY FOR ACTION

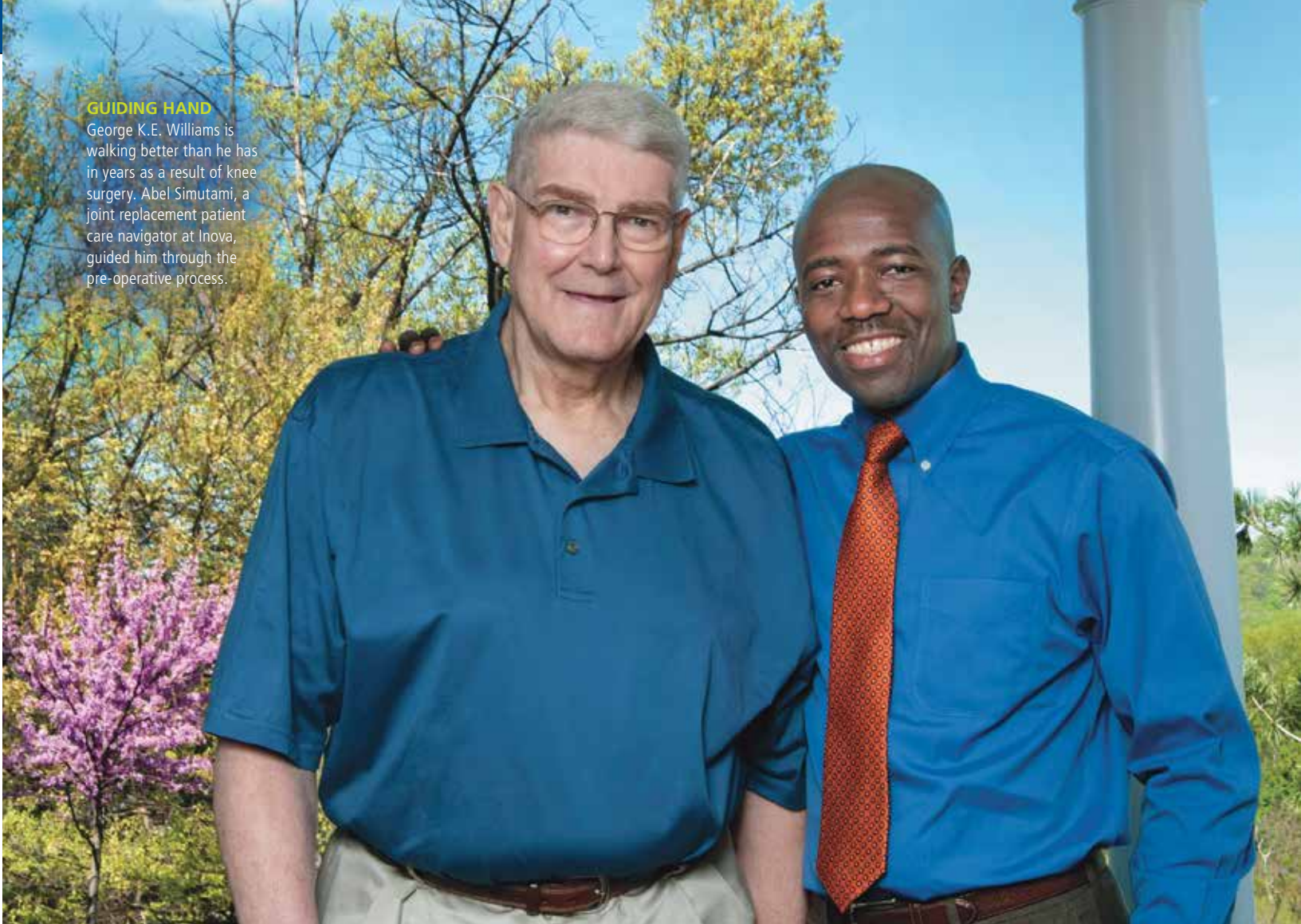
For George K.E. Williams, the pre-operative clinic provided everything he needed to feel confident about his pending reconstructive knee joint surgery. Having played sports throughout his life, Williams, now 72, was living in constant pain and relying on crutches, a cane and a scooter to remain mobile. He looked forward to regaining

How Can We Help?

To learn more about Inova Joint Replacement Center at Inova Mount Vernon Hospital, visit inova.org/joint_replacement.

GUIDING HAND

George K.E. Williams is walking better than he has in years as a result of knee surgery. Abel Simutami, a joint replacement patient care navigator at Inova, guided him through the pre-operative process.



his mobility after the surgery, but having been diagnosed previously with cardiomyopathy — a weakening of the heart muscle — he wanted the anesthesiology department to be well informed about his prior condition.

On the day of his pre-op clinic at the Inova Joint Replacement Center, Williams and his wife, Angie, arrived at Inova Mount Vernon Hospital at 7 a.m. from their home in Front Royal, Virginia. They checked in at the front desk, and with the guidance of Simutami, Williams completed all his lab tests, including a blood test and an EKG, and conversed with the specialists who would be providing care on the day of his surgery and throughout his recovery. One of the highlights for Williams was visiting with members of the anesthesiology team who were

able to review his heart history and put his mind at ease.

“After going through the process of the pre-op appointment, I found it to be a little more comforting in the sense that you know that you’re not there by yourself,” Williams says. “You know that there are all of these people who are attentive to you, making sure that they get all the right facts and information to make the surgery the best possible.”

And in the end, for Williams, who was walking with the use of a cane just four weeks after the procedure, the surgery could not have gone better. “From my perspective it was like a miracle happened to me,” he says. “I couldn’t walk for five years, and now I am able to reach that goal of being able to walk without assistance.”

HOMeward BOUND

Your at-home recovery is an exciting time to regain mobility and independence. But even before you have your surgery, there are some important steps you can take for a smooth recovery:

- Arrange for someone to stay with you for several days post-surgery.
- Move furniture so that you can easily access your bedroom, bathroom and kitchen while using a walker.
- Stow area rugs and remove electrical cords from walkways.
- Prepare and freeze meals in advance or stock up on ready-made dishes.
- If your home has two levels, create a sleeping area on the ground floor.
- Install a toilet-seat riser with arms, a shower chair and a safety bar in your shower or bath.

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.

If you do not wish to receive future mailings from Inova, please contact us at 1.855.My.Inova (1.855.694.6682) or inova.org/unsubscribe.



8110 Gatehouse Road
Falls Church, VA 22042

inova.org

IHS-048-IMVH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM

Ask the Experts

TO REGISTER FOR ONE OF OUR FREE ASK THE EXPERT LECTURES,
VISIT INOVA.ORG/ASKTHEEXPERT.



Nitin Goyal, MD
Orthopedic Surgeon

OSTEOARTHRITIS AND THE LATEST ADVANCES IN JOINT REPLACEMENT

NITIN GOYAL, MD
Wednesday, Sept. 11,
6:30 p.m.

Residence Inn National Harbor
192 Waterfront St.
National Harbor, MD

**Wednesday, Oct. 9,
6:30 p.m.**

Bethesda Marriott
5151 Pooks Hill Road
Bethesda, MD

**Wednesday, Oct. 23,
6:30 p.m.**

Courtyard Marriott
3145 Crain Highway
Waldorf, MD

**Wednesday, Nov. 20,
6:30 p.m.**

Residence Inn National Harbor



Sameer Nagda, MD
Orthopedic Surgeon

TREATMENT OPTIONS FOR ROTATOR CUFF TEARS AND SHOULDER ARTHRITIS

SAMEER NAGDA, MD
Tuesday, Sept. 17,
6:30 p.m.

Residence Inn National Harbor

**Tuesday, Oct. 8,
6:30 p.m.**

Harbour View
13200 Marina Way
Woodbridge, VA

Thursday, Nov. 7, 6:30 p.m.

Residence Inn National Harbor



Corey Wallach, MD
Orthopedic Surgeon

TREATMENT OPTIONS FOR NECK AND BACK PAIN

COREY WALLACH, MD
Thursday, Sept. 12,
6:30 p.m.

Courtyard Potomac Mills
by Marriott
14300 Crossing Place
Woodbridge, VA

**Tuesday, Oct. 15,
6:30 p.m.**

Residence Inn National Harbor

**Thursday, Nov. 21,
6:30 p.m.**

Courtyard Potomac Mills
by Marriott

CHILDREN'S NATIONAL, INOVA FORGE JOINT VENTURE

Inova and Children's National Medical Center have recently formed a 50/50 joint venture, Pediatric Specialists of Virginia. The outpatient practice will bring together and hire pediatric specialists to deliver pediatric specialty care to children in Northern Virginia.

"Pediatric Specialists of Virginia brings together two highly regarded and trusted medical centers to provide world-class care for children and families," says J. Knox Singleton, Chief Executive Officer of Inova.

Beginning this fall, Pediatric Specialists of Virginia will offer pediatric Gastroenterology, Nephrology, Genetics, Hematology/Oncology and Orthopedics through the collaboration.

**Pediatric Specialists
of Virginia**



find a physician

Looking for a doctor?
Call **1.855.My.Inova**
(1.855.694.6682) or visit
inova.org/physicians.

Our 24/7 physician-referral service can help you find one close to home or work.



subscribe now!

To ensure future arrival of *InHealth*, request your FREE subscription by calling **1.855.My.Inova** (1.855.694.6682) and pressing 1 or visiting inova.org/subscribe.



we're social!

- ▶ twitter.com/InovaHealth
- ▶ facebook.com/InovaHealth
- ▶ youtube.com/InovaHealthSystem



we've gone electronic

InHealth is now available as an e-newsletter. To sign up to receive this FREE e-newsletter from Inova Mount Vernon Hospital, go to inova.org/subscribe.