



INOVA LOUDOUN HOSPITAL

# INhealth



PLANNING  
FOR THE

# FUTURE

Expansion of the Inova Loudoun Hospital – Lansdowne Campus

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**FOLLOW THE LEADER**

**Growing Season**

Even though it's winter there is plenty of growth afoot here at Inova Loudoun Hospital. As you'll read on this page, The Natural Birth Center will open this spring for women who would like to give birth naturally with the help of a midwife. The Birthing Inn also has undergone a renovation and now includes more spa-like touches.

There's more to come. In 2014, construction will start on a 14-bed specialty observation unit to be built in the west wing of the hospital, on the ground floor next to the pharmacy. We also will begin constructing three new operating rooms and a new endoscopy unit, and the Ashburn HealthPlex.

This year also marks the beginning of our larger master plan, which will extend through 2020 and beyond to help us structurally expand our campus for the future. The plan will take place in two phases. Phase I will include a new main hospital entrance, road access and staff parking lot. Phase II will be composed of a new eight-floor bed tower with many services.

Our main objective with this development is to meet the needs of our growing community. We've seen the hospital make the transition from a very good community hospital to an advanced community hospital. We will continue to work toward providing you the highest quality care and services.



**H. PATRICK WALTERS**  
CEO, Inova Loudoun Hospital

# A NATURAL ADDITION

## *The Natural Birth Center to open*

For moms who choose to have a natural delivery but don't want to deliver at home, Inova Loudoun Hospital will offer The Natural Birth Center, which will open this spring.

"There is a huge continuum of birth experiences available, and more and more women want that natural experience," says Lisa Dugan, Chief Nursing Officer and Associate Vice President of Patient Care Services at Inova Loudoun Hospital. "The Natural Birth Center will offer a very natural, homelike environment without the use of IVs or electronic monitoring. You can go in and labor as if you were at home and your midwife or MD will stay with you the whole time."

Each delivery suite will be outfitted



with the conveniences of home, including a stocked kitchen and a fireplace. Women are welcome to bring their family for support.

"We can do whatever is within the parameters of what's healthy for you and your baby to make this a unique experience for you," she offers.

Dugan says The Natural Birth Center will be minutes from The Birthing Inn so if a woman requests pain medication during labor or if mom or baby require emergency attention, immediate care will be available. "It's a wonderful safety net for a mother delivering in a natural setting," says Dugan.

## A BETTER BIRTHING INN

The Birthing Inn at Inova Loudoun Hospital just got a makeover and has added an array of new services for mom and baby. Recent renovations have transformed the center into a warm, comfortable environment with spa-like touches throughout.

"When we started renovating The Birthing Inn, we really wanted to look at what would make the perfect experience for each mom who delivers her baby here," says Lisa Dugan, Chief Nursing Officer and Associate Vice President of Patient Care Services at Inova Loudoun Hospital.

"Moms choose us to share their childbirth experience and they count on us to deliver the comforts of a spa or a first-

class hotel," she adds. "They go through a lot of hard work to deliver and we want them to feel pampered."

To create a soothing spa-like atmosphere, The Birthing Inn now features:

- Laminated floors made from natural wood
- Panels painted in soft blue and green tones to accent the walls, bringing the calming elements of nature indoors
- New window treatments that can be adjusted to capture natural sunlight while providing maximum privacy for mom and baby
- Dimmer switches that have been thoughtfully placed in each room to provide adjustable lighting,

especially helpful for those middle-of-the night feedings

- Comfortable sleep chairs for your loved ones
- Spa-like amenities include:**
- The option of a relaxing, postpartum massage for new moms
- Room service for those times when a mom wants to order a custom-made meal or snack
- Amenity package stocked with sundries including lotion, hair ties, shampoo and conditioner
- Special lactation gown to make breastfeeding more convenient

## Tour Our Facility

To schedule a tour of The Birthing Inn, call **703.858.8690** or visit [inova.org/baby](http://inova.org/baby).



LOCAL

# Outreach

COMMUNITY HOSPITAL SUPPORTING  
COMMUNITY PROGRAMS

Even though Loudoun County is one of the wealthiest counties in the country, a number of people in Loudoun do not have health insurance and are in need of healthcare. Our mission at Inova Loudoun Hospital is to continually maintain the health and well-being of the diverse community we serve. As part of the not-for-profit Inova Health System, the hospital provides services and support needed by underinsured and/or uninsured members of our community. We've had the privilege of serving the healthcare needs of this community since 1912.

In an effort to help fulfill our mission,

Inova Loudoun Hospital supports many community programs such as:

**Loudoun Free Clinic** Established in 2002, the Loudoun Free Clinic delivers quality healthcare services at no cost to low-income, uninsured Loudoun residents. The Loudoun Free Clinic provides emergency and acute medical care, and treats patients with chronic medical conditions.

**Loudoun Child Advocacy Center (CAC)** This organization is dedicated to helping child victims of abuse and/or neglect. It is the mission of the Loudoun CAC to support the continued development, educational services and implementation

of a child-centered approach when investigating cases of child abuse and neglect.

**OB Clinic** Four Inova Loudoun Hospital OB-GYNs provide both pre- and post-natal care to new mothers at our Inova Loudoun Hospital – Lansdowne campus in partnership with the Loudoun County Health Department. In 2012, over 500 women were a part of the program, with the numbers growing every year.

**Inova Diabetes Center** Loudoun offers comprehensive diabetes education classes, programs and support groups to help people self-manage diabetes.

Through programs like these we are able to offer an organized way to give our patients a continuum of care that extends beyond one visit. "We look at the health needs of the broad community and strive to provide services and support at the highest level of clinical excellence," states H. Patrick Walters, CEO, Inova Loudoun Hospital.

## COLD

*Subzero temps restore heart's natural rhythm*

The heart, powered by its own natural electrical wiring, beats 60 to 100 times per minute while at rest. But for people with supraventricular tachycardia (SVT), abnormal circuitry near the heart's ventricles produces a surplus electrical pathway, causing a rapid, sometimes irregular pulse rate of well over 100 beats per minute. SVT can cause frequent dizziness and occasionally fainting.

To date, treatments for SVT have included medication and catheter ablation using radiofrequency energy, which uses heat to fix the heart's abnormal rhythms. More recently, heart rhythm specialists (cardiac electrophysiologists) at Inova Heart and Vascular Institute at Inova Loudoun Hospital have begun offering cryoablation, a safe, nonsurgical method for treating SVT.

"Typically we use cryoablation when we're having to interrupt an abnormal heart circuit that's causing abnormal rhythms near the heart's natural electrical wiring. Although the risk for damaging that electrical wiring is very low, cryoablation almost eliminates



## CURE

that risk," says Walter Atiga, MD, a cardiac electrophysiologist at Inova Loudoun Hospital.

### TARGETED APPROACH

During cryoablation, a catheter is threaded through the blood vessels to the heart. A tiny electrode at the end of the catheter delivers extreme cold to the abnormal tissue to prevent it from transmitting electrical impulses. Ablative therapy may cure a patient of SVT so that they no longer need medication.

"We're excited to offer this treatment option to patients here in Loudoun County," says Dr. Atiga. "I provide this service at Inova Fairfax Hospital regularly, and now patients in this area won't have to travel so far to receive it."

### JUST A HEARTBEAT AWAY

To schedule an appointment at Heart and Vascular Institute at Inova Loudoun Hospital, call **1.855.694.6682** or visit [inova.org/heart](http://inova.org/heart).



# Health Insurance Exchange BASICS

## What you NEED to know

**Starting in January, many people** throughout Northern Virginia will begin receiving their insurance coverage through the newly created health insurance exchange. If you have not signed up and would like to, there is still time; open enrollment runs until March 31. Here is a brief overview of the exchange, also known as the Health Insurance Marketplace:

### ELIGIBILITY

If you have employer-provided coverage, Medicaid, Medicare, a qualifying plan you bought yourself, COBRA, retiree coverage, TRICARE or VA health coverage, you are considered insured and don't need to sign up for a plan on the exchange. Note: Even if you're eligible for insurance through your employer, you can consider switching to a Marketplace plan. However, since most employers pay the majority of costs for their employees' medical benefits, it is unlikely you will find a better deal on the state marketplace.

### COVERAGE

There are five different plan options with varying premium costs and coverage levels. The tiers are bronze, silver, gold, platinum and catastrophic. Depending on income and household size, some people may qualify for lower premiums due to government subsidies.

Plans cover essential health benefits, pre-existing conditions and preventive care. Essential health benefits include: ambulatory patient services, emergency services, hospitalization, maternity and newborn care, mental health and substance use



disorder services, and pediatric services.

Among the services under adult-covered prevention are: blood pressure screening, cholesterol screening, colorectal cancer screening, depression screening, type 2

diabetes screening, HIV screening, immunization vaccines, and obesity screening and counseling.

### PENALTIES

Most people must have health coverage in 2014 or pay a fee. This year, the penalty is \$95 per adult, or 1 percent of your income (whichever is greater). Next year, the penalty will rise to \$325 per adult, or 2 percent of household income. In 2016, the penalty will be \$695, or 2.5 percent of household income.

## USE THE EXCHANGE

Find out whether you are eligible to receive insurance on the Virginia Health Insurance Exchange by visiting [healthcare.gov](http://healthcare.gov). If you need help signing up for coverage, call **1.800.318.2596**. You can also visit one of the healthcare navigators identified at [localhelp.healthcare.gov](http://localhelp.healthcare.gov).

# Active Endeavor



## MAKOPLASTY OFFERS ALTERNATIVE TO TOTAL KNEE REPLACEMENT

**Do you have chronic knee pain that gets in the way of** doing the activities you enjoy most? Now there's a solution that can get you back on your feet quickly and without the pain. MAKOplasty, an advanced treatment option performed by orthopedic specialists at the Inova Loudoun Hospital Joint Replacement Program, is a robotic-assisted technique that resurfaces the part of your knee damaged by osteoarthritis, while preserving the healthy bone and ligaments surrounding it. The procedure is best suited for people with early stage arthritis in just one compartment of the knee.

"One of the advantages of MAKOplasty is that it provides a minimally invasive way to more accurately and precisely reconstruct a knee in patients who have only partial wear and disease in their knee," says Nauman Akhtar, MD, an orthopedic surgeon at Inova Loudoun Hospital.

### PRECISION AT ITS BEST

The knee is comprised of three different compartments: the inside or medial compartment, the outside or lateral compartment and the front or anterior compartment. Some people may have just one or two compartments affected by arthritis, with a healthy rest of the knee.

"When one part of the knee is out of alignment and starts wearing at a faster rate than the other compartments, it will affect the longevity of the cartilage in those other compartments," says Dr. Akhtar. "Now we have the technology to replace part of the knee and keep the other parts from getting affected as quickly as they would have if the knee wasn't out of alignment."



## IS SURGERY RIGHT FOR YOU?

How do you know if surgery is right for you?

"I tell patients to think about what their arthritis pain is doing to their lives on a daily basis," says

MAKOplasty uses a robot to perform the procedure.

Nauman Akhtar, MD. "If people are unable to do the things that they love doing, those are the people who are candidates for surgery."

Dr. Akhtar recom-

mends surgery only after other, more conservative treatments have been tried with no success. "Our first approach is to opt for conservative care options and get people back to having a

full healthy life," he says. "But if their knees hurt on a daily basis, and it prevents them from doing the things they enjoy, that's the time that they should consider surgical options."

### EXERCISE MINUS PAIN

The goal of partial knee replacement is to get you back to your activities quickly and without the pain.

"With partial knee replacement, people get a much more natural-feeling knee and that's part of the reason why they recover faster," says Dr. Akhtar. "We can give you back that full functionality with less surgery."

Following the procedure, patients are encouraged to resume physical activity.

"It's extremely important to get back to the things you love doing," says Dr. Akhtar. While Dr. Akhtar suggests limiting high-impact exercise like running or playing basketball, he recommends a wide range of activities including biking, elliptical training and swimming.

## TREATING JOINT PAIN

For more information about the Inova Loudoun Hospital Joint Replacement Program, call **703.858.8558** or visit [inova.org/joints](http://inova.org/joints).



# PLANNING



Inova Loudoun Hospital eventually will have a new eight-floor bed tower (building in middle here).

## FOR THE FUTURE

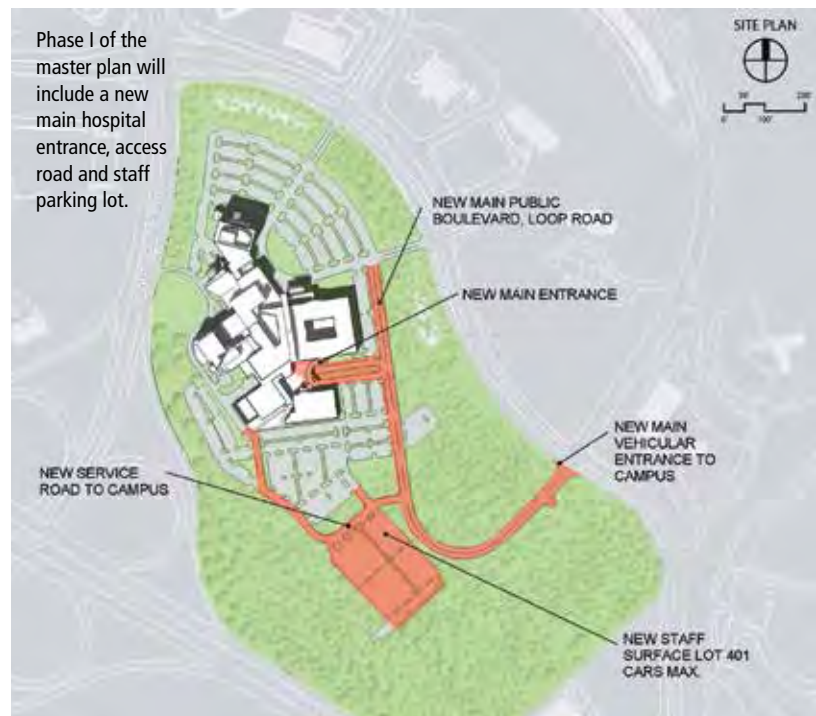
### *Expansion of the Inova Loudoun Hospital – Lansdowne Campus*

Since 1912, Loudoun County has continued to experience an ever-growing population, and since its inception Loudoun Hospital has expanded to keep pace. The needs of the community in the 1990s prompted a significant gift of land that enabled the hospital to plan a state-of-the-art hospital to serve the increasing number of patients. In 1997, a mood of excitement tinged with reluctance accompanied the move from the beloved Cornwall Street site to the new Lansdowne Campus.

The move to Lansdowne brought private rooms, a new Birthing Inn and Women's Center, and expanded surgical and diagnostic services.

In 2005, Loudoun Hospital Center merged with Inova Health System. This new partnership brought much-needed financial stability to support continued growth and expansion of facilities and services throughout the county — ensuring access to quality care close to home.

Today, Inova Loudoun Hospital is at another turning point that requires significant expansion. Here's what's in the works for this year and beyond, when our two-pronged master plan begins.





This year, construction will begin on the Ashburn HealthPlex.



### What's Happening in 2014?

- New Observation Unit with 14 beds for those patients who require a period of observation but do not need the length or level of services of an inpatient setting
- Three new and larger operating rooms plus additional supply and support areas
- New Endoscopy Unit
- The Natural Birth Center (coming soon)
- Construction of the Ashburn HealthPlex containing a new Emergency Department, imaging center and support space (2015 completion)

These projects will help ILH move into our master plan that extends through 2020 and beyond.

#### PHASE I

The first part of the master plan will provide the foundation for bigger campus changes. It will include a new main hospital entrance and road access, and staff parking lot.

#### PHASE II

The second part of the master plan extending to and beyond 2020 will include additional and enhanced services such as:

- New eight-floor bed tower that will contain all 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 a Neonatal Intensive Care Unit (NICU) and neonatal capabilities
- New kitchen, expanded cafeteria and dining area, expanded materials management and new loading docks



A 900-car garage and new main public boulevard will be part of long-term planning.



The new patient tower is the hallmark of the second phase of the master plan.

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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SYSTEM

## WELCOME, NEW PROVIDERS!

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



DEPARTMENT/SECTION	NAME	DEPARTMENT/SECTION	NAME
Anatomic Pathology	Zachary Dale Goodman, MD	Oral/Maxillofacial Surgery	Brian Byung Chang, DMD
Anatomic Pathology	Jasbir S. Johal, MD	Otorhinolaryngology	Jason S. Hahn, MD
Critical Care Medicine	Laith Rafi Altaweel, MD	Pathology	Grace Cruz Banez-sese, MD
Cytopathology	Charles John Bechert, MD	Pediatric Gastroenterology	Suchitra K. Hourigan, MD
Diagnostic Radiology	Jessica Hope Batista, MD	Pediatric Pulmonology	Marc A. Chester, MD
Family Nurse Practitioner	Ada N. Emenuga, NP	Pediatric Pulmonology	James E. Clayton, MD
Geriatric Psychiatry	Imran M. Abassi, MD	Pediatric Pulmonology	Michael J. Fields, MD
Hematology	Rui He, MD	Pediatrics	Amy S. Boutsikaris, MD
Hospice and Palliative Medicine	Emily J. Albelda, MD	Pediatrics	Amir Dangol, MD
Internal Medicine	Laurence W. Busse, MD	Physical Medicine/Rehabilitation	Rae J. Davis, MD
Internal Medicine	Rami Horani, MD	Physician Assistant	Nicole M. Curry, PA
Neonatal-Perinatal Medicine	D. Spencer Brudno, MD	Physician Assistant	Danielle Christine Drezek, PA
Nephrology	Babak Barmar, MD	Podiatric Surgery	Stanley Idiculla, DPM
Neurological Surgery	John F. Hamilton, MD	Psychiatry	Todd Matthew Augustus, MD
Nurse Practitioner	DeLinda Jo Cooper, NP	Psychiatry	Marc E. Dalton, MD
Nurse Practitioner	Shawn D. Dowe, NP	Radiation Oncology	Gopal K. Bajaj, MD
Nurse Practitioner	Patricia M. Glass, NP	Radiation Oncology	Susan E. Boylan, MD
Nurse Practitioner	Sharon A. Heiser, NP	Radiation Oncology	Ashish K. Chawla, MD
Obstetrics and Gynecology	Michele D. Justice, MD	Radiation Oncology	Stella Hetelekidis, MD
Ophthalmology	Sabita M. Ittoop, MD	Radiation Oncology	Samir P. Kanani, MD



### 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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