



INOVA MOUNT VERNON HOSPITAL

# INhealth



## *Set yourself up* **FOR SUCCESS**

Establishing a game plan for surgery boosts confidence, speeds recovery

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William Humelsine is once again hitting winners on the racquetball court after undergoing hip replacement surgery.

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# FOLLOW THE LEADER

## Good News

It's been a gratifying summer here at your community hospital. I'm pleased to share that there is much more good news to come.

*U.S. News & World Report* has recognized us as a Top 6 "Best Hospital" in the DC area. And The Leapfrog Group gave us another "A" rating for patient safety. We've also received our recent re-accreditations in orthopedics, rehabilitative services and wound healing.

Third-party recognitions validate something good to know: Inova Mount Vernon Hospital is on the rise. This is no accident. By putting patients and their safety first, committing to clinical excellence and supporting our people so they can do what they do best, good things happen.

I mentioned more good news. This month we break ground on our new Emergency Department. This is another opportunity to serve you better. Coming on the heels of our operating room expansion, lobby renovation, and the Mark and Brenda Moore Patient Tower, it's clear that our philanthropic partnerships are important.

Our commitment to you will never waver. Our goal is always safe, high-quality, highly reliable care and a superior patient experience. Thank you for your trust.



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



### PATIENT CARE |

## Quality TIME



### New 24/7 patient visitation policy

Inova Mount Vernon Hospital now offers 24/7 visitation, meaning there are no longer standard visiting hours. Patients and their families can now determine who visits and when. Visitors arriving between 9 p.m. and 5 a.m. should enter through the emergency department lobby, register with security and provide photo IDs to receive their

visitor's badges.

To keep patients and staff safe and prevent the spread of infection, the hospital requires visitors to practice good hand hygiene. As always, for reasons of medical necessity and to ensure patients receive proper healing rest, the medical team and the patient still always reserve the right not to accept visitors.

### SERVICES |

## HELP in Healing



HBO chamber

### Hyperbaric oxygen therapy care among best of the best

Inova Mount Vernon Hospital's hyperbaric oxygen (HBO) therapy service of Inova Wound Healing Center has now been reaccredited "With Distinction" by its accrediting agency, the Undersea & Hyperbaric Medical Society.

There are 600 accredited HBO centers in the United States, and the "Accredited With Distinction" honor is held by only 6 percent of these centers (fewer than 40 centers nationwide).

Medical Director Eric Desman, MD, notes that, "as the Washington region's only 24/7 HBO service, we are proud of our clinical team and are deeply committed to providing our community with the best possible hyperbaric care. We are grateful for this distinction, which recognizes the quality of service we provide to our patients."

#### ABOUT HBO

HBO therapy is a medical treatment in which a patient breathes 100 percent oxygen at 1.5 to 3 times normal air pressure. The increased pressure allows more oxygen to dissolve in the blood than would be possible breathing pure oxygen at a normal air pressure level. The oxygen-enriched blood is carried throughout the body to help fight bacteria and promote the healing process by stimulating the growth of new blood vessels.

HBO can be highly effective in treating delayed radiation injury, carbon monoxide poisoning, air or gas embolism, crush injuries, severe anemia, arterial insufficiencies and other difficult-to-treat wounds.

To learn more about hyperbaric therapy or to schedule an appointment, call **703.664.7218**.

# Inova Mount Vernon Hospital to BUILD NEW ED

Groundbreaking set for September 22



Rendering of the upcoming Emergency Department.

To meet the needs of the growing and diverse community we serve, Inova Mount Vernon Hospital is expanding its Emergency Department.

The hospital will formally break ground on this new, state-of-the-art facility at a special ceremony on Tuesday, Sept. 22. Community, civic and political leaders will join with hospital and Inova leaders to mark this important milestone in the evolution of Inova Mount Vernon Hospital.

Each year, more than 40,000 patients visit the Inova Mount Vernon ED — more than any other Inova Emergency Department. This project strengthens our commitment to our community that the patient experience will be clinically excellent and patients will always receive prompt, respectful care in a facility that matches the quality of their treatment.

Inova Mount Vernon Hospital already receives superior ED patient satisfaction scores. Nearly 97 percent of patients say they would come again for treatment if necessary.

## New Emergency Department features and facilities — to serve you better:

- 35 treatment rooms— 15 more than currently available
- New children’s lobby play area, upgraded pediatric treatment rooms with child-friendly amenities
- New “Fast Track” rooms to treat less serious injuries and illnesses (resulting in faster care)
- Significantly larger treatment rooms with enhanced privacy
- Two new rooms for cardiac emergencies
- Better ambulance access
- A more open, comfortable lobby
- Built-in room for future growth

## YOU CAN MAKE A DIFFERENCE

Local business entrepreneur and longtime Inova supporter Jeff Veatch has committed a \$2 million lead matching gift for the Emergency Department project. This means that every additional dollar donated to the campaign will be matched, up to \$2 million. To learn how you can be part of the Emergency Department expansion, including naming opportunities, please contact Judy Bilicki, Executive Director, Eastern Region, Inova Health Foundation, at **703.504.7770** or [judy.bilicki@inova.org](mailto:judy.bilicki@inova.org).

# BEATING Breast Cancer

Mammograms save lives



October is Breast Cancer Awareness Month. After lung cancer, breast cancer is the leading cancer-related death among women. Fortunately, there has been a steady decline in breast cancer deaths in recent years, and that is linked to improvements in early detection.

The best way to detect breast cancer early is to undergo regular mammograms, starting at age 40. Women 30 years and older who have a higher risk of developing breast cancer are also recommended to undergo annual screenings. The most common symptom of breast cancer is a lump or mass in the breast that is usually painless. Less common symptoms include continual changes in the breast, such as thickening or swelling, tenderness, skin irritation or redness; or nipple abnormalities, such as ulceration, retraction or discharge.

## JOIN US:

EVENT

### Ladies Night Out

Please join us for an evening of FREE presentations, screenings and important-to-know women’s health information, presented by top Inova Mount Vernon Hospital physicians.

**Location:** Inova HealthPlex - Lorton  
9321 Sanger St., Lorton, VA 22079

**Date:** Tuesday, Oct. 13

**Time:** 6–8 p.m.

**Information:** To learn more, please call **703.664.7109**.

## CARING FOR WOMEN

Learn more about breast health at [inova.org/women](http://inova.org/women).

# ON THE RISE



Top 6 *U.S. News & World Report* ranking for Inova Mount Vernon Hospital

In July, *U.S. News & World Report* released its 2015 “Best Hospitals” list for the Washington, DC, metropolitan region — with some surprising results. Inova Mount Vernon Hospital leapt to a No. 6 position in the regional rankings, up from No. 13 in 2014. In addition, the hospital earned high-performing recognition in orthopedics again this year.

In Virginia, Inova Mount Vernon Hospital is now ranked No. 15 statewide (up from No. 20 in 2014.) The annual *U.S. News* Best Hospitals rankings, now in their 26th year, recognize hospitals that excel in treating the most challenging patients.

The *U.S. News* rankings reinforce recognition from other organizations. Inova Mount Vernon Hospital recently received an “A” rating for patient safety from The Leapfrog group. The hospital’s hyperbaric oxygen service also was accredited “With Distinction” (see page 2), and The Joint Commission honored the hospital’s stroke rehabilitation program with a Gold Seal of Approval Disease-Specific Designation. Taken together, these national endorsements paint a picture of a community hospital making great strides on its journey toward clinical excellence.



## & SAVING LIVES

“The recent *U.S. News & World Report* announcement — combined with these other recent endorsements — reflects the hard work and commitment of so many people across Inova Mount Vernon Hospital,” says CEO Deborah Addo.

“Our continued pursuit of quality and reliability translates into safe, effective and respectful care. These outcomes echo our consistent message to patients, customers, families and the community: your trust in us is well-founded.”

*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 and other data largely determined the rankings in most specialties.

In rankings by state and metro area, *U.S. News* recognized hospitals that perform nearly at the level of their nationally ranked peers in one or more specialties, as well as hospitals that excel in multiple common procedures and conditions.

Ben Harder, Chief of Health Analysis at *U.S. News*, notes that “a ‘Best Hospital’ has demonstrated expertise in treating the most challenging patients. A hospital that emerged from our analysis as one of the best has much to be proud of.”

### AWARD FEVER

The full national *U.S. News* 2015 “Best Hospitals” rankings are available at [health.usnews.com/best-hospitals](http://health.usnews.com/best-hospitals).

# LEARNING TO LIVE AGAIN



As part of his recovery process, Steve Schreiber practices climbing stairs holding a laundry basket (left) and shows off his leg extension (center). He gets ready for his change of command as the commodore of the Navy's East Coast Helicopter Wing in Norfolk, Virginia, in 2010 (right).

## BRIDGE Program helps patient with traumatic injuries

### Rehab Services

Inova Mount Vernon Hospital offers a number of rehabilitation services for patients suffering with various injuries and illnesses:

- Augmentative Communication Program, an outpatient service designed for clients who struggle to communicate through speech or non-verbal means.
- BRIDGE Program, offering day treatment to “bridge” the gap between the hospital and daily life.
- General Rehabilitation Program, a multifaceted program designed for patients with Guillian Barre syndrome, multiple sclerosis, amputations or extended illness or injury.
- Neurological Rehabilitation Program, a specialized clinic for those recovering from strokes and brain or spinal cord injuries.
- Wheelchair/Seating Clinic, a clinic for patients with limited mobility.

On Sunday, July 20, 2014, Steve Schreiber climbed a ladder in his backyard to finish trimming the branches off of a tree. His chain saw in hand, he dug into a particularly thick branch, but it wouldn't give. As he was wondering why, he turned and saw another branch flying toward his head — and that's the last thing he remembered for the next four weeks.

The fall knocked the U.S. Navy veteran unconscious and left him with multiple fractures in his forearm and wrist. Then, the ladder and branch fell on top of him, and the impact of the ladder shattered four vertebrae, the C1 and C6 in his neck and T10 and T11 in his back. It also severed his left carotid artery, giving him a stroke and eventually damaging his left optic nerve, leaving him blind in his left eye. “It was the trifecta of injuries,” he says. “Traumatic brain injury, neck injury and stroke, all in one.”

After Schreiber spent those four weeks in an Intensive Care Unit, he was transferred to Inova Mount Vernon Hospital, where he learned to walk and swallow all

over again. “When your body doesn't do what you want it to do, it's an awful feeling,” he says.

“It takes time and patience to recover from a traumatic brain injury,” says Roger Gisolfi, MD, Department Chair. “You have to relearn the basics, which can be taxing and frustrating. Steve has made enormous strides.”

When he was released, Schreiber enrolled in Inova's BRIDGE Program, a highly individualized day therapy designed to help those suffering from serious brain injuries re-acclimate to their lives. Within a few weeks, Schreiber regained motion in his arm and, gradually, the ability to walk.

Today, Schreiber continues to attend therapy at Inova's BRIDGE Program, and has made monumental progress in his recovery. He went back to work at Kongsberg Defense Systems and now works three days a week. He started jogging again, and rediscovered his passion for martial arts, working with his therapists on light kicks and punches. A year after his injury, Schreiber has reclaimed his life, and he couldn't speak more highly of the staff at Inova. “They don't just help the patient, they help the family,” he says. “And I gotta tell you, they feel like they're family to me.”

**RECOVERY MATTERS**  
 Learn more about rehabilitation services at [inova.org/rehab](http://inova.org/rehab).

# SET YOURSELF

## Establishing a game plan for surgery boosts confidence, speeds recovery

If your doctor recommends joint replacement surgery, a little preparation can go a long way in improving your experience before, during and after your procedure.

The Joint Replacement Clinic at Inova Mount Vernon Hospital partners with patients and their families to create a detailed plan of care. During a two-hour preoperative clinic, patients can prepare for their joint replacement surgeries by meeting the medical team, completing routine imaging and lab tests, asking questions about their procedures and planning for every detail of their recoveries.

“Patients are much more satisfied, have less pain and have a faster transition to home when they go through a comprehensive presurgery consultation,” says Andy Engh, MD, Director of Inova Joint Replacement Center at Inova Mount Vernon Hospital. “The more the patient understands what’s going to happen beforehand, the less anxiety they will have coming into the surgery and during the recovery.”

### PAVING THE WAY

For William Humelsine, knowing what to expect during and after his surgery gave him the confidence he needed to tackle his hip ailment last March. For three years, the Hagerstown resident had lived with a constant, stabbing pain and stiffness in his left hip joint. The endless aching and lack of mobility became so severe that he gave up playing racquetball, his favorite pastime. Even getting out in the garden to pull weeds caused excruciating pain.

The 51-year-old sheet metal worker went on what seemed like endless doctor visits to treat the osteoarthritis in his hip, only to find temporary solutions that weren’t effective enough to keep the pain at bay.

Then last spring, a doctor Humelsine had seen in Bethesda referred him to Dr. Engh at Inova Mount Vernon Hospital. Recognizing the severity of Humelsine’s hip joint, Dr. Engh recommended a total hip replacement. As they drove home from the appointment, Humelsine and his wife, Stacey, agreed that they had finally found the answer they had been seeking for years.

“If I would have known then what I know now, I would have done the surgery two years ago,” he says.

After the couple attended the preoperative clinic at Inova Mount Vernon Hospital, they

felt confident about the procedure and knew exactly what to expect. “My wife and I felt comfortable after the preoperative process,” Humelsine says. “It was really informative, everybody was really nice, and I liked doing all the procedures beforehand.”

### AN EASY ROAD

Immediately following Humelsine’s hip replacement, the pain that had plagued him for so long completely disappeared. “I’ve been pain-free since the day I woke up out of surgery. That pain that I had every day was gone immediately.”

That evening he took his first steps, and the next day he was walking, first with a walker, then with crutches. He went home that day, and with the help of a visiting nurse and physical therapist, he was walking independently within two weeks. He was impressed with the level of follow-up care he received from the hospital.

“I got a lot of calls from the hospital making sure everything was OK,” says Humelsine. “There was always someone available and they were always very informative and very nice.”

These days, Humelsine is back to taking long walks with his wife, working in the garden and playing racquetball. With pain a thing of the past, he’s excited about getting back to his normal active lifestyle. “My wife and I were incredibly happy with Dr. Engh’s knowledge and ability, and I think he did an outstanding job,” he says.



## Enjoy Your Independence

Having joint replacement surgery? Here are simple steps you can take before your procedure to make sure your recovery goes as smoothly as possible:

- Make sure you have a family member or friend stay with you until you are independent at home. Having an advocate can speed your recovery, says Andy Engh, MD.
- Ask your physical therapist during your preoperative visit about strength-building exercises you can do to adjust to walking with a cane, crutches and a walker.
- Create an area of your home where everything you need is accessible.
- Prepare and freeze a week’s meals ahead of time.

# UP FOR SUCCESS



William Humelsine is thrilled to be able to return to an active lifestyle thanks to the team at Inova Joint Replacement Center.

## Two New Surgeons Join Staff

Inova Joint Replacement Center (IJRC) is pleased to welcome two new orthopedic surgeons.



**Philip Belmont, MD**

Philip Belmont, MD, joined IJRC in July. Dr. Belmont is fellowship-trained in hip and knee reconstruction. A distinguished graduate of the

United States Military Academy, West Point, Dr. Belmont graduated from the Duke University School of Medicine and completed his internship and orthopedic surgery residency at Walter Reed Army Medical Center. He served as the Chief of Orthopaedic Surgery with the 228th Combat Support Hospital in Tikrit, Iraq.



**Thomas Sanders, MD**

Thomas Sanders, MD, fellowship-trained in the specialty of foot and ankle reconstruction, joins IJRC's orthopedic surgery team this month.

Dr. Sanders completed his medical training at the University of Virginia School of Medicine and most recently completed his Foot and Ankle Fellowship at the Florida Orthopedic Institute in Tampa.

To schedule an appointment with an Inova Joint Replacement Center physician, please call **703.664.7493**.

### FIND YOUR SOLUTION

To learn more about Inova Joint Replacement Center at Inova Mount Vernon Hospital, visit [inova.org/joint\\_replacement](http://inova.org/joint_replacement).

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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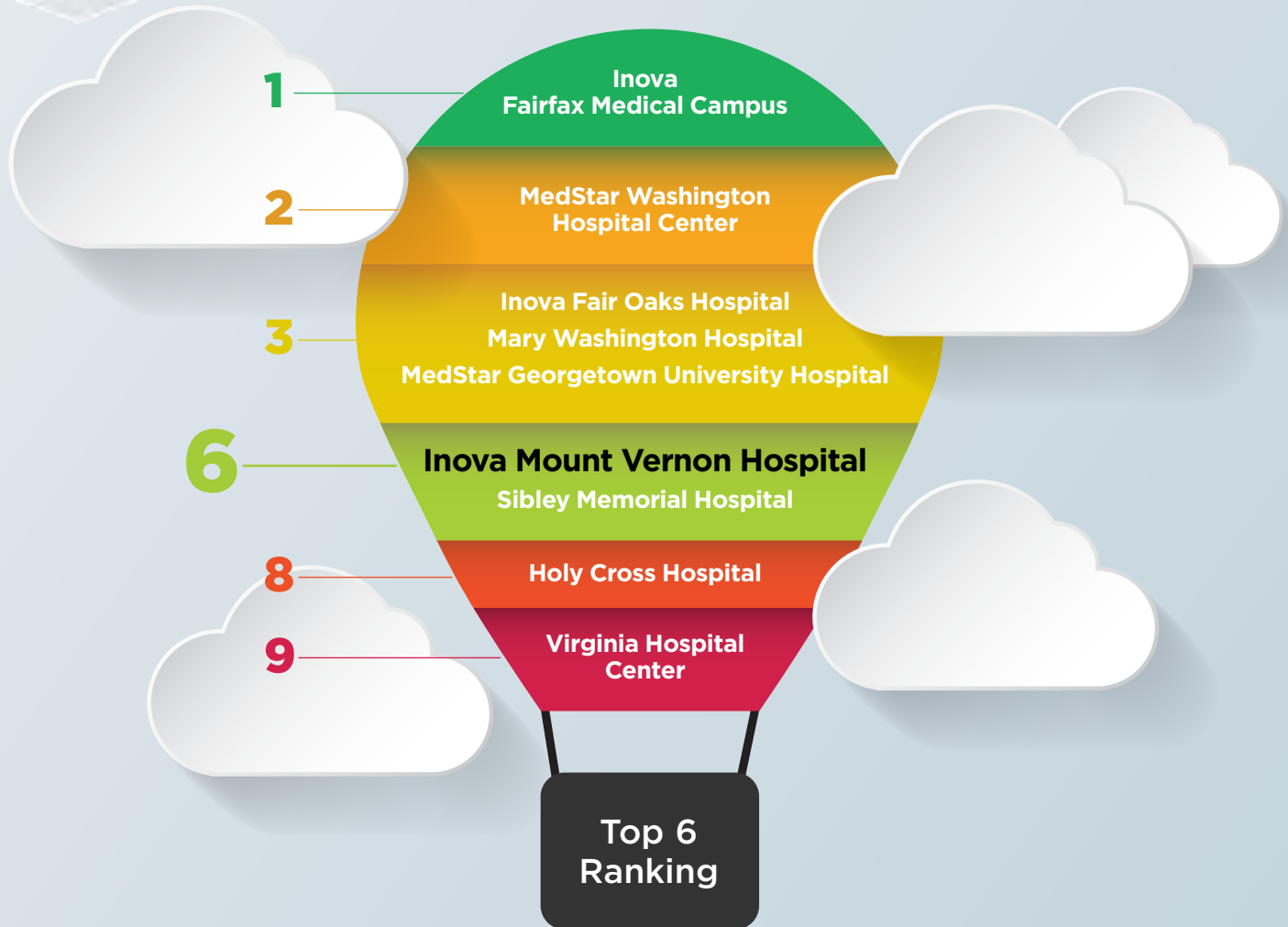
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## AMONG THE VERY BEST

U.S. News & World Report released its annual  
"Best Hospitals" for the Metropolitan Washington region.  
(52 hospitals surveyed)



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