



INOVA LOUDOUN HOSPITAL

INhealth



Seeing the **FUTURE**

Inova Loudoun Hospital expands care for upcoming generations of the community

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Meet a few of Inova Loudoun Hospital's robotic surgeons: (from left to right) James Lesniewski, MD, general surgery; Lynda Dougherty, MD, colorectal surgery; Gregory Schenk, MD, urology; and Chauncey Stokes, MD, gynecology.

FOLLOW THE LEADER

A Bold Mission

Since its founding, the mission of Inova Loudoun Hospital has been to improve the health and wellness of our diverse community through excellence in patient care, education and research.

In this issue (see page 5), you will learn more about our commitment to our community. We believe in community outreach because we are neighbors taking care of neighbors. Our staff live and work in Loudoun County, and we are friends of the people that we care for — our patients.

Over the years, we have developed and expanded our services to meet the community's needs. As the county continues to grow, we will do the same to ensure that Loudoun residents and businesses continue to have access to high-quality care, advanced technology and state-of-the-art healthcare facilities close to home.

Staying true to this focus as an organization is what has allowed us to provide an exceptional healthcare product and system that has been serving Loudoun County for more than 100 years. And, with the implementation of our expansion plans (learn more on pages 6-7), our hospital is well poised to care for future generations to come. We look forward to seeing the master plan unfold.



H. PATRICK WALTERS

Chief Executive Officer
Inova Loudoun Hospital



EMERGENCY MEDICINE

Emergency Care SERVICES

Know when and where to go

Where should you go when illness or injury strikes? Knowing whether to go to a primary care office, urgent care clinic or Emergency Room (ER) is essential; it's lifesaving knowledge that can also save you time and money. Here is a brief guide:

PRIMARY CARE PROVIDERS

To maintain and optimize your health, it's important to establish an ongoing relationship with a primary care provider (PCP) you trust and with whom you work well. Your PCP is your main healthcare contact in non-emergency situations. Visit your PCP for annual preventive exams, general health maintenance and checkups, prescription refills and specialist referrals. Scheduled appointments are generally needed.

Find a primary care provider at inova.org/physicians.

URGENT CARE CENTERS

Urgent care centers are an excellent alternative to the ER when immediate medical care is needed for non-life threatening conditions, such as the flu, X-rays for sprains and strains, and stitches for minor cuts. If you're unable to schedule an appointment with your PCP, these facilities are open daily with extended hours of operation and treat walk-in patients of all ages.

To find the closest Inova Urgent Care, visit inova.org/urgentcare.

EMERGENCY ROOMS

If you are experiencing a life-threatening medical condition or injury, such as chest pain; shortness of breath; or sudden numbness of the face, arm or leg, call 911 or head to the closest ER. These facilities are open 24 hours a day, seven days a week, 365 days a year, and are equipped to handle the gravest medical conditions.

To find the closest Inova Emergency Room, visit inova.org/emergency.



Baseball BABIES

Inova and Washington Nationals partner in campaign focused on newborns

Inova and the Washington Nationals continue to strengthen their partnership. This past baseball season, they joined forces to welcome the smallest fans into the world.

As part of the #NatsMyBaby program, on designated days (such as Opening Day, Mother's Day and Father's Day), families with newborn babies received special #NatsMyBaby goodie bags. Each bag included a Washington Nationals onesie for the baby and baseball caps for parents, among other gifts. In addition, Instagram users who tagged posts with #NatsMyBaby were entered into a contest to win free Nationals tickets.

"I love that this partnership has allowed us to pass the fun along to our patients,"

adds Denielle Nall, Marketing and Communications Executive for Inova Fair Oaks Hospital. "Our nurses loved surprising the families with their goodie bags."

Inova's relationship with the Nationals extends beyond this #NatsMyBaby program. For the past five years, Inova has held blood drives at Nationals Park, and recently Robin West, MD, Medical Director of Inova Sports Medicine, was named lead team physician for the Nationals.

"As the official hospital network for the Washington Nationals baseball club, we are proud to support the team and partner with it to keep our community healthy," comments Nall. "It's truly a winning combination."

Baby Micah and Dad show their Nationals pride.



TAKE ME OUT TO THE BALL GAME

Visit the landing page nationals.com/natsmybaby to see the shared photos and learn more about the campaign.

EXPECT Success



Discover your birth experience at an OB open house

Whether you're considering pregnancy, expecting or in search of an OB-GYN or midwife, you're invited to come discover all you need to know about Inova Loudoun Hospital's Obstetrics (OB) services!

The Inova Loudoun Ladies Board Birthing Inn and Inova Loudoun Hospital (ILH) Natural Birth Center will host a Discover Your Birth Experience Open House on Saturday, Sept. 24, from 11 a.m.–2 p.m., at the conference center on the Lansdowne campus (44045 Riverside Parkway, Leesburg).

Attendees will enjoy personalized tours of the Inova Loudoun Ladies Board Birthing Inn and ILH Natural Birth Center; mingle with local OB-GYN physicians and midwives; visit interactive exhibits; attend short informational lectures; and take advantage of free services and giveaways, including onsite massages, and prenatal and baby-and-me yoga classes. Participate in contests and enter a raffle for your chance to win prizes. All are welcome, including dads-to-be!

COME TO THE OPEN HOUSE

To learn more or to register, visit inova.org/obopenhouse. Space is limited — registration is encouraged.

SETTING THE BAR HIGH FOR

Right: The staff of Children's Emergency Room at Inova Loudoun Hospital with the character Beamer, the therapy dog. The ER received a Lantern Award this year. In 2015, only four ERs nationwide were granted this designation. ILH's adult ER was one of them.

KIDS' CARE

Children's ER receives prestigious Lantern Award

Inova is dedicated to providing exceptional care — right down to the youngest of patients. A great example is the Children's Emergency Room (ER) at Inova Loudoun Hospital (ILH), a separate, kid-friendly emergency department designed to serve and accommodate kids' special needs. The facility features advanced medical equipment sized for children, rooms with TVs and gaming consoles, and a world-class specially trained pediatric staff.

As proof, the Children's ER received the prestigious 2016 Lantern Award from the Emergency Nurses Association. This award is given to ERs that exemplify exceptional practice and innovative performance in the core areas of leadership, practice, education, advocacy and research.

"This award demonstrates excellence in emergency nursing, but also the collaboration and teamwork with our emergency physicians, as well as our commitment and partnership with our community," says April Brown, Director of Emergency Services.

Ryan Dunham knows the Children's ER well. Ryan's son, Aidan, received continuous care there after he was born at the Inova Loudoun Ladies Board Birthing Inn in October 2011. Aidan, 5, has the rare condition Eagle-Barrett, commonly referred to as prune belly syndrome. This can cause bladder and urinary tract issues, as well as poorly developed abdominal muscles. Aidan has visited the Children's ER for urinary tract infections (UTIs) and gastrointestinal problems.

"We love the care they give us there," Ryan says. "The first time we visited was for a UTI five months after Aidan was born, and he was still in a cast after having hip surgery. The people at the Emergency Room remembered us and knew who we were."

Ryan adds that the staff is good at keeping Aidan calm during blood work, and understanding when it comes to young patients. "The treatment is tailored," he points out. "If we want to decline vitals or overnight treatments so Aidan can get some rest, they're very understanding. If they do need to come in, they are quiet and do it with as little disturbance as possible."

Fortunately, Aidan received a kidney transplant in May 2016 and no longer needs frequent visits to the Children's ER. But Ryan and his wife, Lindsey, still have nothing but praise for the department and its staff. "It's our preferred place," Ryan notes.



Aidan Dunham has received first-class care at the Emergency Room of ILH, his parents say.

THE GO-TO PLACE FOR CHILDREN

To learn more about the Inova Loudoun Children's Emergency Room, visit inova.org/LoudounChildrensER or call **703.858.6000**.

MISSION DRIVEN

Inova Loudoun Hospital focuses on community

Understanding how for-profit and not-for-profit hospitals work can be confusing; both make money, so what's the difference? To Inova, the answer is simple: community.

Inova is a not-for-profit healthcare system. "This means that we reinvest profit back into the community," explains Suzy Quinn, Executive Director, Inova Loudoun Hospital (ILH) Foundation. These investments can take various forms, such as research, education, facilities, services and/or outreach.

"For Inova, being not-for-profit also brings a commitment to delivering state-of-the-art healthcare services to anyone in need, regardless of their ability to pay," Quinn adds. A few examples include the ILH-based Obstetrics (OB) Clinic, Life with Cancer, Partnership for Healthier Kids program and ILH's Mobile Health Services. See more at right.

"We provide access to resources and services that the community needs," Stacey Miller, Government and Community Relations Liaison, West Region, says. "Not-for-profits tend to work together to fulfill needs that are otherwise not available to everyone. Our combined efforts make the community stronger."

- **The ILH-based Obstetrics (OB) Clinic** provides comprehensive OB-GYN services for uninsured and low-income women in Loudoun County. Services include gestational diabetes management, case management, non-stress testing and nutritional counseling. From 2012–2015, the ILH OB Clinic provided almost 15,000 visits for low-income women in the community at a cost of more than \$5 million.
- **Inova's Life with Cancer program** offers world-class educational and psycho-social support services free to families and individuals facing cancer. Anyone living with, caring for or affected by cancer — regardless of where the patient lives or receives treatment — can benefit from the Life with Cancer program.
- **Partnership for Healthier Kids** is a community-based outreach program designed to increase access to care for uninsured children in Northern Virginia. Since 1998, the program has successfully connected more than 45,000 children to a source of healthcare services.
- **Inova Loudoun Hospital's Mobile Health Services** provides the community with direct access to preventive health screenings and education through the use of the Mobile Health Bus, a self-contained health clinic.

"The Mobile Health team offers senior communities, school system employees and other groups direct access to health screenings," Miller says. "We also offer first aid and heating/cooling stations at local, health-related events. Most of these services are free, as part of Inova's investment in our community."

In 2015, Inova invested



◀ **\$264 MILLION** into the community, including:



◀ **\$117 MILLION** in charity care.



◀ **\$14 MILLION** for education.



◀ **\$9 MILLION** for research.

FOUNDATION OF SUPPORT

The Inova Loudoun Hospital Foundation builds philanthropic support for the current needs and future growth of Inova Loudoun Hospital, inviting donors to partner around specific priorities, such as the master plan expansion. For more information, contact the Foundation at **703.858.8800**.

SEEING THE FU



Inova Loudoun Hospital expands care for upcoming generations of the community

Responding to the needs of fast-growing Loudoun County, Inova Loudoun Hospital (ILH) recently put the finishing touches on the first phase of its five-year expansion effort. Scheduled for completion in 2020, the comprehensive renovations will ensure that Loudoun County residents and businesses have access to state-of-the-art, family-centered healthcare close to home.

“Our focus has been to continue to move from a very good community hospital to a truly excellent, advanced community hospital. This includes the addition of advanced services that you would see at larger hospitals and adding tertiary level care services in select areas,” says ILH CEO H. Patrick Walters.

Countywide expansions launched in 2014 with the addition of a new endoscopy unit and the ILH Natural Birth Center on the Lansdowne campus, and the Inova HealthPlex – Ashburn, a free-standing, full-service emergency room located on Loudoun County Parkway. In July, two new operating rooms were added to the ILH Lansdowne campus to accommodate the hospital’s robust robotic surgery program and numerous new subspecialties, including colorectal surgery. Currently underway is the renovation and expansion of the Schaufeld Family Heart Center at ILH’s Inova Heart and Vascular Institute and the Lansdowne ER.

“To meet the needs of our ever-growing community, we have added capacity and are now equipped to offer more advanced surgeries right here in Loudoun County,” says Rachna Krishnan, Growth Officer for ILH.

For patient convenience, the hospital is also adding a new parking garage, rear parking lot and main entrance on the south side of the hospital while construction is underway.

SURGICAL SERVICES

One of the most dramatic changes at ILH to date is the expansion of its surgical suite, which includes a growing

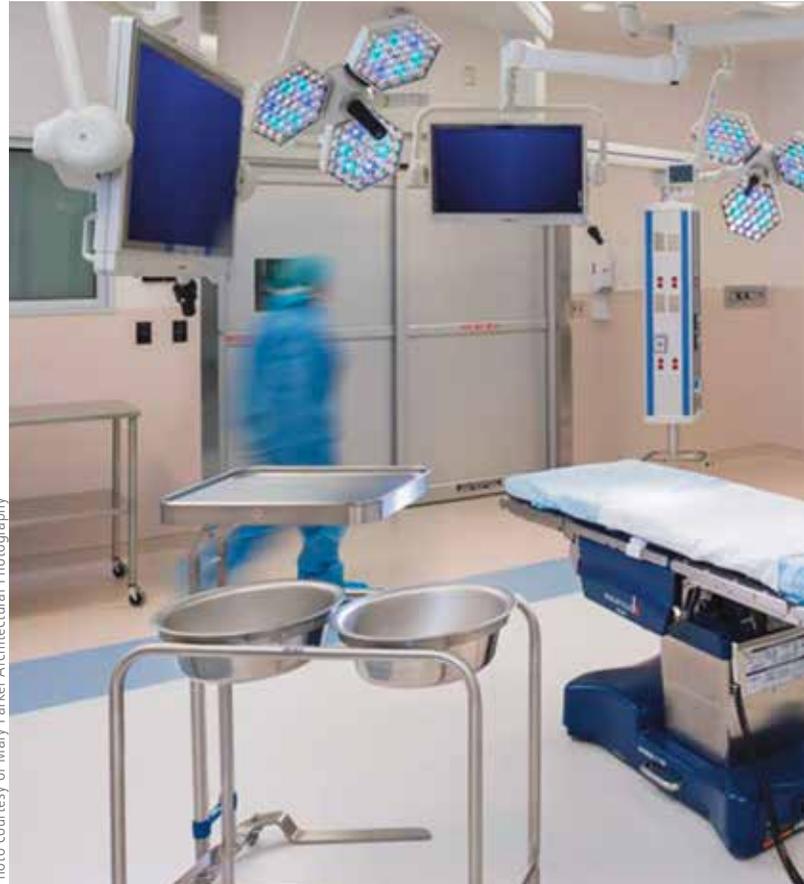


Photo courtesy of Mary Parker Architectural Photography

robotics program. The spacious, new operating rooms are equipped with specialized, state-of-the-art equipment and technology required for robotic and subspecialty surgeries. Thanks to the robots, highly trained surgeons are able to perform the latest minimally invasive procedures in general surgery, urology, colorectal medicine and gynecology.

“We’ve expanded the surgical area and we’ve updated the equipment to give us the latest and greatest technology for robotic-assisted and minimally invasive procedures,” says James Lesniewski, MD, Vice Chairman of the Department of Surgery at ILH. “The tools and techniques we use directly translate to our patients.”

“We have seen our surgical capabilities grow dramatically over the last five years,” adds Walters. “We are recognized nationally as an epicenter for robotic surgery. Our Medical-Surgical Unit is the very first within Inova to receive the Academy of Medical-Surgical Nursing Prism Award for medical surgical excellence. We’re also seeing more specialized surgeons coming to our community, including a premier colorectal group and a neurosurgery group that recently opened an office on campus. ILH is attracting extraordinary talent for continued growth and excellence.”

TURE



New operating rooms at ILH are outfitted with state-of-the-art equipment and technology required for robotic and subspecialty surgeries.

With the arrival of new colorectal specialists and the addition of a new endoscopy suite, patients can now receive advanced digestive services for a wide range of conditions without needing to travel outside of Loudoun County. And, with the addition of neurosurgeons, the hospital can treat conditions such as normal pressure hydrocephalus (NPH).

FUTURE PLANS

Future expansion includes an eight-floor patient tower equipped with private patient rooms, expanded outpatient and imaging services, an Intensive Care Unit (ICU), a new obstetrics (OB) unit and a Neonatal Intensive Care Unit (NICU). Additionally, there are plans for upgrades to the Interventional Cath Lab, the Inova Loudoun Ladies Board Birthing Inn and the radiation oncology center. In the next phase, the ER at ILH will undergo a significant renovation and will be designated a Level III trauma center.

Meet the Doc

What are your specialties?

I am a general surgeon with a focus on minimally invasive surgery — mainly robotics. I specialize in intra-abdominal surgery such as gallbladder surgery, hernia repair, colon or intestinal surgery, anti-reflux surgery and endocrine surgery.

What is your experience?

I've been doing robotic surgery since the program began here in 2008.

What are the benefits of robotic-assisted surgery?

The robot allows surgeons to do more advanced procedures than we ever considered doing with conventional laparoscopy. It has made complicated procedures much easier from a minimally invasive approach. The robot enhances our visualization and dexterity, and provides for greater precision. It's still the surgeon performing the procedure; the robot maximizes our capabilities. The patient can expect a quicker recovery, reduced pain and smaller incisions.



James Lesniewski, MD, Vice Chairman of the Department of Surgery at Inova Loudoun Hospital

ASK THE EXPERT

Hernias: Causes, Symptoms and Treatment Options

Join James Lesniewski, MD, for a FREE lecture.

Place: Inova Loudoun Hospital, Conference Rooms A&B (South Lobby)

Date and Time: Monday, Sept. 12, 6 p.m.

Visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682) to register.

Meet Our Robotic Surgeons

General Surgery:

Cecil Bernard Cross, MD
Brita Kriss, MD
James Lesniewski, MD
Virginia Madey, MD

Urology:

Nicholas Lailas, MD
Gregory Schenk, MD
Jennifer Young, MD
Colorectal:
Lynda Dougherty, MD
Timothy Plerhoples, MD

Gynecology:

Jack Ayoub, MD
Ruchi Garg, MD
Michele D. Justice, MD
Chauncey Stokes, MD
Jennifer Bracken
Thompson, MD

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 4 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute (IHVI), Inova Translational Medicine Institute (ITMI), Inova Neuroscience Institute, Inova Schar Cancer 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.



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IHS-066-ILH

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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:

DEPT/SECTION	NAME
Diagnostic Imaging	Reginald L. Baker, MD
Diagnostic Imaging	Stephen V. Ho, MD
Emergency Medicine	Jason T. Giffi, DO
Emergency Medicine	Christian W. Zoeller, MD
Internal Medicine	Fred F. Taweel, MD
Internal Medicine	Jiun Yoon, MD
Internal Medicine	Misbah Zaheer, MD
Obstetrics/Gynecology	Efua M. Erbynn, MD
Orthopedics	George Damon Gantsoudes, MD
Pathology	Theresa M. Boyd, MD
Pathology	Jeff D. Harvell, MD
Pathology	Saeid Movahedi-Lankarani, MD
Pathology	Kimberly Woodward, MD
Pediatrics	Jacquelyn Lucile Calbert, MD
Pediatrics	Sarah A. Chambers, MD
Pediatrics	Yasamin Alwan Ilyas, DO
Pediatrics	Lindsey A. Waldman, MD
Surgery	Maseer A. Bade, MD
Surgery	Ali N. Mesbahi, MD
Surgery	Mark L. Venturi, MD

INOVA
78th Annual Ladies Board
Rummage Sale
Sat & Sun
Oct 15-16, 2016
9am-3pm
Silent Auction Ends
Saturday at 1pm
MORVEN PARK
EQUESTRIAN CENTER
41580 SUNDAY MORNING LN
LEESBURG, VA 20176
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