



INOVA MOUNT VERNON HOSPITAL

# INhealth

CELEBRATING



YEARS!

A proud past and a promising future — Inova Mount Vernon Hospital marks 40 years

PAGE 6



1976 - 2016

Inova Mount Vernon Hospital



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# FOLLOW THE LEADER

## Birthday Wishes

This fall will be a very exciting time here at your community hospital.

Next month, we officially mark the 40th anniversary of the founding of our great hospital. Inova Mount Vernon Hospital (IMVH) has come such a long way since Oct. 26, 1976. So much of our progress has been made possible because of our partnership with you, the community we proudly serve.

I am pleased to invite you and your families to our 40th anniversary community celebration on Saturday, Sept. 24, here at the hospital. You can read more about this great event on page 5.

I would also like to remind you about another upcoming milestone event. We will be dedicating and opening the new state-of-the-art Veatch Family Emergency Department in mid-November. IMVH is pleased to offer enhanced, family-friendly emergency services to our wonderful Mount Vernon community.

All of this new development, coupled with our continued strong patient satisfaction and high clinical quality, points to a bright future for IMVH.

As we turn 40 years old, we remain a hospital with a proud past and a promising future. Our commitment to you will never waver. Thank you for your trust.



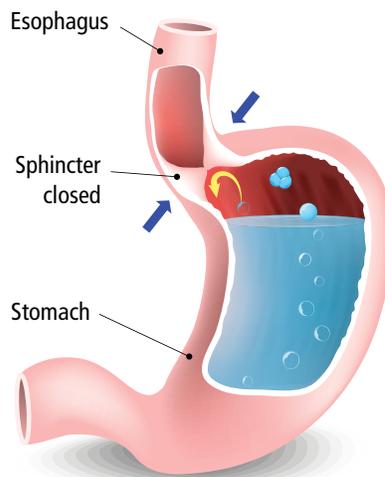
**DEBORAH ADDO**  
Chief Executive Officer  
Inova Mount Vernon Hospital



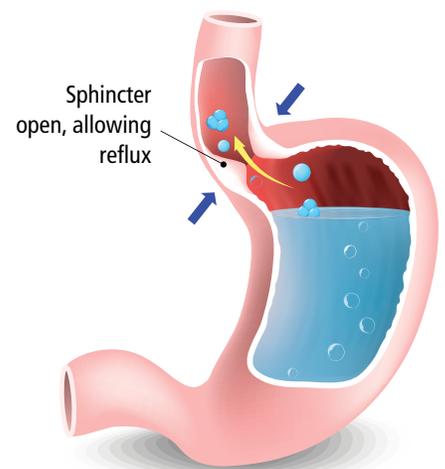
## GASTROENTEROLOGY

# Is It Just HEARTBURN?

### Introducing the new Inova Mount Vernon Hospital Heartburn Treatment Program



Healthy Digestion



GERD

Everyone experiences a little heartburn or indigestion sometimes. But for a surprising number of people, this problem is much more than an occasional nuisance. It is painful, affects sleep and the ability to enjoy food, and can diminish your quality of life. For an estimated 20-30 percent of American adults, the real problem may be gastroesophageal reflux disease, also known as GERD.

Inova Mount Vernon Hospital is proud to announce its new Heartburn Treatment Program to provide prompt diagnosis and appropriate treatment for GERD and related digestion problems.

### LEARN MORE

If chronic heartburn is affecting your life, call the experts at the Inova Mount Vernon Hospital Heartburn Treatment Program at **703.664.7109**.

## ASK THE EXPERT

### LECTURE

### Heartburn Relief — Non-Invasive Surgical Treatment Options

Join Essam Tellawi, MD, for a FREE lecture and discussion.

**PLACE:** Inova Mount Vernon Hospital - Engh Conference Center

**DATE & TIME:** Thursday, Oct. 27, 6:30 p.m.

Visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call 1.855.My.Inova (1.855.694.6682) for more information.

# SAVE the Date! Ladies Night Out event in Lorton — Oct. 18

**It's all about the ladies!** Please mark your calendars for an evening of important lectures about women's health presented by top Inova physicians.

Come early to Ladies Night Out and enjoy complimentary refreshments, a relaxing neck massage and chances to win special raffle prizes. Everyone receives a special thank-you gift for attending.

**What:** Ladies Night Out at Inova HealthPlex - Lorton

**When:** Tuesday, Oct. 18, 6-9 p.m.

**Where:** Inova HealthPlex - Lorton  
9321 Sanger Street  
Lorton, VA 22079

Look for your special Ladies Night Out invitation — arriving soon in your mailbox! **Want to learn more?** Please call **703.982.8360**.



# The Wait Is ALMOST OVER

## New Emergency Department nears completion

Construction of the new Veatch Family Emergency Department of Inova Mount Vernon Hospital remains on pace for a mid-November opening.

### THE NEW 29,000-SQUARE-FOOT FACILITY WILL FEATURE

1. 35 larger and more private treatment rooms
2. Seven new "fast track" treatment rooms: fast care for less serious injuries
3. Two new rooms to manage resuscitation emergencies
4. New pediatric treatment rooms with child-friendly amenities
5. Improved ambulance access
6. A beautiful, spacious lobby that includes a family-friendly play area



### HOW YOU CAN HELP

To learn how you can make a gift to help fund the Veatch Family Emergency Department, 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). You can also make a gift online at [foundation.inova.org/mountvernoned](http://foundation.inova.org/mountvernoned).

# A STROKE OF LUCK

Inova Rehabilitation Center helps local civil engineer return to a normal life

Life changed overnight for Arthur Osgood, a civil engineer and retired Army colonel from Great Falls, Virginia, last May 25. He had a stroke. When he woke up he couldn't walk, sit up, move his torso or control anything on the left side of his body.

"He was essentially helpless," says Christine Osgood, Arthur's wife. "It took one or two people to help him do even a simple task like turning over in bed."

By June 3, doctors transferred Arthur to the Inova Mount Vernon Hospital – Inova Rehabilitation Center. For weeks, the physicians, therapists and staff helped Arthur regain control of his body through physical therapy, occupational therapy and speech therapy treatments. Doctors and staff worked with Arthur every day, and even went beyond their normal duties, attending a high school graduation celebration for his daughter.

"We had a family celebration after [the graduation], and one of the physical therapists stayed after hours and came to the party just to make sure Arthur could stand up and take a picture with our daughter," says Christine. "That's way beyond the call of duty and it's just one situation where they showed their human touch. You could tell how much it meant to them that their patients and patients' families were taken care of."

## PERSONALIZED REHAB

At the center, no two patients are the same. "Our patients run the entire gamut," says Roger Gisolfi, MD, Medical Director. "The underlying fundamental is that our patients have all had some

very significant and frequently life-altering medical event."

While the most common patients Dr. Gisolfi sees in the center are stroke victims, he also treats traumatic brain injuries, spinal cord injuries, multiple fractures, patients recovering from cardiac surgery and more.

"Rehab medicine is one of the few places left where we practice holistic healthcare," says Dr. Gisolfi. "We'll take care of any organ system."

To properly treat such a wide range of potential patients, the center's team includes physicians and therapists from many different disciplines. "What makes the clinic work is the interdisciplinary organization," says Dr. Gisolfi. "There's total collaboration regarding the care of the patients. The team has created an organized approach and sets common goals to achieve."

## RETURNING HOME

After about three weeks at the center, the connection between Arthur's brain and body that had been broken by the stroke was firing again. Two weeks after that milestone, he was ready to go back home.

"We expected to come home and I would have to assist him with 25 percent [of his daily needs]," says Christine. "Instead, I would say it was maybe 10 percent assistance, and at the beginning [in the hospital] it was 100 percent assistance."

Arthur is happy that he can walk around the house safely, go up and down stairs, and do everyday things like shower or brush his teeth on his own. However, as an avid gardener, he is even happier to get back to his garden.



Arthur Osgood, with Tera Jenkins, DPT, PT, MHA, Clinical Education Coordinator, benefited from the good care at the Inova Rehabilitation Center at Inova Mount Vernon Hospital.

"[The doctors at the center] asked him what was important and they really cared about what he wanted to be able to do," says Christine. "[During his rehab], they had him bending, they had him walk on grass to make sure he would be safe, and they watched and showed him how to get up and down; he even pulled a weed."

Arthur believes this commitment that the doctors, therapists and staff at the center have to their patients helped make his recovery process that much faster and easier.

"I attribute my pretty rapid success to two aspects of the staff," Arthur says. "One is their technical skill of knowing what to do, but the other thing that I felt was probably just as important — or perhaps in some situations even more important — is the creation of a good environment, a very constructive and positive environment."

## GET YOUR LIFE BACK

Learn more about Inova Rehabilitation Services at [inova.org/rehab](http://inova.org/rehab).

# Celebration!

## 40th Anniversary of Inova Mount Vernon Hospital

Join the **Mount Vernon-Lee Chamber of Commerce** and **Inova Mount Vernon Hospital** as we showcase the best in our community and celebrate the hospital's 40th anniversary.

★ **Saturday • September 24 • 11 a.m. - 3 p.m. • Rain or Shine!**

**Inova Mount Vernon Hospital**  
**2501 Parkers Lane**  
**Alexandria, VA 22306**

Activities include:

- Food trucks
- LIVE on-stage music, including a Battle of the Gospel Choirs and a live band
- Kid's Zone with climbing walls, moon bounces and more
- Information and exhibits from many of our community's leading businesses
- Register to Vote
- Inova Fun Bus for kids
- ...and much more



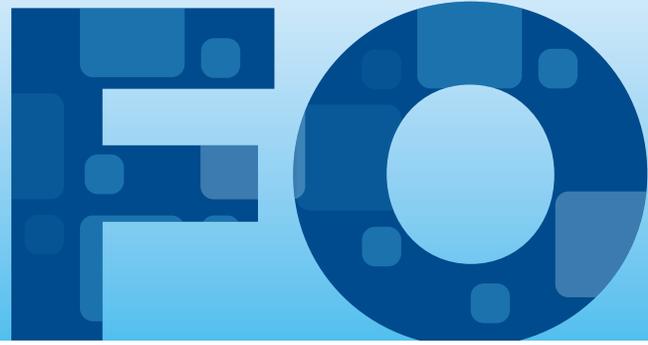
For more information, please call 703.360.6925  
or visit [www.celebrationmvl.org](http://www.celebrationmvl.org)



**INOVA**<sup>®</sup>

Join the future of health.

# INOVA MOUNT VERNON HOSPITAL TURNS



## A proud past and a promising future

**D**uring the 1950s and '60s, Washington quickly grew from a small government town into a major metropolitan city, and people were on the move. New housing sprang up in suburban areas all across the region, including Northern Virginia. With these new residents came the need for expanded medical care services close to home. In 1967, a master plan was submitted and approved to fund and build a new hospital in the southeast part of Fairfax County, along the growing Route 1 corridor.

Ground was broken for this new hospital in early 1973, and on Oct. 26, 1976, Mount Vernon Hospital first opened its doors to the community. The new facility offered 76 beds and was supported by a small medical staff.

On that first day, six patients were admitted. The first surgery performed was an outpatient procedure to remove a compression screw from an elbow. That



afternoon saw the hospital's first emergency surgery: repair of a perforated ulcer. A new era in healthcare had begun in the Mount Vernon community.

### GROWING STRONG

Through the years, there have been many service enhancements and facility expansions to Inova Mount Vernon Hospital (IMVH). Many of these upgrades have happened in recent years, including the opening of the Inova HealthPlex - Lorton in 2013, construction of the Mark and Brenda Moore Patient Tower

in 2014 and the opening of the new Veatch Family Emergency Department this year in November. Even as the facility expands, new technologies and treatments unheard of 40 years ago have become a daily part of patient care in every area of the hospital.

Today, more than 1,000 nurses and other staff members, 300 volunteers and a team of over 500 physicians proudly serve the growing and diverse community. IMVH offers patients and families the best of both worlds. It combines the comfort, convenience

## Forty Years at Inova Mount Vernon Hospital

### 1976

Mount Vernon Hospital opens on Oct. 26 as a 76-bed community hospital. In November, over 100 surgeries are performed.



### 1983

First inpatient unit of the Rehabilitation Center at Mount Vernon Hospital opens with 28 beds.



### 1987

Restructuring creates new parent company, Inova Health System.

### 1996

Groundbreaking takes place for Inova Mount Vernon Hospital 2000.

# RTY



**Page 6:** A ribbon-cutting and dedication ceremony was held on Oct. 26, 1976, when Mount Vernon Hospital first opened its doors.

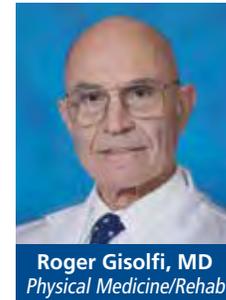
**Left:** Inova leaders, guests and donors joined hospital employees and leaders on April 19, 2016, to sign the last steel beam to be added to the new Inova Mount Vernon Hospital Veatch Family Emergency Department.

and personal touch of a community hospital with direct and easy access to all the world-class care and specialized services offered by Inova.

IMVH is home to the prominent and nationally recognized Inova Joint Replacement Center and Inova Rehabilitation Center. Both are rated among the top orthopedic and rehabilitation programs in the country. The hospital also serves as the administrative and clinical home to the Inova Wound Healing Centers, the Washington region's largest and most experienced wound clinics.

As IMVH continues to grow and thrive, one thing has never changed since that October day in 1976 — its commitment to serving you. Each day, the care team works hard to ensure high-quality, highly reliable care to everyone across the community it is privileged to serve.

The hospital's continuing high patient satisfaction scores and its numerous awards for patient safety and clinical effectiveness show that while IMVH is proud of its first 40 years, without a doubt the best is yet to come for IMVH. Stay tuned.



*“I’m an original. I came with the building. Since the hospital opened, it’s grown and prospered. It’s been a heck of a good ride.”*

—Dr. Roger Gisolfi, who has worked at IMVH for 40 years



● **2013**  
Inova HealthPlex - Lorton, a service of Inova Mount Vernon Hospital, opens.

● **2014**  
Mark and Brenda Moore Patient Tower opens.



● **2016**  
Veatch Family Emergency Department is scheduled to open in mid-November.

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](http://inova.org).

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**8110 Gatehouse Road  
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[inova.org](http://inova.org)

IHS-066-IMVH

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## ASK THE EXPERTS

LECTURES



**Nitin Goyal, MD**  
*Orthopedic Surgeon*

### Osteoarthritis and the Latest Advances in Joint Replacement

Nitin Goyal, MD

**Wednesday, Oct. 12, 6:30 p.m.**

Inova Mount Vernon Hospital  
Eng Conference Center  
2501 Parkers Lane  
Alexandria, VA

**Thursday, Dec. 1, 6:30 p.m.**

Inova HealthPlex - Lorton  
9321 Sanger Street  
Lorton VA

**Wednesday, Nov. 2, 6:30 p.m.**

Westin National Harbor  
171 Waterfront Street  
National Harbor, MD

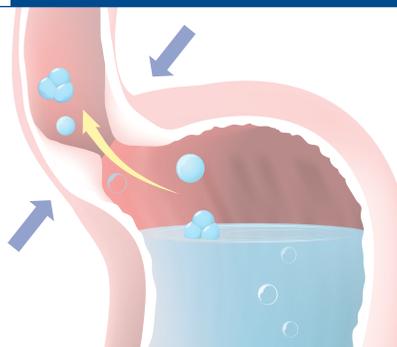
To register for one of our free Ask The Expert lectures, visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call 1.855.My.Inova (1.855.694.6682).

### Heartburn Relief - Non-Invasive Surgical Treatment Options

Essam Tellawi, MD

**Thursday, Oct. 27, 6:30 p.m.**

Inova Mount Vernon Hospital  
Eng Conference Center  
2501 Parkers Lane  
Alexandria, VA



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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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