



INOVA FAIR OAKS HOSPITAL

INhealth

Cancer Care **CENTRAL**

Advanced
cancer care
closer to
home

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TRUVEN HEALTH ANALYTICS

**100 TOP
HOSPITALS**

2014

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FOLLOW THE LEADER

Spring in Our Step

This spring brings so much to celebrate as you will read in this issue. We are pleased to announce the opening of our Radiation Oncology Department in our new, freestanding Cancer Center here on the Inova Fair Oaks Medical Campus.

It is truly exciting to have this kind of resource in the community. In the past, patients in the area had to go elsewhere for radiation oncology services — thus adding driving time and additional stress to their daily treatment plan. Being able to deliver on our vision and commitment to bring coordinated cancer care closer to Fair Oaks was quite a journey, and one that we celebrate together.

We have more good news to announce this issue: Truven Health Analytics has again named Inova Fair Oaks Hospital one of the Nation's 100 Top Hospitals. It is the second year in a row we have received this recognition. It is not a given. Top Hospitals earn their distinction based on their performance across a variety of areas, including inpatient complications, patient safety, patient satisfaction, and readmission rates for heart attack, heart failure and pneumonia.

We are proud not only to be a hospital that offers state-of-the-art services but also one that is ranked in the top 100 of hospitals in the nation.



JOHN FITZGERALD
Chief Executive Officer,
Inova Fair Oaks Hospital



WEIGHT LOSS

DEFINING

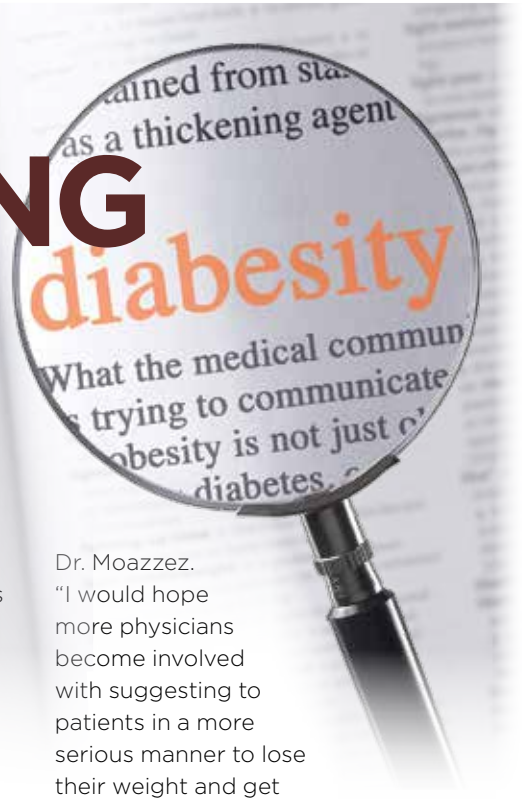
New term helps healthcare professionals describe an epidemic

A relatively new term being used by medical professionals underscores the connection between diabetes and obesity, two problems of epidemic proportion in the United States. The term is “diabetes,” and it is continually increasing in popularity.

“I think what the medical community is trying to communicate is that obesity is not just obesity,” says Amir Moazzez, MD, Medical Director for the Inova Weight Loss Surgery Program. “It’s a common denominator for many conditions, including diabetes, one of the most costly and fastest-growing problems in the U.S.”

Dr. Moazzez thinks “diabetes” helps reinforce the connection between the two complementary epidemics. “These two conditions alone, they’re probably the two most costly [to the healthcare system]. It’s a term that needs to be addressed by physicians in their offices. It’s a real phenomenon,” he says.

Nipping this epidemic in the bud will be difficult, but it starts with individuals and their primary care providers, says



Dr. Moazzez.

“I would hope more physicians become involved with suggesting to patients in a more serious manner to lose their weight and get healthier. Just asking your patient to lose weight, that’s not working,” he says.

For many overweight or obese people, conservative measures like eating better and living a healthier lifestyle will help them avoid diabetes. Unfortunately, for morbidly obese people, those measures often will not work. For people in that situation, Dr. Moazzez recommends visiting comprehensive weight loss centers like Inova Fair Oaks Hospital’s Weight Loss Services.

FIGHT THE FAT

To learn more about Inova Fair Oaks Hospital’s Weight Loss Services, call **703.348.4716** or visit inovaweightloss.org.

ASK THE EXPERT



Amir Moazzez, MD
Bariatric Surgeon

LECTURE

Diabetes: Defining an Epidemic

Join Amir Moazzez, MD, Medical Director of the Inova Weight Loss Surgery Program, for this FREE lecture.

Location: Inova Fair Oaks Medical Campus, Auditorium, 3580 Joseph Siewick Drive, Fairfax, VA

Date: Thursday, May 22

Time: 12:30 p.m.

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

ACHIEVING MAGNET DESIGNATION

Inova Fair Oaks Hospital honored for excellence in nursing



Inova Fair Oaks Hospital was recently recognized again by the American Nurses Credentialing Center (ANCC) through its Magnet Recognition Program®. The hospital first received the designation in 2009.

“This was our first re-designation,” says Cheri Goll, MSN, RN, NE-BC, Chief Nursing Officer for Inova Fair Oaks Hospital. “So the criteria are a little more rigorous, because the ANCC doesn’t want you to just rest on your laurels.”

What does being designated by the Magnet program mean? “The Magnet designation is the highest credential that a healthcare organization can achieve for nursing excellence and quality patient care,” says Goll. “It means the organization is committed to creating a culture where nurses can actualize their potential and [the organization] has the support and tools in place to deliver high-quality patient care.”

Culture of CARING

ER lowers wait times



Focusing on the optimal patient experience allows Inova Fair Oaks Hospital’s Emergency Department (ED) to provide a more efficient and higher standard of care. The ED has shortened wait times to the point where patients who require serious medical attention are immediately placed in beds.

Strong communication among staff translates to better patient care, say ED leaders. “We have a team culture in which people feel empowered to provide the best care possible,” says Joan Manning, Patient Care Director of Critical Care and Emergency Services. “Here, staff work together and put a premium on effective communications. This has an impact on the patient experience — including reducing wait

times — because they don’t have to repeat themselves and information doesn’t get lost in translation.”

There is also an emphasis on good communication between healthcare professionals and patients. “We strive to listen and also to communicate clearly with our patients about what they can expect in the ED,” says Nick Sutingco, MD, FACEP, Chairman of the Department of Emergency Medicine for Inova Fair Oaks Hospital. “Every member of the team desires to address a patient’s concern or need in the best way they can.”

If you’re experiencing a life-threatening emergency, call 9-1-1 immediately or visit the nearest Emergency Department.

TOP HOSPITAL AGAIN

Inova Fair Oaks Hospital in March was named one of the Nation’s 100 Top Hospitals by Truven Health Analytics. It is the second year in a row and the third time overall that it has earned this recognition.

Truven Health 100 Top Hospitals® earn their distinction as a result of their performance across 10

areas: mortality; inpatient complications; patient safety; average patient stay; expenses; profitability; patient satisfaction; adherence to clinical standards of care; and post-discharge mortality and readmission rates for heart attack, heart failure and pneumonia.

“Being recognized with

TRUVEN HEALTH ANALYTICS



2014

this award reinforces our dedication to serving our community by providing affordable, high-quality

healthcare — patient safety is our number one priority,” says John Fitzgerald, CEO of Inova Fair Oaks Hospital.

PIONEERING Medicine



The da Vinci®
Robotic Surgical
System

Innovative approach provides safe alternative to open surgery

Patients who want state-of-the-art technology provided in a friendly community setting can count on Inova Fair Oaks Hospital to provide it. Thanks to the

da Vinci® robot, complex procedures can now be done through tiny incisions with the highest level of safety and precision.

“With robotic-assisted surgery, there are fewer infections, there’s less blood loss, there’s significantly less pain associated with these procedures and patients are back to work in a much shorter period of time,” says Leonard Rosen, MD, gynecologist and Chairman of Robotics at Inova Fair Oaks Hospital. “We can now do advanced surgical procedures minimally invasively that we couldn’t have done before.”

ON THE FOREFRONT

Inova Fair Oaks Hospital surgeons who are specially trained in robotic-assisted surgery perform a wide variety of procedures in the areas of gynecology, gynecologic oncology, urology, colorectal surgery and general surgery. Recognized as a leader in both robotic-assisted and laparoscopic procedures, Inova Fair Oaks Hospital is one of the first facilities in the world to be named a Center of Excellence for Minimally Invasive Gynecology.

“We can boast a 94 to 95 percent minimally invasive gynecologic approach to all our cases with a complication rate that’s less than 2 percent,” says Dr. Rosen. “That’s what sets Inova Fair Oaks Hospital apart from other hospitals in this area and the country.”

MINIMAL RECOVERY

Because robotic-assisted surgery is less invasive, most patients leave the hospital shortly after their procedure.

“There’s less hospitalization,” says Dr. Rosen. “From my personal experience, 98 percent of all my patients go home the same day as compared to a traditional open procedure where a patient is hospitalized for two to three days.”

For most patients, recuperation takes just two weeks, as opposed to six to eight weeks with open surgery.

LEARN MORE

Is robotic-assisted surgery right for you? Visit inova.org/davinci to learn more.

In the Hands of Experts

During a robotic-assisted procedure, the surgeon is seated at a console while viewing a magnified three-dimensional image of the patient’s anatomy. With the assistance of a specially trained team, the surgeon controls interactive robotic arms that translate his or her hand motions into precise movement of surgical tools. Currently, Inova Fair

Oaks Hospital is the only facility in the metropolitan Washington, DC, area to provide dual-console capability, allowing two surgeons to operate collaboratively. During a dual-console procedure, each surgeon sits at an individual console, and they work in concert while viewing the same high-definition image of the surgical site.

“The dual console provides the ability to have a second surgeon operating dynamically in real time,” says Leonard Rosen, MD. “It’s also a wonderful teaching tool because you can have a fellow or resident sit at the second console and observe the surgery through the da Vinci eyes, providing a highly magnified, stereoscopic view.”



During a robotic-assisted procedure, a surgeon sits at a console and controls interactive robotic arms.



SAVING Your Neck

Spine specialists offer solutions

Whether you have pain and numbness in your fingers or just slight neck and back pain, the staff at Inova Fair Oaks Hospital can help you. The doctors and specialists offer high-quality care for spinal issues including physical medicine, rehabilitation and surgery.

Pain, numbness, tingling and weakness radiating down your extremities are signs of serious spinal issues that could require surgery. "Neck pain in and of itself is not a reason to see a

specialist," says Tushar Patel, MD, spine surgeon at Inova Fair Oaks Hospital. "Most cases will resolve in the first three to four weeks. Once [the pain, numbness and tingling] goes beyond your back or neck, then you should see a specialist."

Dr. Patel stresses that people with pain don't necessarily require surgery. Besides physical therapy and rehabilitation, non-surgical treatments include steroid injections and anti-inflammatory medicine. For those people who experience nerve compression, however,

surgery will often improve their standard of living and, according to Dr. Patel, the success rate is high.

THE RIGHT QUESTIONS

When you need surgery, it's important to pick the right doctor. Dr. Patel recommends finding a surgeon who specializes exclusively in spine surgery and who understands the importance of shared decision-making between the patient and surgeon. "You want someone who will explain to you what is going on with you," he says. "You should be able to state in your own words why the doctor is recommending what he's recommending."

Here are some questions to ask when looking for a surgeon:

- How many of these operations do you do?
- What is the evidence basis for your recommendations?
- What are my possible options?
- What problems would you anticipate running into with this procedure?
- Am I at a higher risk for any complications?
- What is your infection rate?
- What steps have you taken recently to improve your outcomes?



Tushar Patel, MD
Orthopedic Surgeon

ASK THE EXPERT

LECTURE

Treatment Options for Neck and Back Pain

Join Tushar Patel, MD, for this FREE lecture.

Date: Thursday, July 17

Time: 6 p.m.

Location: Inova Fair Oaks Medical Campus, Auditorium, 3580 Joseph Siewick Drive, Fairfax, VA



CANCER CARE CENTRAL

Radiation Oncology Department opens at Inova Fair Oaks Hospital

Patients can now receive comprehensive cancer treatment closer to home.

Radiation oncology services are available in the new, freestanding five-story Inova Comprehensive Cancer & Research Institute – Fair Oaks. The Inova Breast Care Center and remainder of the institute will open later this year.

“One of our primary goals for building a Cancer Center is to offer a place where patients can come and experience a higher level of coordinated care, which is not only better from the patient experience standpoint, but is actually proven to result in better outcomes for patients,” says Ann Miner, Director of Cancer Services at

Inova Fair Oaks Hospital.

Robert Ahmed, MD, notes that one of the most attractive aspects of the center will be that all the services will be centralized on one campus. “They can see me in my office and I can send them off for an X-ray or mammogram,” he says. “I can then send them across a parking lot to a radiation oncologist or to the hospital to have surgery. They won’t have to travel too far, and it makes it very convenient for them to be on the same campus to really get almost all that they need done.”

The cancer care team brings together the highest level of expertise and medical technology with a supportive, compassionate approach

where each patient’s physical, emotional and spiritual needs are addressed from diagnosis through treatment and follow-up care.

Each individual patient who walks through the doors of the new center will have the support of a wide array of specialists including medical and surgical oncologists, radiation oncologists, oncology nurses, patient care navigators, dietitians, social workers and genetic counselors. The center also provides Life with Cancer™, a free program dedicated to supporting patients and their families throughout their cancer journey and beyond.

LIGHTING THE WAY

The hallmark of the new Cancer Center is a state-of-the-art Radiation Oncology Department, which opened in March. “In the past, patients in the Fair Oaks community have had to go to Inova Fairfax Hospital or elsewhere for their daily radiation therapy,” says radiation oncologist Stella Hetelekidis, MD. “With the new Radiation Oncology Department at Inova Fair Oaks Hospital, patients will be able to have their treatment closer to home.”

The Radiation Oncology Department features the Varian TrueBeam linear accelerator, ensuring the highest level of accuracy and precision. The system allows for the treatment of many different sites throughout the body while providing shorter treatment times and utmost comfort for the patient.

The Cancer Center’s experienced radiation oncology group works in close concert with a team of cancer specialists

ASK THE EXPERTS

LECTURE

Advances in Cancer Prevention and Early Detection

Join Michael Hardy, MD, Daniel Otchy, MD, and Hernan Vargas, MD, for this FREE lecture.

Date: Wednesday, June 18 Time: 5 p.m.

Location: Inova Fair Oaks Medical Campus, Auditorium, 3580 Joseph Siewick Drive, Fairfax, VA

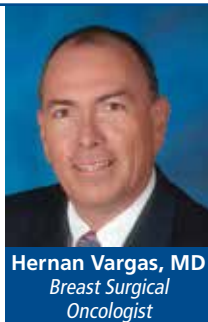
To register, visit inova.org/AskTheExpert or call 1.855.694.6682.



Michael Hardy, MD
Urologist



Daniel Otchy, MD
Colorectal Surgeon



Hernan Vargas, MD
Breast Surgical
Oncologist

to treat all types of adult cancer, including breast, prostate, colorectal, head and neck, gynecologic, lung, gastrointestinal, brain and lymphomas.

“We work very closely with patients’ surgeons and medical oncologists to provide patients with the best multidisciplinary care,” says Dr. Hetelekidis.

INTEGRATED CARE

A team approach is at the heart of the center’s care philosophy. “Our level of knowledge of cancer care and the technology involved has become very complex to the point where care cannot be delivered by only one person or one physician,” says Hernan Vargas, MD, a breast surgeon at Inova Fair Oaks Hospital. “By integrating the patient’s care we can provide better care, which not only produces better medical outcomes but also supports the entire person.”

A team approach means the entire cancer team works closely with referring colleagues.

“What we are doing is bringing the highest technology and the newest concepts of cancer care to the setting of a community hospital,” says Dr. Vargas. “When a patient comes in we will be able to have input from all the providers caring for the patient.”

COMPASSIONATE CARE

To promote the well-being of patients and their families, all services at the center will be delivered in a soothing environment featuring nature-inspired themes.

“The design of the spaces and the way we deliver service in our cancer center is planned to make the patient feel as if the experience is designed just for him or her today,” says Miner. “The center has a modern feel to it but at the same time is with a warm, nature-infused environment.”

Calming spaces in the new center are designed to make patients and their families feel welcome and comfortable. Visitors will be able to partake in amenities such as a café, a coffee bar, soothing outdoor healing garden and a peaceful meditation room.

AT YOUR DOORSTEP

For information on cancer care services at Inova Fair Oaks Hospital, call **703.391.4250** or visit inova.org/FairOaksCC.

Navigating Your Journey

Having a cancer diagnosis is hard enough; having to arrange for medical treatment is an enormous task that involves contacting many different specialists. At Inova Fair Oaks Hospital’s Cancer

Center, patient care navigators are available to assist patients every step of the way by coordinating the specialists involved in diagnosis and treatment. Patients can also seek the navigator as a resource for scheduling appointments, joining support groups, accessing

the center’s resources and obtaining financial and insurance guidance. “Patient care navigators are an all-encompassing support system for the patient,” says Ann Miner, Director of Cancer Services. “They work in an integrative fashion to make sure the patient’s needs are met.”



The Spiral Garden

Quiet Spaces

In addition to attending to the physical needs of each individual receiving care, the Cancer Center will provide a healing garden where patients and their families can relax and rejuvenate.

“The healing garden is going to have a real sense of movement and flow with a lot of curved lines and walking paths,” says Ann Miner, Director of Cancer Services at Inova Fair Oaks Hospital. “It will have pockets of private space so if a family needs to come

and sit, and they want to have privacy, they can retire to one of the smaller groupings of seating. Or there’s a more public area with tables where you can enjoy a cup of coffee and be in nature.”

Attached to the healing garden will be a meditation room where patients and families can spend time reflecting in a nurturing environment.

“We really want the meditation room to be a resource to help people deal with what can be a very stressful time,” says Miner. “It will be a beautiful, calming space.”



The Varian TrueBeam linear accelerator is a key piece of technology at the Cancer Center. It allows doctors to target cancer cells throughout the body while providing shorter treatment times and the utmost comfort to the patient.

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.

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NON-PROFIT
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WELCOME, NEW PROVIDERS!

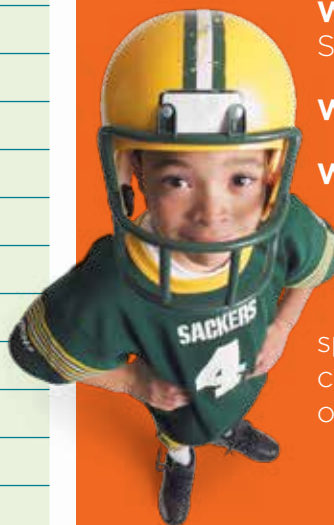
Here are new healthcare professionals who have joined the Inova Fair Oaks Hospital medical staff in the last few months:

NAME	DEPT/SECTION
James Armstrong, MD	Medicine/Neurology
Deborah Bear, MD	Pediatrics
Angela Bosjolie, DO	Surgery/Ophthalmology
Asad Chaudhry, MD	Medicine/Cardiology
Kathleen Cleland, MD	Surgery
Costanza Cocilovo, MD	Surgery
Gloria Duda, MD	Surgery/Plastics
Marwa El-Menshawi, MD	Family Medicine
Johanna Hernaiz-Baez, MD	Medicine
Andrew Holt, MD	Medicine/eICU
Shirisha Janumpally, MD	Medicine/Neurology
Miriam Lender, MD	Pediatrics
Ashlei Lowery, MD	Medicine/Palliative Care
Adina Maniu, MD	Obstetrics & Gynecology
Hiral Patel, MD	Surgery/General Surgery
Larry Quate, MD	Medicine/Pulmonary Medicine
Shadi Tabba, MD	Pediatrics
Eric Thomson, MD	Family Medicine
Kathy Tieu, MD	Medicine/Dermatology
Shalini Varshney, MD	Obstetrics & Gynecology
Sithu Win, MD	Pediatrics
Yi Zhang, MD	Surgery/Ophthalmology

SYMPOSIUM

COME JOIN US!

(Stay Tuned for Details)



What: Youth Sports Safety Symposium

When: Saturday, July 26

Who: Parents, coaches and trainers. Activities will be held for kids.

Why: Learn about youth sports safety, including concussions and orthopedic injuries.

INFORMATION

Visit inova.org/youthsports or

scan the QR code HERE

to find out more.



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Baby Time



Schedule a tour or complete online registration for your OB admission at inova.org/baby.