



INOVA FAIR OAKS HOSPITAL

# INhealth

## ALL UNDER *One Roof*

Inova Schar Cancer Institute at Inova Fair Oaks Hospital expands its physician base, adds new services

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Jane Zipoli underwent chemotherapy in the new infusion center at Inova Schar Cancer Institute at Inova Fair Oaks Hospital.



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# FOLLOW THE LEADER

## Keeping You in Mind

At Inova Fair Oaks Hospital, we are constantly striving to improve the experience for our patients — whether it's small conveniences that make your visit a little easier or procedural advances to keep you comfortable during an already stressful time.

Inova Schar Cancer Institute – Fair Oaks has made some exciting changes in the last few months that will allow cancer patients and their families to stay on campus for almost all of their treatment needs. This truly integrated and comprehensive cancer center provides a critical service to our community.

Surgical patients are benefiting every day from a type of regional anesthesia being used here at Inova Fair Oaks Hospital. For some surgeries, nerve block catheters are allowing our patients to avoid general anesthesia and control pain after surgery.

As we look toward warmer weather, I am reminded of a special patient who stole the hearts of our nurses and over 23,000 people on the internet. Baby Ryan spent a few days in our pediatric unit during the blizzard this January. The nurses surprised him with an indoor snowball fight. The smile on his face reminds us that it's the details that make a difference.



**JOHN  
FITZGERALD**

Chief Executive  
Officer  
Inova Fair Oaks  
Hospital

### HEALTH BEAT



### SERVICE |

## SERVICE-Oriented

Inova's VIP 360° program provides high-quality, individualized treatment

The physicians and staff at Inova are dedicated to providing a personalized experience for patients. One representation of this is Inova's VIP 360° program, which offers both concierge medicine and an executive health program.

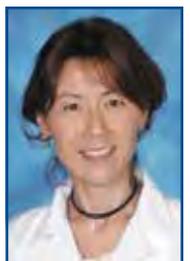
"The [VIP 360°] program, when you look at it, is about providing quality and access," says Craig Cheifetz, MD, Medical Director for Inova VIP 360°. "With the changes in medical care, many doctors are feeling the crunch of having to see patients every eight minutes, whereas our shortest appointments are 30 minutes, and most are 60. And no [VIP 360°] doctor has more than 400 patients. In fact, once a doctor has 200 patients, I usually begin looking to hire a new doctor."

To this point, Dr. Cheifetz recently hired doctor Allison Bae, MD, who joins the VIP 360° team at Inova Fair Oaks Hospital.

The VIP 360° Concierge Medicine program gives Inova patients 24/7 access to physicians, the ability to make appointments on short notice and a high level of personal care that includes extensive testing and an unrushed, comprehensive review of their medical history. In addition

to advanced lipids testing, metabolic screenings and baseline electrocardiograms, VIP 360° patients now have access to MediMap™, the newly available pharmacogenomics testing. This technology determines how patients will respond to around 108 different medications, including cholesterol, sleep, pain and antidepressant medications.

For patients interested in the highest quality of personalized care, the VIP 360° program is likely what they are looking for. "In the last 12 years I've worked with a number of concierge practices, and there is no comparison [with Inova]," says Sandy Ibrahim, MD, primary care physician in the VIP 360° program. "Inova is the gold standard of how concierge medicine should be run."



**Allison Bae, MD**

### BE OUR GUEST

For more information about the VIP 360° program or to schedule a free consultation, visit [inova.org/vip360](http://inova.org/vip360).

# EXPANDED Offerings



## More services at Inova Medical Pavilion – Dulles South

The community around Inova Medical Pavilion – Dulles South is growing. To meet its medical needs, Inova recently expanded its services at the Dulles South facility. The recently completed construction project at Dulles South will provide about 6,500 square feet of office space for primary care, OB-GYN services and specialty physicians.

As a result of these additions, Inova Medical Pavilion – Dulles South can provide comprehensive care for patients, whether they need quick care at the

urgent care center or more personalized attention from a specialist. “Inova is here to address the community’s needs,” says Rohit Mahajan, Growth Officer at Inova Fair Oaks Hospital. “We’ll continue to add new services as the need arises, so patients don’t have to travel far to get the care they need.”

### FAST CARE

Learn more about urgent care at Dulles South at

[inova.org/urgent-care/dulles-south](http://inova.org/urgent-care/dulles-south).

# SNOW STORY

## Nurses help to brighten toddler’s stay during blizzard

What should have been an in-and-out trip to the ER or the pediatrician’s office became a two-day ordeal for the Morrison family when their 16-month-old son, Ryan, came down with an infected lymph node during the blizzard of Jan. 22, 2016.

“Because of the storm, offices were closed, and there was no way we could have gotten the IV or antibiotics Ryan needed without staying in the hospital for two days,” says John Morrison, Ryan’s dad.

Even though Ryan did not exactly love being cooped up in the hospital for the duration, nurses at Inova Fair Oaks Hospital helped make the stay less stressful. “The nurses were really outstanding,” John says. “You could tell they really cared about Ryan, and not just because he was sick. They wanted to make sure he was as comfortable as possible the whole time.”

One experience with Ryan was publicized on Facebook and went viral,



drawing over 23,000 likes. It involved a snowball fight in the hallway. John explains: “Some of the nurses grabbed a bassinet and brought in some snow from the blizzard. We had no idea they were doing this, which was a great surprise. At first Ryan didn’t really know what to make of it, but once he touched it, we couldn’t get him to stop. He loved throwing the snow at us and the nurses. Once he had enough, we had a blanket ready to warm him up.”



Little Ryan Morrison was admitted to the hospital during the blizzard in January. He was a hit among the staff, and an experience involving him playing with snow in the hallway (shown above left) drew a lot of attention on Facebook.

# ALL GAIN, NO PAIN

Nerve block catheter provides superior pain control



Barbara Hubbard did not need pain medication after her foot surgery.

For eight months, Barbara Hubbard had tried numerous therapies to relieve the searing pain in her left foot, but when tendonitis in her arch made it constantly painful to walk, she knew surgery was her only answer. Having endured a painful recovery from a previous surgery, the 61-year-old administrative nurse had concerns about the type of pain management she would be receiving.

Barbara's podiatrist recommended an ultrasound-guided nerve block catheter, a type of regional anesthesia offered at Inova Fair Oaks Hospital (IFOH). Her anesthesiologist used ultrasound imaging to precisely inject local anesthetic around a nerve to control pain at the surgical site. A small pump provided a continuous infusion of numbing medication to provide pain control after surgery.

"A nerve block catheter minimizes the narcotics a patient requires during and after surgery, reduces postoperative nausea and vomiting, and maximizes a patient's ability to participate in physical therapy," says Sonia Szlyk, MD, Director

of Regional Anesthesia for North American Partners in Anesthesia at IFOH. "Our focus is to provide pain control that allows patients to get back to their lives."

The prospect of an easy recovery without the use of general anesthesia appealed to Barbara. "I felt comfortable going to Inova Fair Oaks Hospital because they were willing to do the least amount of anesthesia for the type of procedure I was having, along with pain control after the surgery," she says.

During the procedure, Barbara received a light sedative, similar to what is used during a colonoscopy. She was sent home with a tiny wearable pump providing extended pain control for three days.

To Barbara's relief, the numbing medication in her leg lasted as long as she needed and she didn't have to take pain medication. "It was nothing less than phenomenal," she says.



Ultrasound-guided peripheral nerve block anesthesia.

## It Takes a Team

Ultrasound-guided nerve blocks provide excellent pain control for a wide array of procedures, ranging from total joint replacement and orthopedic sports medicine surgery to general and cosmetic surgery.

"Nerve blocks help our patients return to their home and family the day

of surgery, and also enable surgeons to perform more complex procedures on an outpatient basis," says Sonia Szlyk, MD.

The team at Inova Fair Oaks Hospital, which includes dedicated block nurses who have received advanced training in the care of nerve block patients,

is committed to providing pain management tailored to each patient.

"We know that pain management is not one size fits all," says Dr. Szlyk, noting that patients benefit from a collaborative effort among the doctors, nursing staff,

physical therapists and support team. "The entire team is working together to ensure exceptional pain management for our patients," she says.

# EASY DOES IT

NICU provides comforting, personalized care

**N**o one wants complications during childbirth, but they are all too often a reality. Laura Koscho, who gave birth at Inova Fair Oaks Hospital (IFOH) in 2014, dealt with this firsthand when she was told she had HELLP Syndrome (a variant of preeclampsia, which is a potentially life-threatening condition) and her baby would have to be delivered 9 weeks early. “You don’t plan for your child to be born early,” Laura says. “At first it was scary.”

However, her fears were quickly diminished when she spoke with the nurses at IFOH’s Level III Neonatal Intensive Care Unit (NICU). “The nurses told me what to expect,” she says. “They gave me a timeline and they told me what was going to happen, and that really helped calm me.”

Laura’s child, now a healthy 2-year-old girl named Scarlett, was in the NICU for about six and a half weeks. During this time, Laura and her husband spent as much time as they could in the NICU, making use of the private rooms the unit offers. “I was there every day, all day long,” Laura says. “And my husband could be there every day during the week. He could work straight from the room. We even had our own family time; we celebrated Easter there and didn’t have to worry about bothering another family in the room.”

Providing a comfortable environment and personalized care is a priority at IFOH. Besides private rooms, the hospital’s NICU offers advanced technology and a high level of expertise. In addition to highly skilled nurses, the NICU staff includes social workers, case managers,

lactation specialists, speech therapists, physical therapists and more. The NICU’s mission is to provide comprehensive care for premature and other sick newborns.

“As far as the NICU goes, we are on the cutting edge,” says Alan Silk, MD, Director of Neonatology at IFOH. “The private rooms allow parents to be intimately involved in the care of their infants, and by getting involved with our multidisciplinary team, they are ultimately better and more prepared to take their newborns home. We’re providing high-quality, high-level care in a family-centered environment.”

## BABY TALK

Learn more about Women’s Services at [inova.org/women](http://inova.org/women).



Laura Koscho is grateful for the care daughter Scarlett received in the NICU. **Above:** Mom and Scarlett in the NICU. **Left:** Mom and daughter today.

## ASK THE EXPERTS

### Inova Fair Oaks Hospital Birth Experience

Join an expert panel for a FREE lecture and discussion.

**Place:** Gum Springs Library, 24600 Millstream Drive, Stone Ridge, VA

**Date & Time:** Monday, July 25, 7 p.m.

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

## Best of Both Worlds

Soon-to-be moms may want to consider including Inova Fair Oaks Hospital’s (IFOH’s) certified nurse midwives in their birth plans. They receive personal attention and one-on-one education from midwives along with the support of IFOH and its services. A certified nurse midwife is an advanced practice registered nurse who specializes in the nursing care of women during the pregnancy, labor and postpartum periods.

“Our nurse midwives are typically former labor-delivery nurses who are passionate about the labor process and making it the best possible experience for the new mother,” says Neva LaFleur, Interim Senior Director for Women and Children at IFOH. “They have a strong nursing foundation and a passion for taking care of moms and their newborns.”

# ALL UNDER ONE ROOF

Inova Schar Cancer Institute expands its physician base, adds new services

**I**n an exciting move to expand cancer services to the local community, Inova Schar Cancer Institute (ISCI) on the Inova Fair Oaks Medical Campus has recently added two new physician groups to its top-notch team of practitioners. The team of eight highly trained specialists vastly increases the cancer and blood disorder expertise available to patients at the new cancer center.

“Two community medical oncology practices recently joined Inova Schar Cancer Institute, and are now seeing patients in our newly opened cancer center. This significantly expands the comprehensive cancer services offered at Inova Fair Oaks Medical Campus,” says Ann Miner, Director of Inova Schar



Jane Zipoli appreciated the care and convenience of the cancer center where she underwent treatment for breast cancer. She was particularly taken with the nurses, the proximity of the doctors and the valet service.

Cancer Institute – Fair Oaks. “These eight medical oncologists will work in a highly integrated fashion with our surgeons, radiation oncologists and support teams to offer disease-site specific cancer care.”

Coinciding with the addition of these eight medical oncologists and their clinical support team, ISCI has opened a brand-new infusion clinic, outpatient pharmacy and lab, and an outpatient research facility. “This collaboration has been something that we’ve worked on for a long time and it’s a great opportunity for our patients,” says Mary Wilkinson, MD, a medical oncologist who specializes in breast cancer and Director of Breast Cancer Research at ISCI. “Patients are not going to have to travel from one location to another.”

#### NEW INFUSION CENTER

Adding a new infusion center is an exciting move for patients and cancer center personnel alike.

## ASK THE EXPERT

### LECTURE



Kirsten Edmiston, MD  
Surgeon

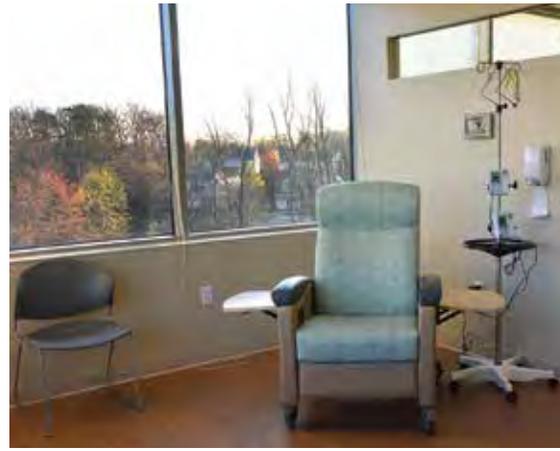
### Breast Care: Screening and Mammography Guidelines

Join Kirsten Edmiston, MD, for a FREE lecture.

**Place: Inova Fair Oaks Medical Campus, Building 3580, Auditorium**

**Date & Time: Monday, July 11, 6 p.m.**

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



The infusion center offers views of the Shenandoah Valley. It features several private rooms and chairs in a communal area. It will be decorated with artwork from local artists.

"The facility is brand-new and lovely," comments Jane Zipoli, 54, speaking during her last chemotherapy session for stage 1 breast cancer in late March. She pointed out the various amenities in the center, including TV, Wi-Fi and large, comfortable bathrooms.

Jane, a sales representative for Cisco Systems, adds that one of the most pleasing aspects of the center is the nurses. They help with scheduling appointments, offering recommendations, and providing valuable information, such as how to treat mouth sores, which she suffered from during chemo. "The nursing staff here is absolutely terrific," she says.

Jane also has enjoyed the close proximity of services. Her various breast cancer doctors and nurse practitioner are located steps away from the infusion center. And the valet service is incredibly convenient when she is under pressure to make an appointment. "Little details make the difference," she notes.

The infusion center, a service of Inova Fairfax Hospital, overlooks a view of the Shenandoah Mountain foothills. The spacious center features 12 private rooms and chairs in a multipurpose community room. It will be decorated with artwork from local artists. "The setting is modern, yet comfortable," says Miner. "Patients have a choice to have their infusion in a private room or a communal area."

#### INTEGRATED CARE

The addition of the new infusion center is one of many recent steps taken by the cancer center to offer the latest, most technologically advanced services, all in one location.

"The main advantage is we now have an integrated cancer center with most services under one roof," comments David Heyer, MD, Jane's oncologist and Medical Director of the Fairfax West Infusion Clinic. "We are now offering chemotherapy, immunotherapy and targeted therapies for a wide array of cancers and blood disorders."

In addition to their expertise in fighting cancer, ISCI clinicians use integrated electronic medical records to house patients' clinical notes and documentation. This allows the care team to more easily share information about treatment plans with each other, improving safety and coordination. The physical proximity of services, combined with the integrated working relationship of the care team, reduces the fragmentation cancer patients can sometimes feel as they navigate this complex disease.

"We're really excited because there is really not another cancer center like this in the community," says Dr. Heyer.

## Life with Cancer

At Inova Schar Cancer Institute - Fair Oaks, patients have a rich resource to help them every step of the way: Life with Cancer. This free service is available to help patients coping with cancer, and their loved ones, by offering guidance, education, information and support. Life with Cancer provides seminars, support groups, individual and family counseling, and nursing consultations to help people get the information and support they need every step of the way along their cancer journey and beyond into survivorship. The program also offers a variety of mind-body/wellness programs and alternative medicine classes to supplement medical treatments, reduce symptoms and boost well-being.

To speak to someone at Life with Cancer or to find out more, call **703.206.LIFE (5433)** or email [lifewithcancer@inova.org](mailto:lifewithcancer@inova.org).

## By Your Side

A cancer diagnosis can be overwhelming for both a patient and their family. That's why Inova Schar Cancer Institute at Inova Fair Oaks Medical Campus offers oncology navigators to make each patient's journey as smooth as possible.

In addition to coordinating doctor's office visits and diagnostic tests, oncology navigators are

available to maintain communication among the patient's medical providers. They are also available to provide information about the latest clinical trials and cancer education.

For patients seeking assistance with transportation or financial concerns, oncology navigators provide numerous resources that are offered by Inova or are available in the community.

## SEE A SPECIALIST

To schedule an appointment with a specialist at Inova Schar Cancer Institute, call **703.391.4395** or **703.391.2840**.

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 (ISCI) 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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[inova.org](http://inova.org)

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# WELCOME, NEW PROVIDERS!

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

NAME	DEPT/SECTION
Tazha Omar Alan, PA	Radiology
James Bruno, MD	Surgery/Plastics
Madeline Burie, PA	Surgery/ENT
Jules Marie Chehade, MD	Anesthesiology
Leonardo Espinel, MD	General Surgery
Candice Fugate, MD	Pediatrics
Roselyne Gichana, DMD	Dentistry
Edward Greenberg, MD	Radiology
Rinku Jagait, MD	Medicine/Hospital
Kaley Lanzetta, CRNA	Anesthesiology
Nicole Patterson, PA	Orthopedic Surgery
Eric Schneider, PA	Radiology
Joseph Tkacik, NP	Emergency Medicine

Please Join Us for

## Dining with Docs

Four Course Dining, Wine Pairings and Intimate Table Discussions with Leading Experts

Thursday, June 2, 2016

Future of Breast Cancer Care

- Sage Bolte, PhD – Life with Cancer Program
- Stella Hetelekidis, MD – Radiation Oncology
- Hernan Vargas, MD – Inova Breast Surgery
- Mary Wilkinson, MD – Inova Hematology Oncology

Reception at 6:30 p.m.

Dinner at 7 p.m.

\$105\* per person (\*Price may vary. Please confirm when making reservation.)

Partner and Host:



4100 Monument Corner Drive, #101 • Fairfax, VA 22030



Reserve your place by calling 703.266.1004.  
Limited space available.

### 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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### Ask the Expert

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### Baby Time

Schedule a tour or complete online registration for your OB admission at [inova.org/baby](http://inova.org/baby).

