



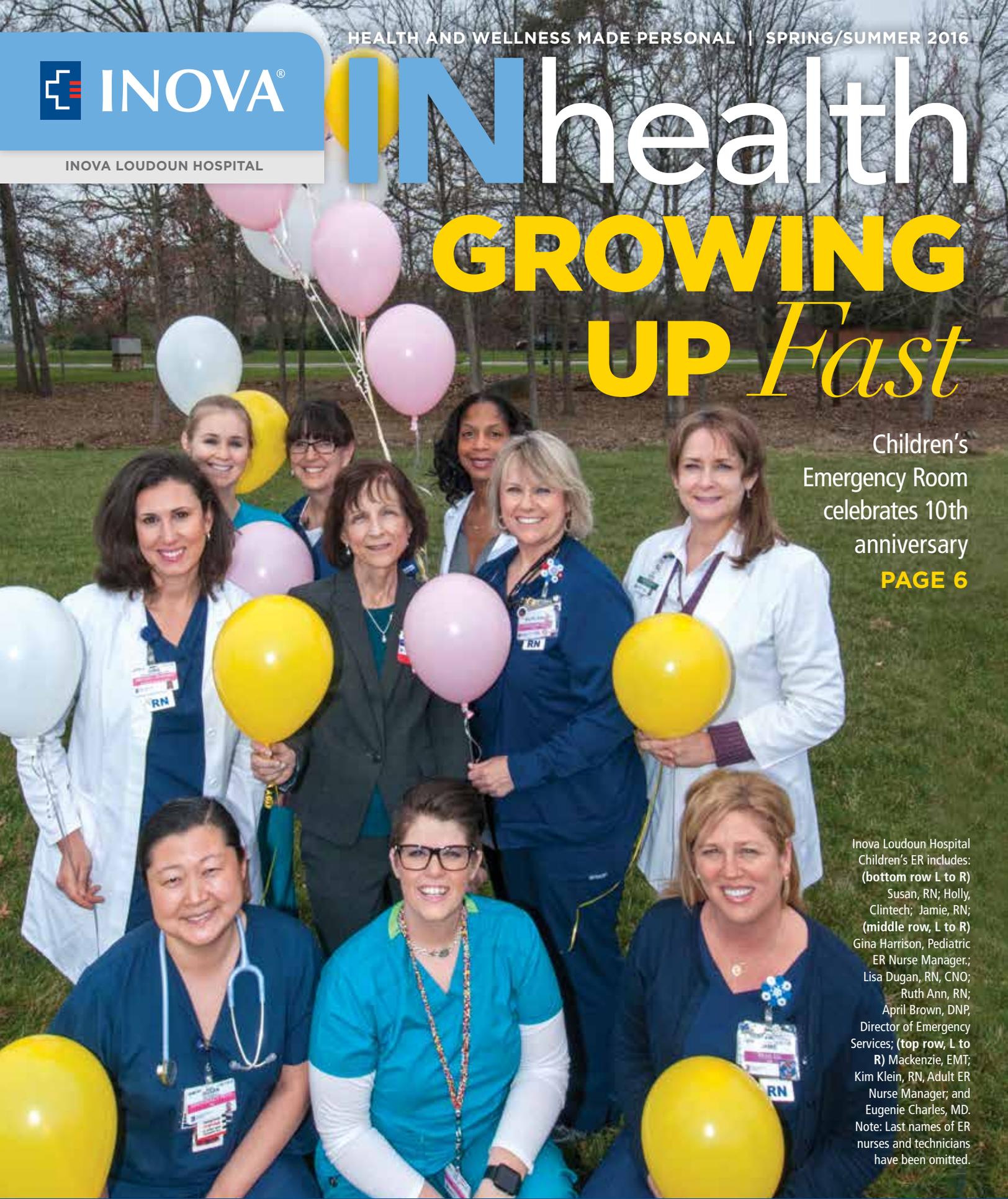
INOVA LOUDOUN HOSPITAL

INhealth

GROWING UP *Fast*

Children's
Emergency Room
celebrates 10th
anniversary

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Inova Loudoun Hospital Children's ER includes: (bottom row L to R) Susan, RN; Holly, Clintech; Jamie, RN; (middle row, L to R) Gina Harrison, Pediatric ER Nurse Manager; Lisa Dugan, RN, CNO; Ruth Ann, RN; April Brown, DNP, Director of Emergency Services; (top row, L to R) Mackenzie, EMT; Kim Klein, RN, Adult ER Nurse Manager; and Eugenie Charles, MD. Note: Last names of ER nurses and technicians have been omitted.

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FOLLOW THE LEADER

Top-Notch Staff

As the sun shines and flowers bloom, winter seems like a distant memory. However, we won't easily forget the blizzard that froze Loudoun County in its tracks for several days this past January. I couldn't be prouder of the way our staff came together to serve the community during these rough days.

We have some really important people at Inova Loudoun Hospital. They pour their hearts and souls into caring for the people they care about — the citizens of Loudoun County, who are their friends and neighbors.

It's these same people who have really developed our special expertise programs here in Loudoun County, as we continue on our journey toward providing world-class care for our community, close to home. These programs include our Children's Emergency Room, which is celebrating its 10th year, the continued growth and significant expansion of our childbirth and spine services, and more new initiatives you'll read about in this issue.

I feel blessed to be working here in Loudoun County with such a fabulous group of people who are committed to making sure our community is such a great place to live, work and play, and grow our families.



H. PATRICK WALTERS

Chief Executive Officer

Inova Loudoun Hospital



MATERNITY

SAFE Deliveries

Childbirth preparation is key

Whether this is your first pregnancy or you already have a baby, Inova Loudoun Hospital (ILH) has everything you need for a safe and healthy childbirth experience.

The Inova Loudoun Ladies Board Birthing Inn has full labor-delivery services and amenities, including all-private recovery suites and postpartum rooms as well as mother-baby care. There is also the Natural Birth Center, where women with low-risk pregnancies can have an unmedicated delivery in a homelike and family-centered atmosphere, says Cindy Andrejasich, MSN, RNC, NE-BC, Director of Perinatal Services.

For pregnancies at risk for maternal, fetal or obstetric complications, there is the Antenatal Testing Center, complete with the latest ultrasound and screening technology. ILH also has a Level IIIA Neonatal Intensive Care Unit for ill or premature newborn infants born as early as 28 weeks or as small as 1,000 grams. "We certainly have the capabilities to take

care of and stabilize any high-risk moms and babies," Andrejasich says.

Birth navigators are dedicated to providing individualized, patient-centered care and service excellence to mothers-to-be and new mothers and their babies. They are available to help moms find practitioners, review birth plans, and navigate the hospital for classes and tours.

The list of childbirth classes is extensive, Andrejasich notes, and includes courses such as newborn care, breastfeeding, a childbirth refresher, prenatal yoga, sibling preparation and a class for grandparents. ILH also offers support groups, including one for breastfeeding. "We have a robust lactation service as well," Andrejasich adds. "We like to say we are the best of both worlds — a homelike atmosphere with anything you might need."

BABY STEPS

Learn more about maternity services at Inova at inova.org/baby.



Ordinary HEROES

Inova Loudoun Hospital sponsors Valor Awards

Inova Loudoun Hospital (ILH) was proud to be the signature sponsor for the 31st Annual Valor Awards on April 7, 2016. The awards ceremony, held by the Loudoun County Chamber of Commerce and Loudoun County public safety community, paid tribute to public safety personnel and ordinary citizens of our community who performed courageous and lifesaving actions in 2015.

As the signature sponsor, ILH was also a member of the Valor Awards committee and reviewed each nomination, looking for instances of great bravery and selfless courage. "ILH truly believes that our first responders display valor qualities every day in delivering first aid, safety, protection and the preservation of human life. These individuals are our heroes," says April Brown, DNP, NE-BC, RN-BC, Director of Emergency Services at ILH.

KNOW A COURAGEOUS PERSON?

To nominate an individual for next year's awards, visit

loudounchamber.org/valor-awards.

Get BACK to It

Spine Center offers solutions

The Spine Center at Inova Loudoun Hospital (ILH) offers a range of treatments for those experiencing back pain and spine conditions. These include physical and occupational therapy, pain management and a variety of surgical options.

"We do all sorts of surgeries at ILH, from the more complex to common minimally invasive procedures," says Ali Moshirfar, MD, Chairman, Department of Orthopedic Surgery, and Director of Spine Surgery at ILH. "We have a very robust spine program."

Physical and occupational therapy help patients become stronger and adjust to living independently. Pain management might involve neurostimulation, medication or injections.

ILH also has a dedicated spine team — including nurses, surgical assistants, anesthesiologists and technicians — that assist physicians with specific conditions and procedures. "There is a greater degree of efficiency and less chance for complications because the team is doing the same thing every time," Dr. Moshirfar says.

Along with these physicians and the spine team, ILH has spine navigators who help patients every step of the way through their care. "It can be overwhelming for patients to figure out who they need to talk to or where to go when they have a problem, so the navigators help them through the maze of specialists and stay in touch with patients through the entirety of their care. This allows for expedited, accurate and evidence-based treatment," Dr. Moshirfar says.

FIND ANSWERS

Learn more about spine treatments at inova.org/spine.



KNOW THE SIGNS

Heart attack symptoms may differ in men and women

Hearth attacks are commonly associated with devastating chest pain. But for women, the symptoms are often subtler.

“Everybody always thinks of a heart attack as crushing chest pain, but evidence and research says that women present quite differently,” says David Reich, Director of Inova Heart and Vascular Institute (IHVI) and Cardiac Diagnostic Services.

“Awareness is key — just knowing the signs and symptoms and paying attention to how you feel,” Reich says.

PREVENTING PROBLEMS

When it comes to prevention, talking to your doctor is a good first step, says Reich.

“The conversation starts with your primary care provider,” he says. “Talk about your family history and your individual lifestyle: diet, exercise and stress level—those things that we know contribute to cardiovascular disease and, of course, potential heart attack.”

At the Schaufeld Family Heart Center, a 15,000-square-foot facility located on the Lansdowne campus of Inova Loudoun Hospital, leading-edge services including diagnosis, evaluation, education, treatment and rehabilitation are available. Cardiac specialists provide comprehensive care including invasive

and non-invasive cardiac services, as well as vascular care and a full spectrum of interventional radiology services.

“The IHVI Team is here 24 hours a day, seven days a week for any emergent cardiovascular needs that arise; we are available Monday through Friday, 8 a.m. to 5 p.m. for routine procedures,” says Reich. “We also offer diagnostic services so you can get relatively low-cost exams to provide answers about your overall cardiac health. Even something as simple as a resting EKG can provide a lot of information that we wouldn’t otherwise know.”

HEALTHY HEARTS

To schedule an appointment at Inova Heart and Vascular Institute at Inova Loudoun Hospital, call **703.858.8660**.

Contributing Factors

Experts say peripheral vascular disease (PVD), a circulatory problem in which narrowed vessels limit blood flow to your head, organs and limbs, may contribute to heart disease.

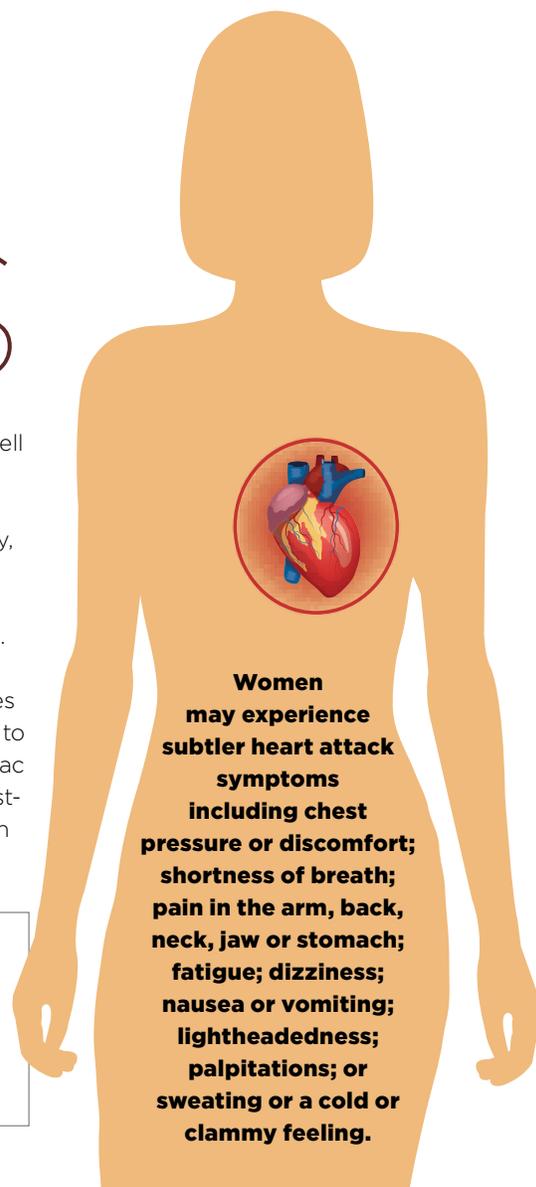
“The two go hand in hand,” says David Reich, Director of Inova Heart and Vascular Institute and Cardiac Diagnostic Services. “If blood isn’t moving, it’s going

to pool and it has the potential to clot, and if that happens, there is a risk that it’s going to end up moving at some point, either to the brain, the lungs or the heart.”

To diagnose and treat PVD, Inova Loudoun Hospital has a community-based peripheral vascular clinic offering diagnostic testing and treatment for people

experiencing venous insufficiency, non-healing wounds and other peripheral artery disease.

“People with occlusions in their legs, known as claudication, may think the pain and fatigue they experience is due to age- or weight-related issues, but there could be an underlying bigger issue,” says Reich.



KEEPING UP THE PACE

Inova Loudoun Hospital to complete first phase of master plan

This summer marks the completion of the first stage of Inova Loudoun Hospital’s (ILH) master plan, a major expansion initiative that will increase the size of the campus to more than 1.2 million square feet.

Among the projects in the first stage are a new rear parking lot, storm water drainage pond and third entrance to the hospital campus. This entrance, which is near the Inova Loudoun Ladies Board Birthing Inn, will become the hospital’s temporary main entrance while the new bed tower is constructed.

Also to be finished this summer is the construction of a third operating room, which will have space for an advanced robotic program and subspecialty surgeries. Two operating rooms of similar size and capacity have already been built. ILH will also be designated a Level III trauma center, the only trauma center in Loudoun County.

“We’ve been expanding from what was a very good community hospital to a much more advanced community hospital,” notes CEO Patrick Walters, who introduced the master plan in 2014. The plan, which the Loudoun County Board of Supervisors approved late last year, is a response to the dramatic population growth in Loudoun County.

PHASE 2

A seven-floor patient tower, which is expected to be completed by 2020, is the focus of the second phase of the master plan. The tower will contain all private rooms, 24 post-surgical beds, a future Intensive Care Unit (ICU), Women’s Health Center and Neonatal Intensive Care Unit (NICU). It also will have an expanded cafeteria, dining area and new kitchen.

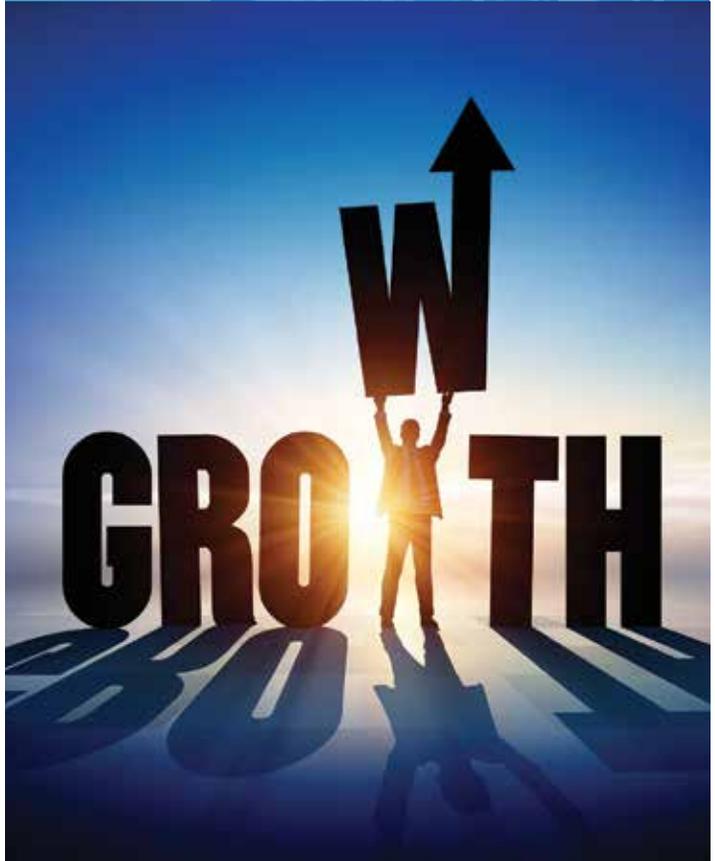
“The master plan reflects advances in medicine,” Walters notes. “It will cater to a sophisticated patient population that is looking for expertise in a number of areas. Another 100 doctors are expected to join the Inova Loudoun Hospital staff.”

And modern amenities will be part of the new, expanded areas. For example, the private patient rooms in the tower will feature greater privacy, maximum daylight and views, and extra space for family members to maximize healing and wellness. All rooms will be capable of serving a variety of non-intensive care unit patients.

What’s Coming in the Master Plan?

2016-2017:

- Expand Interventional Cath Lab
- Reconfigure Lansdowne Emergency Room Fast Track
- Expand Cancer Center



FORWARD-LOOKING
 Learn more about the master plan at inova.org/inova-loudoun-hospital/future.

GROWING UP

Children's Emergency Room celebrates 10th anniversary

This year, the Inova Loudoun Hospital Children's Emergency Room marks a decade of service to families in the community. As Loudoun County has grown rapidly over the years, the ER has expanded with it.

"The Children's Emergency Room was initially established when Inova Loudoun Hospital (ILH) recognized that the Loudoun community is an area with a large pediatric population," says B. Jill McCabe, MD, FAAP, Medical Director, Pediatric Emergency ED and Hospital Services. "In order to meet the needs of the pediatric patients in the community, the hospital set aside the necessary resources to build a pediatric ER and open a pediatric hospitalist service."

When the ER first opened in May 2006, fewer than 10,000 children were seen annually. Now the number of children visiting the ER each year has doubled, bringing total visits over the last 10 years to more than 150,000. The most common reasons children go to the ER are: difficulty breathing, seizures, abdominal pain, dehydration, fever, lacerations, broken bones and head injuries. The ER treats many other types of illnesses and injuries including mental health emergencies. For children requiring additional care, the Pediatric Inpatient Unit offers large private rooms and playrooms for both older and younger children in a friendly, homelike environment.

KID-SIZE CARE

Every detail of the Children's Emergency Room is tailored to the unique needs of kids ranging from newborns through adolescents. Inside the brightly colored waiting area, children can play on an indoor playground, watch TV or read

books. To help kids feel at ease, all of the examination rooms are private, the medical equipment is hidden from view, and the rooms are well-insulated to minimize noise. Each room is equipped with an iPad and TV, books, toys and comfortable lounge chairs for parents.

"We do everything we can to be very child-friendly," says Dr. McCabe. "It's a very bright, upbeat environment where people are really trying to put kids at ease."

And at the Children's ER, kids are always top priority, she says.

"In a children's ER, it's only the children. So the baby with a fever or a child with a broken arm takes very high priority compared to when you're having to mix them with adult emergencies like heart attack and stroke," says Dr. McCabe.

PEDIATRIC EXPERTISE

The staff is also specially trained to meet the healthcare needs of children. All of the physicians are board-certified pediatric emergency physicians, and the emergency nurses are certified in pediatric advanced life support and pediatric emergency medicine. The medical team goes the extra mile to ensure that each child's visit to the ER is as easy as possible. For example, the staff take their time explaining what will be happening during the child's visit.



BE PREPARED

You can ease the stress of taking your child to the ER by having these items on hand:

- Photo ID
- Health insurance information
- Pediatrician's contact information
- List of medications
- List of allergies
- List of questions you may have

If your child is having symptoms that come and go such as abnormal movements, skin rashes or strange breathing, it is helpful to bring video or photos of what you see.

They realize that taking the time upfront relieves anxiety for both the child and the parent. "We treat kids like kids, not small adults," notes Gina Harrison, RN, Nurse Manager of the Children's ER.

CHILD-FRIENDLY

Child Life specialists are also available to help ease anxiety. "[These] are licensed professionals who are there to explain medical procedures to children and their families so they can be well-prepared prior to having the procedure done," says Eugenie Charles, MD, pediatric

FAST



Inova Loudoun Hospital Children's ER includes: (bottom row L to R) Susan, RN; Holly, Clintech; Jamie, RN; (middle row, L to R) Gina Harrison, Pediatric ER Nurse Manager; Lisa Dugan, RN, CNO; Ruth Ann, RN; April Brown, DNP, Director of Emergency Services; (top row, L to R) Mackenzie, EMT; Kim Klein, RN, Adult ER Nurse Manager, and Eugenie Charles, MD. Note: Last names of ER nurses and technicians have been omitted.

Heads Up

To prevent and treat concussion injuries in children throughout Inova Loudoun County, the Inova Children's Emergency Room offers a dedicated Concussion Clinic. The clinic is staffed with a multidisciplinary team that includes physicians, physical therapists, exercise physiologists, registered dietitians, and speech and language pathologists. Neurologists and ophthalmologists are also available for consultations.

"In addition to offering baseline testing for children to determine their neuro-cognitive status prior to injuries, we clear kids to return to sports safely after having suffered a concussion in order to prevent post-concussion syndrome," says Eugenie Charles, MD.

WE'RE HERE FOR YOU

Inova Loudoun Hospital Children's Emergency Room is located at

44045 Riverside Parkway, Leesburg, Virginia.

The Inova Loudoun Children's ER is the only pediatric ER in Loudoun County.

emergency medical physician at the Children's ER.

Children can also interact with Beamer, a fictional therapy dog. When available, kids age 2-10 are provided with a copy of a book about Beamer titled *Beamer Visits the Emergency Room*, written by a member of the Inova Loudoun Hospital Foundation.

"We have made the ER kid-friendly and as comfortable as possible for patients and their families," says Dr. Charles. "And that's what makes it different from an adult emergency department."

When It Can't Wait

When a young family member is sick or injured and it can't wait until your doctor's office is open, the Inova Urgent Care Center - Dulles South is available to provide pediatric care with extended hours in the evenings and on the weekend. The center offers top-notch care

for minor illness and injuries such as cold and flu symptoms; nausea, vomiting and diarrhea; urinary tract and bladder infections; headaches and migraines; and minor sprains, strains and burns. "I am extremely excited about the center, especially being located as close as we

are to rapidly growing communities like South Riding, Brambleton and Arcola. A pediatric urgent care with pediatric trained providers is critical to ensuring that these communities and their children's urgent medical needs are met," says pediatrician Eugene Chung, 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 (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.

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inova.org

IHS-064-ILH



Oh, BABY!

Natural Birth Center celebrates 100 births



Enjoying the big day. **Back row:** Cindy Andrejasich, MSN, RNC, NE-BC, Director of Perinatal Services; Pattie Grundwald, BSN, RNC-OB, CCRN, Manager of Perinatal Services; Laura Tricarico, RN, staff nurse. **Middle row:** Marie Tolliver, BSN, RNC-OB, Women's Health Navigator; Paula Senner, CNM, Loudoun Community Midwives. **Front row:** Parents Robert and Stephanie and baby Mary Elizabeth.

The Inova Loudoun Ladies Board Birthing Inn and Inova Loudoun Hospital Natural Birth Center (NBC) celebrated an important milestone late last year: the 100th baby born at the center. It only took about one year from its opening in 2014 for the NBC to reach 100 babies born.

"It was an awesome day. It was one of the most amazing births I've attended

in a long, long time," says Paula Senner, certified nurse midwife with Loudoun Community Midwives. "It reaffirmed my love of midwifery."

The parents of Mary Elizabeth appreciated the privacy and support available at the NBC, which allowed them to have family members visit and created a comfortable birthing environment. "It was very relaxing and private," says mom Stephanie.

"It was nice having the big bed to spread out on and lots of space to move around. Our two older kids were able to hang out in the living room and come in and out as they wanted."

In fact, Stephanie's older children even helped the nurses make cookies during their visit.

"The Natural Birth Center is special in that it's very homelike," says Wendy Dotson, certified nurse midwife with Loudoun Community Midwives. "It's meant for very low-risk women to have a very low-intervention, low-tech birth. We have great big tubs and normal double beds — not hospital beds. It's meant to be a place for a family event, not so much a medical event."

And families can have peace of mind knowing that if complications should arise, there is easy access to nearby medical care.

DELIVERING THE NEWS

For more information on natural birth, midwifery and the Inova Loudoun Hospital Ladies Board Birthing Inn and Natural Birth Center, visit inova.org/birthing-inn.

Find a Physician

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