

# INhealth

## *Built With* **HEART**

Inova Loudoun Hospital's  
IHVI – Schaufeld Family Heart  
Center undergoes expansion,  
thanks to generous  
donation **PAGE 6**





## Message From the Heart

After nearly 30 years with Inova, it is with mixed emotions that I announce my retirement. I know that 30 years sounds like a long time, but trust me, when you have the opportunity to do something that makes a difference every day, it passes quite quickly.

Truly, one of the high points of my career has been working and interacting with the Inova Loudoun Hospital (ILH) team and community. This hospital has a deeply committed culture of service and excellence in clinical care. At the heart of that culture is our team of exceptional nurses, clinicians, directors, managers, support staff, volunteers and donors.

I am thrilled to welcome Deborah Addo, the former CEO of Inova Mount Vernon Hospital, as the new CEO of ILH. Learn more about Deborah on the back page of this issue, and stay tuned to learn more from her.

I want to express my heartfelt appreciation to the ILH staff, board of directors, The Ladies Board and our incredible donors for all they've done and continue to do to improve our community's health. It has been a privilege and an honor to serve with you; I look forward to watching ILH continue to soar to new heights under Deborah's leadership.



**H. PATRICK WALTERS**

Chief Executive Officer

Inova Loudoun Hospital

## WOUND CARE

# A HEALING Place

Wound Healing Center treats complex wound and ostomy cases

For many patients, wounds can be surprisingly complex when it comes to treatment and healing. Not all injuries or chronic wounds can be stitched up neatly and left to heal. When complications arise, the Inova Loudoun Hospital Wound Healing Center offers treatment and hope.

The wound center's multidisciplinary team of infectious disease, primary care and general surgery physicians work together to treat underlying diseases that prevent normal wound healing. The physicians also collaborate with a variety of specialists and are supported by specially trained, wound-certified nurses.

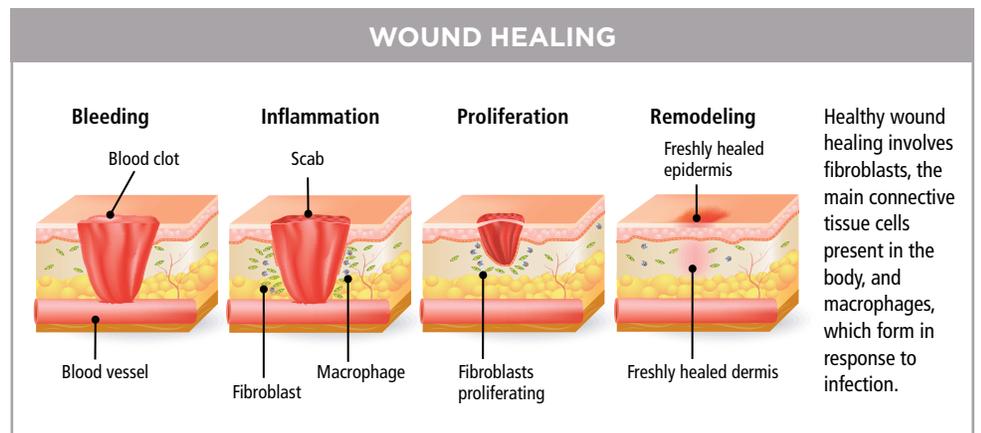
"Our physicians also have access to cutting-edge technology that can enhance the healing process for our patients," notes Mary Considine, Wound Center Manager.

For example, a patient might have skin substitutes or negative pressure wound therapy — both of which can speed up wound healing even in very challenging wounds. Skin substitutes are either

bioengineered products or donated skin replacements that can accelerate healing. Negative pressure wound therapy promotes healing by applying continuous pressure to remove drainage from the wound surface and increase blood flow.

Last fall, the center introduced a new ostomy program that serves those who are receiving a urostomy, ileostomy or colostomy. The center's team offers comprehensive patient education about the specific procedure, outlining patient expectations, post-procedure resources and aftercare guidance for optimal healing. This new program equips patients with the necessary resources and support during very challenging times.

Additionally, an ostomy nurse works with patients to ensure that they're comfortable managing the ostomy on their own. "Our goal is to make certain that every patient in our community needing or living with an ostomy has the resources necessary to return to their normal lives as quickly as possible," Considine says.



## WOUND WARRIORS

Learn more about the Inova Loudoun Wound Healing Center at **703.858.6399** or at [inova.org/wound-healing](http://inova.org/wound-healing).

# SAFE Space

Children's Emergency Room launches new sensory-friendly program

Visiting an emergency room is often challenging for children, but for those with a sensory processing disorder (SPD) — such as autism — the experience can be particularly difficult. Sounds, smells and chaotic motion can easily make these children feel overwhelmed and overstimulated.

That's why the Children's Emergency Room at Inova Loudoun Hospital (ILH) launched its new sensory-friendly program, outfitting the department in a way that can significantly reduce sensory problems for children and their families.

"We know that a trip to the ER can be very stressful and

scary — especially for a child with an SPD," says Allyson Halverson, certified Child Life Specialist for the ILH Pediatrics Department. "We want families to know that we understand sensory processing challenges. Our goal is to ease their anxieties while providing exceptional care."

In partnership with the Paxton Campus, The George Washington University and ILH's Outpatient Specialty Rehabilitation Center, ILH designed a comprehensive sensory-friendly training program for emergency room staff. After conducting focus groups and polling more than 350 individuals across the DC metro area —



As a Child Life Specialist for the Inova Loudoun Hospital Children's ER and Children's Inpatient Unit, Allyson Halverson aims to help children feel more at ease.

the majority being parents and/or caregivers of a child with an SPD — the hospital implemented new protocols and physical modifications to the department. Certain rooms are now equipped with dimmed lighting and soft music; unnecessary medical equipment is removed from the child's sight; and sensory-friendly items like weighted blankets, iPads and fidget toys are readily accessible for families.

In an effort to better communicate with the child, parents are asked to complete a parental intake form outlining their child's preferred communication style, motivators, stressors

and sensory challenges. Storyboards are also used when necessary.

"Only a few other hospitals nationwide have put these capabilities in place," Halverson says. "While this is a relatively new program for us, we've already seen a culture shift in our ER. When an autistic patient arrives, everyone takes the time to slow down, put our new protocols into motion, and ensure that the child and family are comfortable. That's really exciting! We're eager to continue our training, implement new strategies and show that even a busy setting like an ER can be sensory-friendly."

## About Child Life

Inova Child Life Specialists are trained professionals dedicated to easing children's stress and anxieties during a hospital stay or outpatient procedure.

Educated in child development and family systems, Child Life Specialists promote effective coping through play, procedural preparation, education and self-expressing activities. They provide emotional support for families and encourage optimal development of children facing a broad range of challenging experiences — particularly those related to healthcare and hospitalization. When visiting Inova Loudoun Hospital with a child, ask to speak with one of the Child Life Specialists.



# A JOURNEY TO BETTER HEALTH

For one Missouri man, care at Inova Heart and Vascular Institute is worth the 13-hour trip

**B**y now, Jim Miller and his wife Teresa practically know by heart the route from their home in Hannibal, Missouri, to Inova Heart and Vascular Institute – Schaufeld Family Heart Center at Inova Loudoun Hospital (ILH). It's a 13-hour drive, done every six months, and they often make it a three-day journey with rests in between so Jim can keep his leg from stiffening up. But, it's worth the time and effort — every time.

"I've been in the military, so we've lived around the world," says the 75-year-old. "I've never experienced this level of care anywhere. I refuse to be treated anywhere but Inova Loudoun Hospital."

The Millers' experience with Inova began in June 2011, while they were visiting their son in Ashburn, Virginia. Throughout his life, from athletics in high school to his Army career, Jim suffered numerous leg injuries, leading to a very serious circulation compromise in his left leg.

A leg bypass surgery previously done in Missouri clotted during his visit to Virginia in 2011, so Jim was treated by Salman Mufti, MD, a vascular interventional radiologist at ILH. He resolved the circulatory problem with a minimally invasive procedure involving clot-busting medication, angioplasty and stenting to restore vital blood flow to the leg. Over the next few years, the same problem would recur, needing revisions and repeat minimally invasive surgery with Dr. Mufti.

Teresa recalls that the moment they walked in, everyone remembered them as if they'd been there the day before. "It was amazing," she says. "We really felt like we were treated as people, not a diagnosis. And that's the way it continues to be, every time we go. They're so friendly and welcoming that they feel like family now."

They felt such confidence in the care at ILH that when Jim had another vascular



Jim and Teresa Miller make a bi-annual trip from their Hannibal, Missouri, home to the Schaufeld Family Heart Center at Inova Loudoun Hospital.

emergency and was sent to a hospital in Missouri by medevac in 2014, he chose instead to make the drive to Inova rather than be treated at that Missouri facility. "They told me that amputation had become my only option," he says, but "Dr. Mufti saved my leg instead."

Due for another stent in his leg — his fifth — Jim says he feels tremendous relief, knowing that Dr. Mufti and everyone at Inova is caring for him. "They do a better job than anyone at detecting a problem before it becomes severe," he says. "We're happy to make the drive."

The Millers' vascular care now includes regular follow-up visits with the Inova Heart and Vascular Institute clinic with Dr. Mufti and Kathie James, NP; and ultrasounds with Daniel Yiarga, RPV, to ensure that circulation is optimal in the leg.

## ASK THE EXPERTS

### LECTURE



Salman Mufti, MD  
Interventional  
Radiologist



Reagan Quan, MD  
Vascular Surgeon

### Treatment Options for Peripheral Artery Disease (PAD)

Join Salman Mufti, MD, and Reagan Quan, MD, for this FREE lecture.

**Location:** Inova Loudoun Hospital, Conference Rooms A&B (South Entrance), 44045 Riverside Parkway, Leesburg, VA 20176

**Date & Time:** Tuesday, May 23, 6 p.m.

To register, visit [inova.org/AskTheExpert](http://inova.org/AskTheExpert) or call 1.855.My.Inova (1.855.694.6682).

# COMMITTED TO CARING



## Nursing excellence at Inova Loudoun Hospital

**I**nova Loudoun Hospital (ILH) is a hub for nursing excellence. In fact, the hospital's prestigious nursing program was the recipient of some of the industry's highest distinctions and accolades in recent years.

Last year marked the third consecutive term in which ILH earned Magnet® status from the American Nurses' Credentialing Center (ANCC), the highest institutional honor awarded for nursing excellence. Only 7 percent of 6,000 hospitals nationwide have earned this designation.

In 2015, the ILH - Lansdowne Emergency Room (ER) was one of four emergency departments nationwide to receive the Lantern Award from the Emergency Nurses Association (ENA) for exceptional emergency care. Last year, the Children's Emergency Room at ILH was also granted this distinction.

Additionally, the Medical Surgical Unit (MSU) at ILH was one of only 16 hospitals across the country to receive the AMSN PRISM Award® in 2016. And, the American Association of Critical Care Nurses awarded the hospital's Progressive Care Unit (PCU) and Medical Surgical Intensive Care Unit (MSICU) the Beacon Award for critical care excellence.

"I couldn't be more proud of our nursing team," says Lisa Dugan, PhD, RN, MBA, MSN, NEA-BC, Chief Nursing Officer and Associate Vice President of Patient Care Services. "They are a very engaged, hardworking group of individuals who are extremely committed to our patients. They are always looking for better ways to deliver patient care."

*"I love being an Inova Loudoun Hospital nurse because I get all the innovations of a large hospital without sacrificing the feel of a close-knit community."*

—Aurora Newcomer, RN

### INVESTING IN EDUCATION

To ensure the highest level of nursing excellence, ILH offers an array of educational resources for career development for Inova nurses. The hospital encourages and supports nurses' goals through tuition reimbursement, scholarships provided by The Ladies Board, continuing education programs supported by the Stavish Family Endowment for Nursing Excellence, and our state-of-the-art practice facility, the Claude Moore Charitable Foundation Simulation Lab.

"Here at Inova Loudoun Hospital, 77 percent of our nurses have their BSN degree, thanks to our nursing leadership and all of the generous programs and donors that are helping our nurses achieve a higher level of education," Dugan says.

Dugan notes that ILH will continue to promote higher education with a goal of achieving 80 percent BSN-prepared nurses by 2020 — a goal many hospitals aspire to achieve.

## Helping Nurses Achieve Their Goals

To help nurses advance their careers, The Ladies Board of Inova Loudoun Hospital (ILH) offers more than \$100,000 in education scholarships annually. The group also funds scholarships through the C.S. Monroe Technology Center in Leesburg to assist high school students aspiring to pursue careers in nursing.

"A lot of nurses say they want to come to Inova Loudoun Hospital

because they can get assistance with their education," says Joyce Biesecker, Chairman of the Nursing Scholarship Committee, The Ladies Board of ILH.

The scholarships provide educational opportunities for nurses at every stage of their careers, whether they are just starting out or are working to achieve graduate-level degrees.

## START YOUR NURSING CAREER TODAY

To apply to become an Inova nurse, visit [inova.org/for-nurses](http://inova.org/for-nurses).

# HEARTS OF

Family's support provides for superior cardiac and vascular



The leadership team of the IHVI – Schaufeld Family Heart Center: **(bottom row)** Cathy Christopher, Director of Physical Medicine & Rehabilitation; David Reich, Director of the IHVI – Schaufeld Family Heart Center & Cardiac Diagnostic Services; Omar Castaneda, RCIS, Clinical Coordinator, Interventional Radiology; Jennifer Riddiford, BSN, RN, Clinical Coordinator; **(top row)** Allen Joseph, MD, Medical Director of Imaging and Vascular Services; Dean Pollock, MD, FACC, Medical Director of the Cardiac Cath Lab & Director of Cardiac Rehab; Reagan Quan, MD, head of Vascular Surgery; Subash Bazaz, MD, Medical Director of Non-Invasive Cardiology; **(not photographed)** Wendy Johnson, MS, RDN, Clinical Coordinator of Cardiac & Pulmonary Rehab; and Shondra Jones, RCIS, Cath/EP Clinical Coordinator.

## ADVANCED CARDIAC CARE

The IHVI – Schaufeld Family Heart Center expansion is occurring in phases and will continue through 2020. Throughout the project, the 15,000-square-foot center will remain open and offer state-of-the-art diagnosis, treatment, rehabilitation and education services. The medical team will continue to provide the most advanced cardiac procedures including percutaneous coronary intervention (PCIs), cardiac catheter-

**T**he Inova Heart and Vascular Institute (IHVI) – Schaufeld Family Heart Center at Inova Loudoun Hospital (ILH) – a hub for advanced cardiovascular care in Loudoun County – is launching a rapid expansion of its heart and vascular services.

Thanks to the support of a \$5 million gift from philanthropists Fred, Karen and Bobbi Schaufeld – the largest cash gift in the hospital's 105-year history and the largest single contribution to cardiac care throughout Inova Health System – ILH will expand its infrastructure, cardiovascular health services and community education programs.

“The Schaufeld’s initial \$1 million donation in 2006 was the catalyst for the center. This additional \$5 million gift signifies the relevance of our program and what we’re doing for our community,” says David Reich, Director of the IHVI – Schaufeld Family Heart Center. “Our center cares for more than 10,000 cardiovascular patients annually in Loudoun County. Thanks to the Schaufeld family, we can now expand our capacity and our skillset to offer more advanced procedures. This will further ensure that Loudouners will always be able to receive state-of-the-art heart and vascular care close to home.”

ization, stress testing, peripheral angioplasty and stenting.

The first phase of construction was completed in January, yielding a new spacious patient and family reception area, consultation rooms, a vascular clinic and a lounge/conference room for the medical team. To improve the patient experience, walls were added to the patient bays for enhanced privacy and a more comfortable healing environment.

The next phase of construction is currently under way and will include a brand new catheterization/electrophysiology suite, adding to the two existing labs. More than 3,200 patients are diagnosed and treated annually in the IHVI – Schaufeld Family Heart Center catheterization laboratories (cath labs).

“The cath lab at Inova Loudoun Hospital is the single busiest lab in the entire Inova system,” says Dean Pollock, MD, FACC, Medical Director of the Cardiac Cath Lab and Director of Cardiac Rehab, IHVI – Schaufeld Family Heart Center. “I’m really excited about this project. The expansion will allow us to take care of patients in the cath lab overnight, ensuring further specialized, dedicated care for each individual.”

There are also plans to upgrade existing procedure rooms, and add more procedure rooms and a brand-new nurses’ station. By

# GOLD

care in Loudoun County



Dean Pollock, MD, (second from right) is surrounded by philanthropists (from left) Bobbi, Karen and Fred Schaufeld.

2020, the center will feature the addition of a fourth procedure room lab and a fifth hybrid space, plus a community/ambulatory clinic for transitioning patients back to their active lifestyles.

## EXCEPTIONAL VASCULAR CAPABILITIES

In the area of peripheral vascular disease, the expansion will provide patients with a wider array of diagnostic and treatment services on the ILH campus.

"I am delighted that this expansion is occurring. It will allow us to more efficiently treat our existing patient population and better positions us to accommodate the anticipated growth and demand in our community," says Allen Joseph, MD, a vascular interventional radiologist.

The new addition of fellowship-trained vascular surgeon Reagan Quan, MD, allows patients to receive an even higher level of care close to home. Dr. Quan's expertise and talent enables the center to perform more complex vascular procedures in Loudoun County.



Reagan Quan, MD, recently joined the Schaufeld Family Heart Center at Inova Loudoun Hospital. He is a fellowship-trained vascular surgeon.

## A Family Affair



When Fred Schaufeld's sister-in-law, Bobbi, suffered a heart attack more than a decade ago, he realized that additional cardiac and vascular services were needed close to home. That's when Fred, his wife, Karen, and Bobbi donated \$1 million to start the Schaufeld Family Heart Center at Inova Loudoun Hospital.

Since then, the Schaufeld Family Heart Center has seen exponential growth and patient outcome improvements, including a dramatic decrease in the average "door-to-balloon" time at the cath lab, from 119 minutes in 2009 to below 65 minutes today, well below the national benchmark of 90 minutes. Their recent donation of \$5 million has catalyzed the expansion of the heart and vascular program, bringing the best expertise, technology and equipment to Loudoun County.

"Over the past two decades, the medical profession's progress in

understanding and treating cardiac issues is nothing short of staggering," states Fred Schaufeld. "After my sister-in-law suffered a heart attack at home, followed by a full-on cardiac arrest at Inova Loudoun Hospital and a lifesaving helicopter ride to Inova Fairfax Hospital, it became clear that a first-rate cardiac facility would be incredibly valuable to our community. We were blessed to be able to play a seed role back then and, in light of all they've accomplished, we're even more thrilled to financially lead this effort now. Together, Inova and Loudoun County perform miracles . . . every day of the year."

"This is a really powerful story about the catalytic role philanthropy can play in creating a higher level of care for our community. We are deeply grateful to the Schaufeld family," says Suzy Quinn, Executive Director of the ILH Foundation.

## CALL FOR AN APPOINTMENT

To schedule an appointment at the Inova Heart and Vascular Institute - Schaufeld Family Heart Center, call **703.858.8660**.

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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## Inova Loudoun Hospital Welcomes New CEO

### LEADER COMES FROM INOVA MOUNT VERNON HOSPITAL

Deborah Addo, who has more than 30 years of leadership experience in healthcare operations and management, has joined Inova Loudoun Hospital as the new CEO. She replaces H. Patrick Walters, who is retiring.

Since June 2014, Addo has served as CEO of Inova Mount Vernon Hospital. Prior to that, she was Chief Operating Officer and Senior Vice President of Meritus Health in Hagerstown, MD. She also has served as Vice President of Patient Care Services at Washington County Health System, a 300-bed hospital that was voted a top 100 hospital in the country.



# WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the **Inova Loudoun Hospital** staff in recent months:

DEPT/SECTION	NAME
Cardiology	Douglas A. Hill, MD
Endocrinology	Amish M. Gandhi, MD
Endocrinology	Nagashree Gundu Rao, MD
Family Medicine	Robin L. Donald, DO
Hematology/Oncology	Syed S. Ali, MD
Neurology	Thomas E. Conley, MD
Neurology	Adam P. Juersivich, MD
Obstetrics/Gynecology	Saweda A. Bright, MD
Obstetrics/Gynecology	Stephanie L. Lester-Simmonds, MD
Obstetrics/Gynecology	Michael S. Liao, MD
Otolaryngology	Roya Azadarmaki, MD
Pediatrics	Priya Gowda-Boylan, MD

DEPT/SECTION	NAME
Pediatrics	Waddah J. Hashem, MD
Pediatrics	Katharine Elizabeth Wallen, MD
Plastic Surgery	Azra A. Ashraf, MD
Plastic Surgery	Kirit A. Bhatt, MD
Plastic Surgery	Navin K. Singh, MD
Podiatry	Adisa Mujkic, DPM
Podiatry	Monique R. Rolle, DPM
Pulmonary/Critical Care Medicine	Domingo J. Franco Palacios, MD
Trauma Surgery	Jordan M. Estroff, MD
Vascular Surgery	Ahmed Kayssi, MD
Vascular Surgery	Reagan W. Quan, MD

### 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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### Baby Time

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