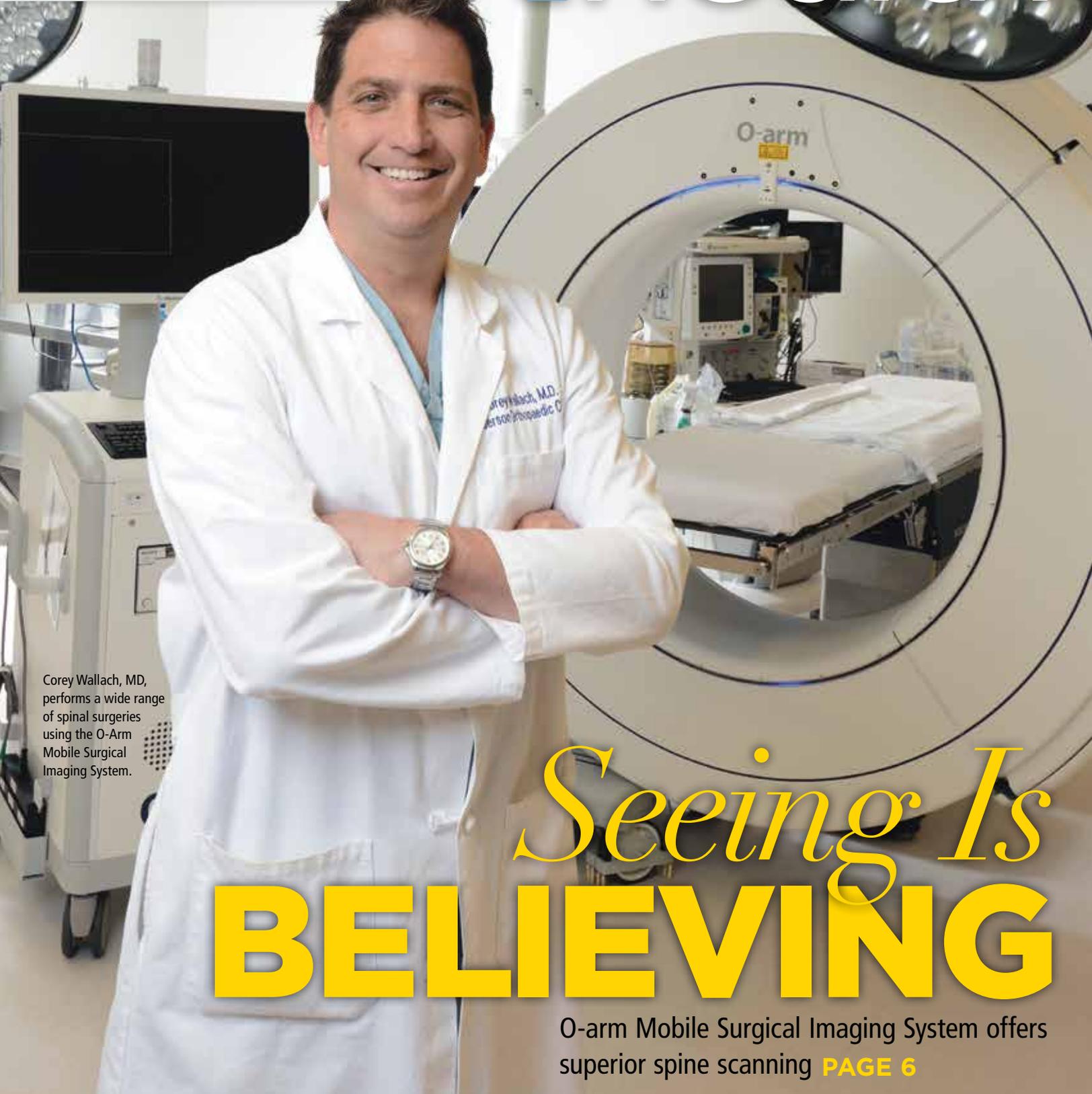




INOVA MOUNT VERNON HOSPITAL

INhealth



Corey Wallach, MD, performs a wide range of spinal surgeries using the O-Arm Mobile Surgical Imaging System.

Seeing Is

BELIEVING

O-arm Mobile Surgical Imaging System offers superior spine scanning **PAGE 6**

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FOLLOW THE LEADER

Unwavering Commitment

Seasons change, and we now venture into the warmer months. This year, Inova Mount Vernon Hospital (IMVH) is also experiencing change.

In April, we bid farewell to Deborah Addo, who is now CEO of our sister organization, Inova Loudoun Hospital. In her three years here, Deborah left an indelible impact on our hospital. I want to thank Deborah for her tremendous work on behalf of our community and wish her well in her new role.

But even in the midst of change, there is consistency. That consistency includes our commitment to you. We continue forward on our path of growth and clinical excellence. In December, our hospital was awarded full re-accreditation by The Joint Commission. Last month, we received notice of two new national awards for patient safety (page 3) that place our hospital among the elite healthcare organizations in the nation.

Similarly, we continue to welcome onto our staff talented new physicians and medical providers who want to be part of our great work here. Learn more on the back page.

As Interim CEO at IMVH, I am pleased to present this issue of *InHealth*. Please know that our commitment to you will never waver. Thank you for your trust.



DON BRIDEAU, MD
Interim Chief
Executive Officer
Inova Mount Vernon
Hospital



● PRIMARY CARE |

What's Up, DOC?

Tips for ensuring an ideal doctor's visit

Whether you are seeing a new doctor for a first appointment or visiting one you've known for years, it's important to make a basic plan to get the most out of your appointment. Here are four tips from experts to help make sure you — and your doctor — get all the information you need to have a worthwhile doctor's visit.

BE PREPARED

Before your appointment, make a list of everything you want to discuss. Don't put off asking about your concerns; talk about the most important issue first. As you address each topic, check it off your list. That way you'll know everything has been covered.

TAKE ALL YOUR MEDICINES WITH YOU

Collect all prescriptions and containers of over-the-counter medicines, vitamins and herbal remedies in a bag, and bring them

with you. This lets your doctor know everything you take, and in what doses. He or she then can make sure there aren't any undesired interactions between or among your medicines.

MAKE SURE YOU UNDERSTAND

When you are speaking with your doctor, it's OK to ask him or her to repeat what they just said. Repeat back to them the instructions you just received. This will better help you remember the directions.

CALL BACK IF YOU'RE NOT SURE

If you become unsure about any directions or information once you get home, call back as soon as possible and ask to speak to your doctor. He or she will not mind helping you; it's easier to clarify things right away than to have to make another appointment because of confusion in your care plan.



● PERSONNEL |

NEW CEO takes reins

Don Brideau, MD, replaces Deborah Addo

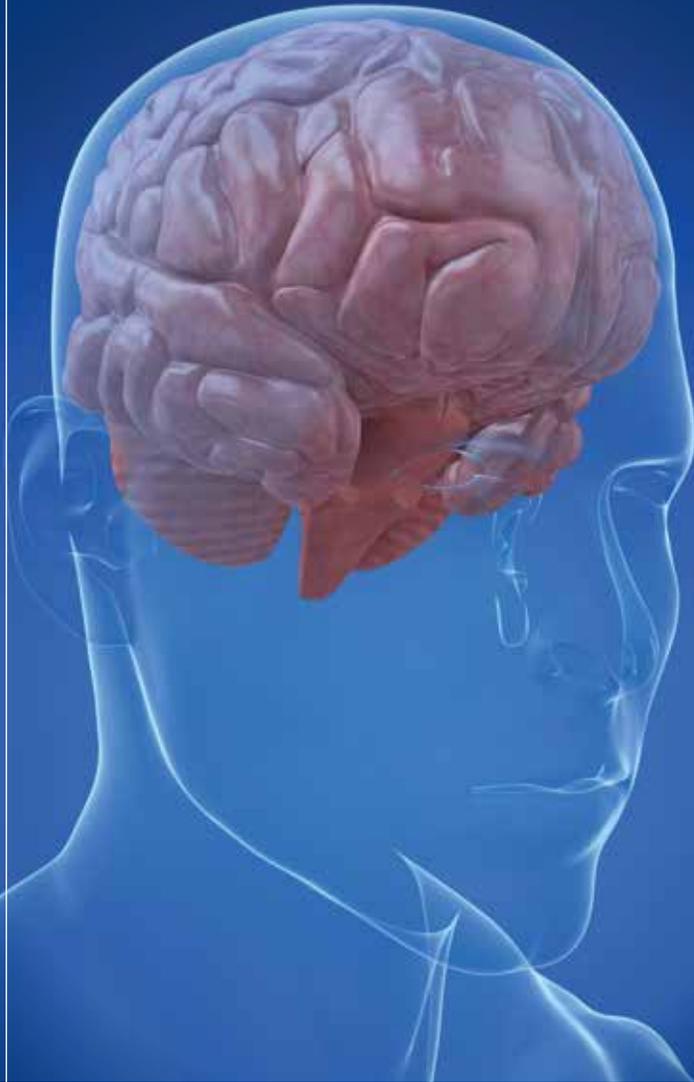
On April 24, Inova Mount Vernon Hospital (IMVH) Chief Medical Officer (CMO) Don Brideau, MD, was named the hospital's Interim CEO. Former IMVH CEO Deborah Addo was named CEO of Inova Loudoun Hospital.

As IMVH's CMO since 2009, Dr. Brideau has spearheaded many of the hospital's gains in safety, quality and patient experience, and has helped create many of the hospital's new programs and services. A longtime Lorton resident, Dr. Brideau brings many years of clinical and administrative leadership

and a commitment to IMVH's community and its patients and families. "I want the community to know that our commitment to you has never been stronger," Dr. Brideau states. "We will build on our successes and always put the patient first in all we do."

As part of the leadership transition at Inova, former Inova Alexandria Hospital (IAH) CEO Susan Carroll has been promoted into the new role of Regional Executive Officer over IAH and IMVH. The selection process for the next CEO of IAH is under way.

KNOW the Signs



Stroke can strike at any time

Stroke is the No. 5 cause of death and a leading cause of disability in the United States. There are two major types of stroke: ischemic, when a blood vessel that leads to the brain is blocked by a clot; and hemorrhagic, when one of these blood vessels ruptures. Both types cut off oxygen to the brain, which causes brain cells to die.

The signs of stroke can be varied, but the American Stroke Association has created an acronym to identify the most common warning signs:

-  **Face Drooping.** Is one side of the face drooping or numb? Ask the person to smile. Is the person's smile uneven or lopsided?
-  **Arm Weakness.** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
-  **Speech Difficulty.** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence. Is the person able to correctly repeat the words?
-  **Time to Call 911.** If someone shows any of these symptoms, even if the symptoms go away, call 911.

Other symptoms can occur separately or along with F.A.S.T. symptoms, including sudden trouble seeing in one or both eyes; numbness or weakness in the leg, arm or face, especially on one side of the body; severe headache; and dizziness or loss of balance or coordination.

Safety FIRST

Inova Mount Vernon Hospital receives two national patient safety awards

In April, Inova Mount Vernon Hospital (IMVH) received two prestigious patient safety awards from prominent national patient advocacy organizations: the Leapfrog Group and Healthgrades.



LEAPFROG GROUP

IMVH was one of only 823 hospitals nationwide to receive an "A" hospital patient safety ranking by The Leapfrog Group, a national patient safety watchdog organization. This distinction places the hospital among the safest hospitals in the United States. Furthermore, this "A" score marks IMVH's sixth consecutive "A" patient safety rating, qualifying the hospital as an elite "Leapfrog Straight

A" organization for sustained patient safety excellence.



HEALTHGRADES

IMVH has also received the 2017 Patient Safety Excellence Award from Healthgrades, the national advocacy organization dedicated to helping consumers find the right doctor and right hospital for the right care. This distinction puts IMVH in the top 10 percent of all hospitals evaluated for superior performance in safeguarding patients from serious, potentially preventable complications during their hospital stays. IMVH is one of only 460 hospitals in the nation to receive this distinction, and one of only 19 in the state of Virginia.

ON THE MOVE

Events, awards, new staff at Inova HealthPlex – Lorton

FAMILY FUN DAY

It's hard to believe, but summer is right around the corner. The staff of Inova HealthPlex – Lorton cordially invites you to its third annual Family Fun Day on Saturday, June 24.

Join the HealthPlex for health information, rides, games, food, music and activities for children and people of all ages.

Last year, more than 800 friends and neighbors came out for the fun; don't miss this annual summer tradition in Lorton!

For more information, call **703.982.8400**. Look for more announcements soon in the mail and on social media!



The HealthPlex's Family Fun Day in 2016 included many activities and events for children. Among them: moon bounce, face painting, a fun bus, petting zoo, photo booth and a visit from the Fairfax County Fire Department truck.

Welcome New Staff

Inova HealthPlex – Lorton welcomes two new members to its staff: Joshua Baker, MD, and Dayna Underwood, NP. Dr. Baker is a recent transplant to the DC area from his native state of North Carolina. He majored in intramural basketball and biology at UNC-Chapel Hill and has been a member of the armed forces for the past 11 years. He most recently completed a sports medicine fellowship with the National Capital Consortium.

Underwood was born and raised in Northern California (Redding). She attended nursing school at California State University in Chico and attended grad school at University of San Diego. She received her post-master's degree at George Washington University.

AWARD-WINNING CARE

In November, the Emergency Department at Inova HealthPlex – Lorton received the 2016 Guardian of Excellence Award for Patient Experience, which honors organizations that scored in at least the 95th percentile for superior patient experience from among all Press Ganey healthcare organization clients. This honor marks the second consecutive year the Lorton HealthPlex has received this prestigious award.



WORLD-CLASS CARE RIGHT HERE

Learn more about the Inova HealthPlex – Lorton at inova.org/locations/inova-healthplex-lorton or call **703.982.8400**.

FIRST STEPS BACK



rehabilitation,” says Jennifer Melnyk, PT, DPT, NCS, of IMVH.

ReWalk is a wearable robotic exoskeleton that provides powered hip and knee motion, allowing individuals with spinal cord injuries to stand upright, walk and turn. The system allows for independent, controlled walking while mimicking the natural gait patterns of the legs. Traditionally, it takes time and hard work through intense physical therapy

for patients to stand or do pre-gait training; ReWalk’s timeline is different. “The goal with ReWalk is to get patients to stand and walk in the equipment the first time they use it,” says Melnyk.

Before the clinic’s opening, five physical therapists, including Melnyk, completed formal training with a ReWalk clinical specialist and two volunteer patients with spinal cord injuries. They learned how to work with the device and about the specific requirements for patient eligibility for the clinic.

There is a height and weight requirement for the exoskeleton equipment, which is only available for adults. Patients



The ReWalk exoskeleton clinic is designed to help people with spinal cord injuries learn to walk again. A wearable robotic exoskeleton allows users to stand upright, walk and turn.

Inova Rehabilitation Center launches ReWalk clinic for those with spinal cord injuries

The Inova Rehabilitation Center (IRC) is now offering certain patients with spinal cord injuries the opportunity to learn how to walk again using an innovative new technology. The ReWalk exoskeleton clinic, which began in April at Inova Mount Vernon Hospital (IMVH), is the first available in Northern Virginia.

“Inova is opening the ReWalk clinic because we strive to provide world-class

also have to have a certain degree of range of motion in their hips, knees and ankles; have good upper body strength; and must be able to tolerate a level of standing before taking part in the clinic. As the program ramps up, Inova plans to hold at least one clinic per month.

The ReWalk exoskeleton equipment is different from anything she has ever worked with, Melnyk says. “It’s exciting to be a part of an organization that’s so committed to working with this technology,” she says. “This new program allows us (IMVH) the opportunity to offer ReWalk directly to the patients we serve in our community.”

WALK THE WALK

Interested in participating in the ReWalk exoskeleton clinic? Contact ReWalk clinical specialist Jackelyn Lane at **401.234.3447** or **jackelyn.lane@rewalk.com**. Potential candidates will be referred to an Inova Rehabilitation Center (IRC) physical therapist for evaluation. To learn more about the ReWalk technology visit **rewalk.com**.



SEEING IS

O-arm Mobile
Surgical Imaging
System offers
superior
technology

Many ingredients comprise a great surgical program. The technical skills of the surgeon and the surgical team certainly are key components. The team of nurses and other clinicians who provide bedside care is also critically important, as is the support staff that makes for a positive patient experience. This has been the recipe for success for Inova Mount Vernon Hospital's (IMVH's) high-quality, highly reliable surgical program.

In February, the hospital added another important element to a winning formula that has already yielded many awards and accolades. It added a new spine surgery imaging system in the operating room, called the O-arm.

The O-arm is the gold standard of intraoperative spinal imaging that can be used for a wide range of spinal surgeries, including lumbar, thoracic and cervical procedures. For these cases, IMVH is now able to offer the latest "device of choice" for its surgeons.

"It's an exciting technology that helps me deliver better care to the patients I serve," says Corey Wallach, MD, an orthopedic

“It’s an exciting technology that helps me deliver better care to the patients I serve.”

–Corey Wallach, MD,
Orthopedic Spine Surgeon



Far left: Corey Wallach, MD, with (from left) Cecile Towler, RN; Amiee Toth, Patient Surgical Services Liaison; and Lilian Garcia, certified surgical technician; in front of the O-Arm Mobile Surgical Imaging System. Left: 3-D spinal images as taken from the O-Arm. Such pictures improve visibility of spinal structures during surgery, Dr. Wallach says.

BELIEVING

spine surgeon and Medical Director of Inova Neuroscience and Spine Institute. “The O-arm is a device that not only provides intraoperative imaging but allows for real-time navigation of spinal instrumentation in three dimensions. It provides me with the information I need the most, precisely when I need it.”

O-ARM IN ACTION

Before a procedure, a full, 360-degree scan can be performed in just a few minutes, and the best viewing positions for the surgical team can be established at the beginning of surgery. Then, with its neuronavigation system, the O-arm can demonstrate the proposed position of spinal instrumentation before they are even applied, and then confirm their position once placed. As a result of this technology, the effectiveness of the surgery improves, there are fewer complications, and the patients and surgical team are exposed to less radiation.

Throughout the surgery, images are displayed on a large digital flat-screen mobile viewing station, providing the surgical

team with excellent visibility of the operative field.

“This technology improves my surgical workflow, enhances my visualization and gives me real-time verification throughout each procedure,” Dr. Wallach says. “In the end, this technology allows me to focus on what matters most: the patient.”

The first procedure at IMVH using the O-arm was performed in February, and the results have been positive.

“With any spinal procedure, success is determined by patient satisfaction and their return to an active lifestyle,” explains Dr. Wallach. “So far, our patients and I have been pleased with their results, and I am thrilled to have at my disposal this powerful new tool. It perfectly complements and magnifies the skills of our team. I am thrilled that Inova Mount Vernon Hospital has invested in this technology to better serve our community.”

WINNING FORMULA

Learn more about Inova’s spine program at inova.org/spine.

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.

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SYSTEM

WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the [Inova Mount Vernon Hospital](#) medical staff in recent months:



| DEPT/SECTION | NAME |
|----------------|------------------------------|
| Anesthesiology | Diem Phuc Banh, DO |
| Anesthesiology | Laura A. Dewitt, MD |
| Anesthesiology | Naa-Densua Darko, CRNA |
| Anesthesiology | Regan Gudgel, CRNA |
| Anesthesiology | Kelly E. Hellman, CRNA |
| Anesthesiology | Darrell F. Jagoe Jr., MD |
| Anesthesiology | Catherine Ellen McLane, CRNA |
| Anesthesiology | Issa Kallie Toure, MD |
| Anesthesiology | Tara M. Turner, CRNA |
| Anesthesiology | Erin Weaver, CRNA |

| DEPT/SECTION | NAME |
|-------------------|------------------------------|
| Gastroenterology | Ghazaleh Aram, MD |
| Gastroenterology | Jack Huang, MD |
| Gastroenterology | Kenneth N. Josovitz, MD |
| Gastroenterology | Atul V. Marathe, MD |
| Gastroenterology | Benjamin Edward Young II, MD |
| Internal Medicine | Nebiya Y. Biru, MD |
| Internal Medicine | Adam P. Juersivich, MD |
| Psychiatry | Irfan Saeed, MD |
| Radiology | Peter D. Snyder, MD |
| Surgery | Ashleigh A. Auth, PA |
| Surgery | John R. Barbour, MD |

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