



INOVA ALEXANDRIA HOSPITAL

INhealth

Little **MIRACLES**

Inova Alexandria Hospital's team of neonatal experts helps babies thrive **PAGE 6**

Victoria Harron is a healthy infant after spending her first days of life in the Neonatal Intensive Care Unit.

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FOLLOW THE LEADER

Great Care for Young and Old

The Neonatal Intensive Care Unit (NICU) at Inova Alexandria Hospital (IAH) is a special place. Just ask parents Dana and Ashley Harron, whose daughter was transferred there after being delivered at just 26 weeks. (See page 6 for more.) Thanks to the care she received in our NICU — bolstered by advances in technology and a compassionate touch — she made it through and is now thriving at home.

We pride ourselves here at IAH on our exceptional services. For more examples, read the stories on pages 4 and 5, which focus on colorectal and hernia surgery. We are constantly pushing the envelope when it comes to the latest equipment and techniques. The da Vinci Xi®, the latest iteration of the da Vinci robot, offers many advantages over other minimally invasive procedures. These include faster recovery and quicker return to home.

Finally, a note to our nursing staff here at IAH. We couldn't do it without you! As our Chief Nursing Officer Fadia Faghali wisely says (see the story at right), nurses are an integral part of patient care here. So here's to you, our wonderful nurses. We salute you!



JENNIFER McCARTHY,
FACHE, MBA
Chief Executive
Officer
Inova Alexandria
Hospital



LEADERSHIP

Everyday HEROES

Inova Alexandria Hospital recognizes nurses through journey to Magnet

Honoring nurses and the work they do is an important part of Inova's culture, according to Fadia Feghali, MS, RN, NE-BC, Chief Nursing Officer at Inova Alexandria Hospital (IAH). "We love our nurses here," says Feghali, who has been a registered nurse for 34 years. "This is why we are excited to be on the journey to Magnet® designation — to continue to improve the quality of our nurses' experience at Inova Alexandria Hospital. We want them to know that we deeply appreciate them and that they are a vital part of patient care here."

Inova reinforces nurses' value throughout the year. Pursuing prestigious nursing credentials, such as Magnet, is one way.

Magnet recognizes leading healthcare organizations that promote patient safety and deliver quality patient care, nursing excellence and innovations in professional nursing practice. To date, nearly 500 of the approximately 5,000 hospitals in the United States have achieved Magnet status.

In support of attaining Magnet, IAH is fundraising to underwrite the costs of this non-refundable \$900,000 endeavor. It is asking everyone to be "all in for Magnet." Philanthropic support will help IAH underwrite the many expenses of this journey, including staff education, training, conference attendance and application fees. (To assist the hospital, call the number below.)

"Nurses contribute so much to Inova," Feghali says. "They touch the lives of patients in ways no one else does. And they are an integral part of the team. We strive to show how much they mean to the organization each and every day."



"Nurses contribute so much to patient care and outcomes in our hospital. Please join me and the entire hospital team in supporting our nurses in creating a best practice environment that will benefit all!"

—Fadia Feghali, MS, RN, NE-BC

SUPPORT NURSES AT INOVA ALEXANDRIA HOSPITAL

Are you interested in learning more about or supporting Inova Alexandria Hospital's nurses on their journey to Magnet? Contact **703.504.7770**.

Breathe **EASIER**

Pulmonary Rehabilitation Program helps patients **regain physical health**



It's an all too-frequent dilemma. Those with an acute or chronic respiratory condition feel they should avoid physical activity because it can worsen dyspnea, characterized by difficult or labored breathing. However, as their

activity level decreases, they become deconditioned.

"That means you lose endurance to tolerate even minimal exertion, like walking up steps or getting dressed in the morning," explains Juliette L. Wohlrab, MD, Medical Director of the Inova Alexandria Hospital Pulmonary Rehabilitation Program.

To break this cycle and help patients improve lung function, strength and endurance, Inova offers the Pulmonary Rehabilitation Program, a comprehensive, nine-week, medically supervised education and exercise program.

EASY DOES IT

Those with chronic pulmonary disease will sometimes

shy away from the program because they're afraid the class activity level will be too much to handle.

"That's never a problem," Dr. Wohlrab points out. "Our sessions are monitored by experienced registered respiratory therapists, exercise physiologists and registered dietitians so we can design an exercise plan that fits the individual patient's capabilities."

As her patients' endurance improves, Dr. Wohlrab often sees other benefits. "Even

a small increase in activity can help patients with their appetite, ability to sleep and self-confidence."

KNOWLEDGE IS POWER

The program also offers an opportunity to ask qualified experts important questions. And there's another benefit — perhaps the one patients enjoy most. "It's a great chance to socialize," Dr. Wohlrab says. "Everything we do is about staying healthy, social and more independent."

STRONGER LUNGS

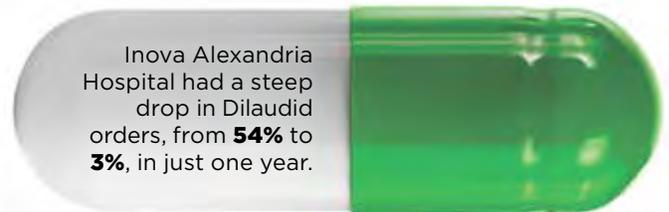
Most insurance plans cover 12 to 36 sessions of the Pulmonary Rehabilitation Program. To learn more about it, call **703.504.3398** or visit inova.org/pulmonaryrehab.

Prescription for **SAFETY**

Inova leads efforts to address the opioid crisis

We've all seen the grim statistics. Opioids kill more than 140 people every day in the United States. They cost our country tens of billions of dollars in treatment and lost productivity each year. Here in Virginia, 1,400 people died of opioid-related drug overdoses in 2016. Despite these devastating numbers, opioids continue to be prescribed at an alarmingly high rate.

Inova has acted to change the trajectory of this crisis with comprehensive approaches to rethink pain management. And it has achieved remarkable results. Since 2014, opioid prescribing has dropped approximately 20 percent a year



systemwide, and Inova has significantly reduced Emergency Department visits by the highest opioid users.

One major success story is right here at Inova Alexandria Hospital. In 2016, a multidisciplinary team collaborated with admitting physicians and pain specialists to transform the culture around Dilaudid, one of the most powerful and commonly prescribed opioid analgesics. Evidence-based ordering practices and alternative pain management strategies resulted in a steep drop in Dilaudid orders, to 3 percent from 54 percent, in just one year. Overall opioid orders fell by 25 percent. Patient safety and physician satisfaction improved, and the hospital saved more than \$40,000.

The gravity of the opioid epidemic requires a profound cultural shift. Inova believes that real change comes only as physicians, nurses, clinicians and healthcare leaders everywhere commit to a new mind-set in pain management.

SPECIALIZED SURGERY

Common Colorectal Conditions

These are the kind of conditions that benefit from the latest surgical techniques and state-of-the-art equipment:

- Colon cancer
- Rectal cancer
- Diverticulitis
- Inflammatory bowel disease
- Complex colon, rectal and anal conditions
- Rectal prolapse
- Fecal incontinence
- Pelvic floor disorders

so colorectal issues do not become a chronic problem for patients.

These are just a few of the distinctive features of the Colorectal Surgery Program, setting Inova apart when it comes to treating these patients, according to Othon Wiltz, MD, FACS, FASCRS, a colon and rectal surgeon at Inova Alexandria Hospital. "Inova has one of the fastest growing colorectal robotics programs in the state," he says. "Using this type of innovation allows us to increase our precision for surgeries, as well as improve recovery time frames."

Also helpful is Inova's Enhanced Recovery After Surgery program, which focuses on the reduced need for narcotics thanks to lower pain levels, decreased length of stay and early mobilization to get patients back to normal activities faster.

"As a patient, the sooner you can go home and get back to your life, the better your outcome will be," says Dr. Wiltz. "That's why we make that such a priority."

BEST PRACTICES

Learn more about colorectal surgery at Inova at inova.org/colorectal.



Colorectal Surgery Program offers an unparalleled level of care

Although preventive, regular colorectal screening is recommended beginning at age 50, conditions related to the colon and rectum can happen at any age. Fortunately, help is close at hand.

The Colorectal Surgery Program at Inova brings patients a breadth of treatment options. Helping the program are the area's top fellowship-trained surgeons, who specialize in the surgical treatment of conditions related to this

area of the body. The most common conditions include diverticulitis and colon cancer (see sidebar).

Inova performs over 700 inpatient colorectal cases every year. Physicians use research studies to implement systemwide initiatives such as C. diff protocols that lower incidence of that problem. They also use genetic marker IDs for rectal cancer, since colorectal cancer has a high risk of heritability. Another strong focus is implementation of protocols that reduce readmissions



One of the benefits of the da Vinci Xi® is it delivers 3-D high-definition video into the viewer located at the surgeon's console. Optics mounted at the tip of the endoscope allow the surgeon to see anatomical structures with crystal-clear definition and natural color.

ROBOTICS AT WORK

DR. ROBOT
Learn more about
robotic surgery at
inova.org/davinci.

da Vinci Xi offers a valuable tool for hernia surgeries

Open surgery used to be the only option for hernia procedures. Fortunately, that is not the case anymore. And, now, minimally invasive hernia procedures are even easier on patients at Inova Alexandria Hospital (IAH) with the da Vinci Xi® surgical system, the latest model of the da Vinci robot.

There are several advantages to using the Xi, which features a 3-D environment and state-of-the-art instruments, according to IAH surgeon Ambar Matta, MD. Here are a few:

Smaller incisions: Thanks to the da Vinci, incision sites are smaller. Not only does this minimize scarring, but it also results in a shorter stay in the hospital, says Dr. Matta, who specializes in hernia procedures. Larger incisions tend to increase pain and infection risk; incisions of only 5 to 10 millimeters reduce these factors.

Faster recovery: Even with conventional, minimally invasive hernia surgery, there is a certain degree of blood loss, and that can extend recovery times. The smaller incisions and more precise repairs lower blood loss, speeding up recuperation time, notes Dr. Matta.

Less pain: With the high amount of precision involved with the Xi, there tends to be lower post-surgical pain levels, Dr. Matta notes. "Procedures are less disruptive to the body, so that helps to keep pain controlled," he says. "As a result, we see less use of pain medications."

Quicker return to normal activities: Thanks to faster recovery and less pain, patients are often discharged from the hospital earlier than they would be for more conventional hernia surgery. "When patients can get back home and back to their routines, they're able to get back to their everyday activities," says Dr. Matta. "That's especially true if they don't need prescription pain medication, which is what we see with robotic-assisted surgery."

Although the surgeons are in control at all times during a procedure, the Xi is a valuable addition to the surgical suite, for surgeons and patients alike.

ASK THE EXPERT

LECTURE



Ambar Matta, MD
General Surgery

Hernia: Causes, Symptoms and the Latest Treatment Options

Join Ambar Matta, MD, for this lecture.

Location: Inova Alexandria Hospital – Auditorium

Date & Time: Thursday, June 21, 6 p.m.

To register for this FREE lecture, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).



LITTLE

MIRACLES

Inova Alexandria Hospital's team of neonatal experts helps babies thrive

Providing a mix of high- and low-tech care is precisely the goal of the unit, points out Lisa Goldberg, DO, Medical Director, IAH NICU. "We have the heart of a community hospital, with strong ties to our families," she says. "At the same time, we're a Level 3 NICU, which means we have the experience, skill, and state-of-the-art technology to support delivery of the smallest infant. It's something you don't often find in a community setting — and I think this rare combination helps our babies thrive."

Victoria Katherine Harron came into this world last Aug. 24, weighing less than 25 ounces and barely fitting in her mother's hand. She took her first out-of-the-womb breath after an emergency C-section at Inova Alexandria Hospital (IAH). Immediately after delivery, Victoria was transferred to IAH's Level 3 Neonatal Intensive Care Unit (NICU).

UP CLOSE AND PERSONAL

The commitment to patients means 24/7 access to the IAH NICU team, explains Lesley A. Chauncey, RN, Clinical Director of the IAH NICU. That's in addition to scheduled updates.

Dana and Ashley Harron delivered their tiny girl at 26 weeks gestation. Six months later, in February, Dana says her healthy daughter is 12 pounds strong, quick to giggle and starting to wrap her chubby fingers around anything within reach. "I think back to the first time I saw Victoria; she was so tiny and fragile. We were lucky to deliver at Inova Alexandria Hospital. The NICU doctors and nurses saved our daughter's life."

Every day begins with Mom and Dad joining the NICU multidisciplinary team at their baby's bedside. The team includes neonatologists and RNs as well as a respiratory therapist, dietician, social worker, pharmacist, physical therapist, speech therapist and lactation consultant.

CARE EXTRAORDINAIRE

The Harrons delivered Victoria after a routine checkup took an unexpected turn. "The doctors found no measurable amniotic fluid in my uterus — although there wasn't any medical explanation. Everything else was fine," Dana says.

"We discuss the baby's progress and what we might want to do differently," Chauncey says. "Then we review everything again — this time in less medical terms so Mom and Dad understand our plan of care and have time to ask questions."

Hoping to reverse the situation, Dana's doctors admitted her to IAH, pumped her with fluid through an intravenous (IV) line and secured a fetal heart monitor on her belly to watch over Victoria. "A few times during the night, Victoria's heartbeat slowed down. The decision was made to have an emergency C-section," Dana recalls.

It was during these morning sessions that Dana and Ashley grew acquainted with Victoria's team. "Seeing how compassionate and caring these people are really made a difference. Just having them there, all day, every day, kept us as calm as possible during an unbelievably stressful time," Dana explains.

As Dana describes Victoria's 88-day stay in the IAH NICU, she focuses on the "above-and-beyond" compassionate care from NICU team members and the unit's advanced technology.

CARE ADVANCES

Working silently in IAH's NICU is the most advanced technology available to care for premature or special needs newborns and their unique developmental needs.

IAH NICU's most recent state-of-the-art advancement is an ultrasound machine to help insert an IV line. In addition,



Baby Victoria Harron and her parents weathered a challenging time when she was born at 26 weeks and transferred to the Neonatal Intensive Care Unit (top photos). Now healthy and strong (bottom photo), Victoria is at home with her parents, Ashley and Dana.



IAH NICU babies grow, sleep and thrive in Giraffe OmniBed Carestations, technologically advanced incubators with radiant warmers and healing microenvironments.

All these technological advancements often escaped Dana and Ashley, since they were solely focused on Victoria's daily progress. "It was a difficult time, to say the least, but the NICU team was so attuned to our needs and feelings," Dana says. "It was such a gift to have access to everyone at any given moment."

Of course, the NICU team's greatest gift to the Harron family is Victoria — who's at home now, loved and thriving.

HAVING A BABY?

Learn more about maternity services at inova.org/iahmom.

Special Delivery

5 services to consider when choosing a hospital for your baby's delivery

First there's the rush of joy that comes with those two magic words — you're pregnant! Next it's time to choose the hospital where you will deliver. Here are several services that you want access to, according to Lisa Goldberg, DO, Medical Director, Inova Alexandria Hospital Neonatal Intensive Care Unit.

- 1. Antenatal Testing.** This gives parents access to maternal-fetal medicine specialists skilled in high-risk pregnancies and genetic counseling. At the Inova Brock Family Antenatal Testing Center, experts work closely with prospective parents, pregnant women and their obstetricians.
- 2. On-Site Neonatal Intensive Care Unit (NICU).** Of

the nearly 4 million babies born annually in the United States, 9.6 percent are delivered preterm. With a level 3 designation, IAH's NICU staff can care for very small or very sick newborn babies 24/7.

- 3. Board-Certified Pediatricians.** It's critical to have pediatric experts on-site in case a health issue arises. At IAH, NICU providers serve as an in-house

pediatric team if your baby's pediatrician doesn't see patients in IAH.

- 4. Lactation Consultants.** On-site board-certified lactation consultants provide inpatient support for breastfeeding moms. IAH is internationally recognized as a Baby-Friendly birth facility by Baby-Friendly USA Inc., which means the hospital maintains policies and

practices that help parents create the best possible environment for successful breastfeeding.

- 5. Family Education Classes.** Inova offers a wide variety of classes for new parents, from general childbirth preparation to baby care to specialty classes for siblings or grandparents. Support groups can also be beneficial after baby arrives.

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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ASK THE EXPERTS

LECTURE



Nigel Azer, MD
Orthopedic Surgery

Latest Advances in Hip and Knee Replacement

Nigel Azer, MD
Wednesday, May 16, 6 p.m.
Inova Alexandria Hospital -
Auditorium

Men, Let's Talk: Prostate Health

Inova Expert Physician Panel moderated by
Nilay Gandhi, MD

Thursday, June 7, 6 p.m.
Inova Alexandria Hospital - Auditorium



Ambar Matta, MD
General Surgery

Hernias: Causes, Symptoms and the Latest Treatment Options

Ambar Matta, MD
Thursday, June 21, 6 p.m.
Inova Alexandria Hospital -
Auditorium

To register for one of our free Ask The Expert lectures, visit inova.org/AskTheExpert or call 1.855.My.Inova (1.855.694.6682).

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