

Neal Attfield (foreground) and his climbing team move up the Kahiltna Glacier toward a camp at 11,000 feet on Denali in Alaska.



The pinnacle of **WOUND CARE**

Wound Healing Center saves mountain hiker from frostbite

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FOLLOW THE LEADER

A Summer of Highlights

Welcome to the spring/summer issue of *InHealth!* I would like to thank you for your interest in learning more about the programs and services at Inova Mount Vernon Hospital (IMVH).

I am pleased to share with you exciting news about the continued growth and progress all across IMVH — your community hospital. There is much to celebrate. Please allow me to point out a few highlights.

First, we are proud to welcome David Charash, DO, as the new Medical Director of our award-winning Wound Healing Center — the area's largest and most experienced (page 7). Next, we celebrate the fifth anniversary of Inova HealthPlex – Lorton with our community as we look forward to adding a state-of-the-art MRI to the HealthPlex later this summer (page 5). In addition, we invite you to get ACTIVE and embrace continued good health (page 3). And this is just the tip of the iceberg.

Serving our community is our calling, which our perfect score from a federal agency reflects (page 3). I encourage you to tell your friends and neighbors about the many good things underway here. Our commitment to you will never waver. Thank you again for your trust in IMVH.



DON BRIDEAU, MD
Chief Executive Officer
Inova Mount Vernon Hospital



WELLNESS |

A NEW Normal

Updated blood pressure guidelines encourage earlier **intervention to decrease heart risks**

The American College of Cardiologists (ACC) and the American Heart Association (AHA) recently redefined high blood pressure, also known as hypertension. The first comprehensive update since 2003, these new guidelines introduce a category of hypertension called elevated blood pressure, 120 to 129/<80, which indicates cause for concern. High blood pressure is now defined as 130/80 or higher, with the previous definition at 140/90 or higher. The new normal is less than 120/80.

According to the AHA, a lower definition of high blood pressure is expected to promote earlier preventive care and intervention, such as lifestyle changes

or medication. This should help prevent further increases in blood pressure as well as complications related to hypertension, including heart disease, vascular disease and stroke.

As a result of the new guideline's emphasis on earlier intervention, only a small increase in the number of adults requiring anti-hypertensive medication was expected. However, following the release of the guidelines, the number of U.S. adults diagnosed with hypertension grew from 32 percent to 46 percent. In addition, guideline authors anticipate the prevalence of high blood pressure to triple among men under age 45 and double among women under 45.

Here's how the new ACC/AHA guidelines break down:

Blood Pressure Category	Systolic (Upper) mm Hg		Diastolic (Lower) mm Hg
Normal	Less than 120	and	less than 80
Elevated	120-129	and	less than 80
Stage 1 hypertension	130-139	or	between 80-90
Stage 2 hypertension	140 or higher	or	at least 90
Hypertensive crisis*	Higher than 180	and/or	over 120

***Patients need prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.**

A HEART-TO-HEART

Listen to Henry An Tran, MD, and Christopher deFilippi, MD, discuss blood pressure risk factors and prevention at inovaheart.org/bp.

ACTIVE Learning

Seniors group offers presentations for summer



Inova ACTIVE is the name of the monthly active seniors (age 60+) community group co-sponsored by Inova Mount Vernon Hospital (IMVH) and AARP Virginia.

Come for lunch, and hear from medical and community professionals on a wide range of topics that help you stay informed and active. Inova ACTIVE meets the last Wednesday of each month at 12 p.m. in the Engh Conference Center.

UPCOMING PRESENTATIONS

Healthy Living for Brain and Body - May 30

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. Learn more about how to keep your brain and body healthy and sharp.

Personal Safety: Know Your Surroundings - June 27

With summer now in full swing, more people are out and about — including the bad guys. It pays for all of us to be aware of personal surroundings and to learn key tips about protecting our personal property. Find out how to stay safe from a local neighborhood community policing representative from the Fairfax County Police Department.

Prepare to Care - July 25

No matter where you are in the journey of family caregiving, having a good framework to help guide both you and your loved one will make the process easier. During this session, we will share a framework to help you make plans to care for friends, family members or loved ones. You will have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available to you and your loved ones.

Medicare 101 - Sept. 26

Are you eligible to enroll in Medicare but don't know where to start? This hourlong session will give you an overview of the different parts of Medicare, coverage and costs, and your choices of Medicare plans. This session is a good overview for anyone interested in Medicare and will provide you with resources and tools to learn more.

LUNCH SPECIAL

To register for Inova ACTIVE, visit states.aarp.org/active. To learn more, call **703.664.7261**. Lunch, presentation and materials: \$5 (payable at the door). Space is limited each month to the first 50 respondents; call today!



Inova Mount Vernon Hospital receives highest ranking from federal agency

Three Inova hospitals received five out of five stars — a perfect score — in an annual hospital quality ranking by the Centers for Medicare and Medicaid Services (CMS). Inova Mount Vernon Hospital, Inova Fair Oaks Hospital and Inova Fairfax Medical Campus are the first and only hospitals in the Washington, DC, metropolitan area to ever receive the highest ratings from CMS.

CMS evaluates hospitals on up to 57 quality measures. The seven key measures are:

- | | | | |
|-------------------------------------|----------------------------------------|-------------------------------------------|----------------------------------------------|
| 1. Outcomes -
Mortality | 3. Outcomes -
Safety of care | 5. Efficiency -
Medical imaging | 7. Process -
Effectiveness of care |
| 2. Outcomes -
Readmission | 4. Patient Experience | 6. Process -
Timeliness of care | |

Among the more than 4,500 U.S. hospitals evaluated, only 337, or 7 percent, received five-star ratings.

"I am so proud of our talented staff here at Inova Mount Vernon Hospital," comments Don Brideau, MD, CEO, Inova Mount Vernon Hospital. "They work hard to provide the best care possible, and now they have been recognized for the great work they do each and every day."



CURBING AN EPIDEMIC

Emergency rooms take steps to reduce opioid use

The statistics are staggering. According to the Centers for Disease Control and Prevention, every day, 91 Americans die from an opioid overdose. And this number continues to rise.

To help deter opioid addiction in our community, the Emergency Departments (EDs) of Inova Mount Vernon Hospital (IMVH) and Inova HealthPlex - Lorton (Lorton) are taking actions to reduce opioid use both in the emergency setting and after a patient has been discharged.

“We know there is a national and local crisis with opioid overdoses,” says Rett Embrey, MD, FACEP, IMVH ED Medical Director. “Evidence has shown that first exposure to opiates sometimes occurs at a hospital or during an ED visit. Beginning in 2016, we began to try to decrease exposure whenever possible while still being mindful of adequately addressing our patients’ pain needs.”

Opioid reduction initiatives involve educating hospital personnel about alternative medications that may be effectively used in the place of narcotics, monitoring opioid prescriptions through a state database, educating patients and families about their pain management options, and providing a continuum of care to resolve each patient’s pain issues.

TARGETING PAIN AND OPIOID USE

In addition to these initiatives, the IMVH and Lorton clinical teams are engaged in a number of other strategies that are proving to be effective at both adequately managing each patient’s pain and reducing opioid use. These include a program called “D-Lite,” which lessens the use of the powerful narcotic Dilaudid (hydromorphone), replacing it with effective non-narcotic medications; use of nitrous oxide as a non-narcotic pain relief medication; and even the use of virtual reality in the ED as a distraction from episodic pain related to specific procedures.

“In general, we’re moving away from highly potent, fast-acting, long-lasting medications that have a euphoric effect to other

medications that are shorter-acting — to more safely control the painful episode for the patient,” explains Dr. Embrey. “We’ve seen a substantial reduction in the use of particular opioid medications that have been found to lean more toward potential addiction in vulnerable patients. Our goal has always been to treat pain safely, effectively and compassionately — but also judiciously — without putting patients at an increased risk for abuse or addiction. We remain committed to the excellent care of our patients and to managing their pain appropriately.”

BEYOND THE ED

To ensure pain continues to be well-controlled, the IMVH and Lorton teams connect chronic pain ED patients with a variety of medical specialists. “We have a robust program with on-call medical specialists who can help us manage a patient’s painful condition or injury. This includes developing a plan for pain control moving forward,” says Dr. Embrey. “Once a patient is discharged from the ED, emergency personnel prescribe non-narcotic medications as a first-line treatment when appropriate. The new protocol is designed to limit the number of opioid prescriptions.

“As a nation, we have much more to do,” Dr. Embrey continues. “But already we are making a difference in the communities we serve.”

EMERGENCY EXCELLENCE

To learn more about the programs and services of the award-winning Emergency Departments of Inova Mount Vernon Hospital and Inova HealthPlex - Lorton, please visit inova.org/IMVHER or inova.org/lorton.

A HALF-DECADE OF EXCELLENCE

EMERGENCY



Inova HealthPlex – Lorton observes fifth anniversary

A little over five years ago, Inova fulfilled a commitment when it opened doors to the new Inova HealthPlex – Lorton. That

commitment was to provide expanded world-class health services in our region.

The HealthPlex, a service of Inova Mount Vernon Hospital (IMVH), is now a full-service emergency facility that combines state-of-the-art emergency technology with a comprehensive array of radiology and laboratory services. Even today, the HealthPlex remains the Lorton area's only ambulance-access Emergency Department (ED). This ED also features pediatric emergency care with specially designated pediatric rooms. Its team is ready and able to treat all members of your family, at any age and with any medical condition.

CHECK US OUT

Inova HealthPlex – Lorton is located just two minutes off the Lorton exit of I-95.

9321 Sanger Street
Lorton, VA 22079

703.982.8400

Learn more at inova.org/lorton.

On March 4, 2013, leaders from Inova (including Inova President and COO Mark Stauder, inset) and Inova Mount Vernon Hospital joined with political, community and civic dignitaries to cut the ribbon on the new Inova HealthPlex – Lorton. Since that day, more than 66,300 emergency room patients and another 70,100 laboratory and radiology services patients have benefited from the programs and services of this facility.

HUMBLE BEGINNINGS

Just consider how far it's come. On March 4, 2013, the HealthPlex's first full day of operations, it saw seven patients. Since then, over these first five years, the caring staff at the HealthPlex has cared for more than 66,300 patients, and its laboratory and radiology services team has treated over 70,100 more. That's a lot of hope, health and healing for our community!

On that first day, Inova President and COO Mark Stauder made a commitment that Inova "will provide this growing community with the latest in emergency medical health care technology, including state-of-the-art laboratory and radiology departments along with seasoned emergency medical staff to meet the needs of any medical emergency." The HealthPlex is proud to be honoring this commitment, 24 hours a day, seven days a week.

Along the way, the HealthPlex ED has received several national awards for high quality and extraordinary patient experience, including six consecutive "A" patient safety rankings from The Leapfrog Group, and three consecutive

"Guardian of Excellence" Awards from Press-Ganey Associates, in recognition for providing a superior patient experience. Moreover, the team has consistently been awarded coveted "Gold Plus-Elite" status by the American Stroke Association for quick, effective treatment of strokes.

COMING SOON: A NEW MRI AT LORTON

IMVH and Inova HealthPlex – Lorton are thrilled to announce to the community that, later this fall, the HealthPlex will be adding a new 3-Tesla, 3-D MRI to the HealthPlex. This new, state-of-the-art MRI will further expand the range of treatment options for those served. Look for more news about this new MRI in your mailbox in the coming weeks.

The HealthPlex's full range of services can meet most medical needs of any family, including:

- X-ray and digital X-ray
- CT and ultrasound
- DEXA bone densitometry
- Digital 3-D mammography

In addition, the laboratory services area is open 24 hours a day.

THE PINNACLE OF WOUND

Highly individualized care helps heal chronic and non-healing wounds

It would be an understatement to say that Neal Attfield enjoys scaling new heights. In May 2017, Neal, 51, and members of his climbing club scaled Alaska's Denali, formerly called Mt. McKinley. As the highest mountain peak in North America with a summit elevation of 20,310 feet above sea level, this was no small accomplishment, especially since time was of the essence.

"We were running out of food but took the gamble and made a push for the summit," Neal, a Washington, DC, resident who works for a large consulting firm, recalls. "On an especially windy, cold day, around 40 degrees below zero, we climbed for 16 hours through about a foot of newly fallen snow."

Neal and a friend made it, an experience he describes as "amazing." A week or so after returning home, however, Neal realized that the toes on his left foot didn't look right. It became evident he needed medical attention, and a friend recommended the Dorothea R. Fisher Wound Healing Center at Inova Mount Vernon Hospital (IMVH). "That's when I met Dr. Yoon and learned that I had suffered pretty bad frostbite on one foot," Neal explains.

A HEALING, LIMB-SAVING STRATEGY

After making a thorough examination, Joonhyun Yoon, DPM, diagnosed third-degree frostbite on several of Neal's toes. Dr. Yoon cleaned the wounds and recommended consistent weekly monitoring moving forward.

During one particular follow-up visit, Dr. Yoon noticed what appeared to be deep-tissue injuries with early gangrene developing on several of Neal's toes. Gangrene is a serious condition when tissue begins to die, either because of poor blood circulation or a bacterial infection. Dr. Yoon immediately prescribed a course of antibiotics for Neal. Additionally, advanced wound care products were used to deter further infection, and weekly monitoring continued.

"Neal is a young, healthy guy with good circulation, so I did not feel we needed to take dramatic measures. In my professional estimation, I still believed his body would heal from within," Dr. Yoon recalls. "Of course, we saw Neal weekly, and I knew we could act quickly if matters became more serious."

With time and care, Neal did heal. "Dr. Yoon and the wound care team saved all my toes — except the very tip of my left big toe," he says. "Their deep knowledge of wounds allowed us to wait out the natural healing process. If I had relied on a less experienced medical team, I probably would have gone in for a very dramatic but ultimately unnecessary amputation."



CARE

David Charash, DO, Joins Wound Healing Center

The Inova Wound Healing Center at Inova Mount Vernon Hospital (IMVH) welcomes a new Medical Director of Wound Care, David Charash, DO.

“The Inova leadership team is set to grow the wound care program. It’s an exciting mind-set, and I look forward to advancing this mission,” says Dr. Charash.

The Inova Wound Healing Centers are the region’s most experienced, with physicians and a certified clinical staff providing the latest treatments and technologies. These include hyperbaric oxygen therapy (HBO), negative wound pressure therapy, and artificial skin grafts that are bioengineered human skin substitutes.

Dr. Charash comes to IMVH’s wound center from the Western Connecticut Health Network, where he served as Medical Director at the New Milford and Danbury hospitals’ wound centers. Dr. Charash completed medical school at the New York College of Osteopathic Medicine and attended the Henry Ford Hospital for his residency in emergency medicine. It was during his residency in emergency medicine that he received training in HBO.

Dr. Charash is board-certified in both emergency medicine and undersea and hyperbaric medicine. HBO is a medical treatment that entails increasing oxygen flow under pressure to body tissue and is used to promote wound healing and treat other conditions.

“A vital part of growing this program involves me getting out there and engaging with our community — both its residents and healthcare providers. Everyone needs to understand the benefits of an experienced wound care and hyperbaric medicine program,” Dr. Charash explains. “The goal is to build a continuum of care so a patient’s non-healing wound is recognized as early as possible and therefore avoid a significant change in health status. I am excited to be part of Inova’s commitment to a world-class wound healing program.”



Neal Attfield (at the summit of Denali, left, and strolling with his rescue dogs Charlie and Belle, right) has recovered from frostbite he suffered while scaling Denali in Alaska.

EXPERIENCE MATTERS

As the Washington, DC, area’s first specialized resource for treatment of complex sores and non-healing wounds, Inova Wound Healing Centers’ physicians and certified clinical staff offer recognized experience in state-of-the-art treatment options and advanced technologies. They treat a range of conditions including ulcers associated with diabetes; non-healing surgical wounds; venous ulcers; pressure ulcers; and wounds related to metabolic diseases, such as Crohn’s disease.

“I think a clinician’s medical experience is critical when treating a complicated wound,” Dr. Yoon stresses. “Things can look very bad and seem to need immediate surgery or hospitalization. But, that’s not always the case. That’s why we provide every patient highly individualized care.”

WOUND CARE EXPERTISE

The Inova Wound Healing Centers offer the area’s largest, most experienced team in treating difficult to heal wounds. Learn more about the Dorothea R. Fisher Wound Healing Center at Inova Mount Vernon Hospital at inova.org/IMVHwound, or call the center at **703.664-8020**.

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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