

INhealth



Bill Tanner is operating a driving simulator as part of his recovery program at Inova Rehabilitation Center.

TAKING THE *High Road*

Inova Rehabilitation Center helps patients regain active lifestyles

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FOLLOW THE LEADER

The Best Is Yet to Come

Looking back on my first six months as CEO, there is much for which I am grateful. I am especially gratified by the strong and growing partnership between Inova Mount Vernon Hospital and the diverse community we serve.

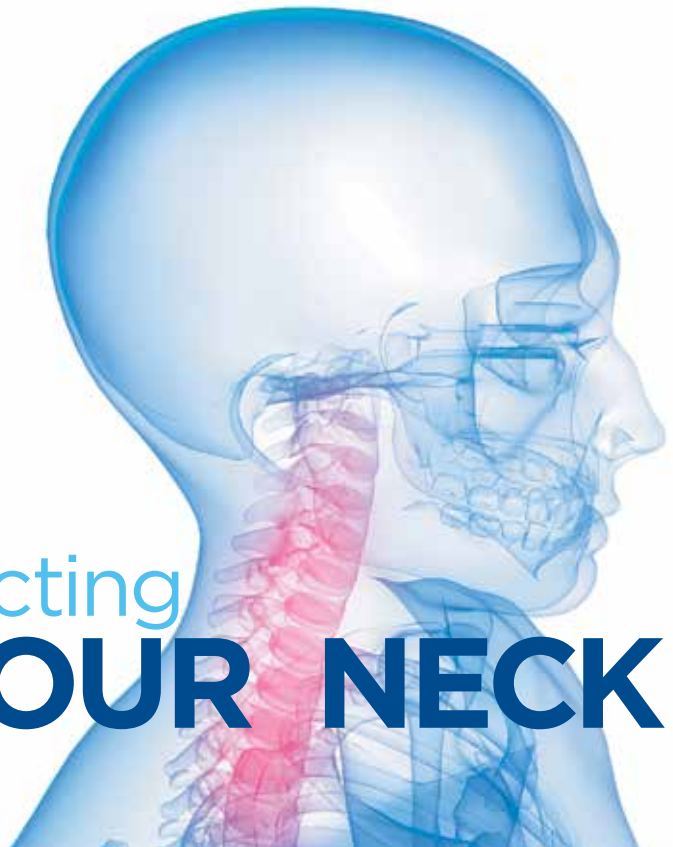
In October, the hospital opened an expanded operating room area to better serve the needs of the community. Then, in December, we dedicated the new Mark and Brenda Moore Patient Tower, a state-of-the-art facility that offers 40 new all-private rooms and a host of amenities that help our team provide world-class care in a wonderful, community hospital setting. Looking ahead, renovation work has begun in our lobby areas, and soon we will break ground to expand our Emergency Department.

I deeply appreciate my warm welcome into the Mount Vernon community. Over these first six months, your thoughts, your compliments and, yes, your constructive criticism about things we can do better, are making all the difference.

Our team of physicians, nurses, volunteers and staff understand what a privilege it is to be entrusted with the care of your loved one. Thank you for your interest and involvement in Inova Mount Vernon Hospital. Working together, the best is yet to come!



DEBORAH ADDO
Chief Executive
Officer,
Inova Mount Vernon
Hospital



● CONCUSSION

Protecting YOUR NECK

Concussion clinic at Inova Mount Vernon Hospital widens services, treatments

Inova Mount Vernon Hospital has recently expanded its concussion program.

“The clinic is a collaborative, multidisciplinary approach for the assessment and management of concussion in individuals 5 years of age and older,” says Stephanie Larson, PT, DPT, Outpatient Clinical Coordinator for Inova Mount Vernon Hospital. “With the addition of a physician and advanced practice providers trained in acute concussion evaluation and management, we can support and guide a patient’s safe return to school, work, play and life.”

Patients can expect a comprehensive evaluation by a physical therapist (PT) and a physician or

advanced practice provider when they come in with possible concussions. Together, the PT and medical provider complete a detailed assessment of motor function, vision, balance and coordination. They then establish a treatment plan to support and facilitate recovery. Prolonged recovery can be further managed through an extended team, which includes occupational therapists, speech language pathologists and a neuropsychologist.

Normally, someone with a concussion may go to the emergency room, but after he or she is treated, there is not clear guidance on how to transition back to normal life in a safe way. He or she may experience longer-lasting issues such

as balance disorders, light sensitivity or vestibular problems that aren’t addressed by an ER visit. Inova Mount Vernon Hospital’s new concussion clinic exists to fill that gap.

In addition to treating concussions, the clinic can also do baseline tests for young athletes who are at risk for concussion — for example, players of contact sports — so that when an impact that could cause concussion occurs, there is data for comparison.

HEAD SHOT

Contact Inova Mount Vernon Hospital at **703.664.7190** if you are interested in baseline testing for a concussion for yourself or your children.

GIVING Back

Operation Walk Virginia provides free surgeries to underprivileged patients

On Dec. 1-6, the fourth annual Operation Walk Virginia event provided 10 people with free surgery for debilitating knee and joint problems or arthritis.

Since 2006, when the program started, Julia Warner, Patient Care Director for Inova Mount Vernon Hospital, estimates that Operation Walk Virginia has provided about 300 free surgeries overseas and about 40 free surgeries in the United States. "It's a very positive situation [for everyone]," she says. "The criteria are that the patients have to be below the poverty line, they can't have insurance, and they must be legal residents of the United States. They're doing the right thing [in getting healthy] and we're doing the right thing for people in need, so it's a win-win."

Patients not only receive the surgeries; the doctors who do the surgery also donate all follow-up care. In addition, a

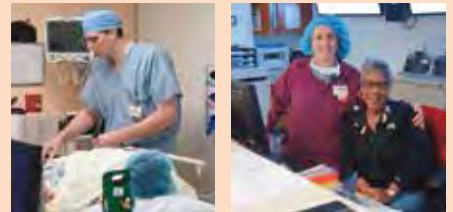
short amount of home care is usually donated, as well as durable medical equipment.

Operation Walk Virginia was established in 2006 by Inova physician Gerard Engh, MD. One of several U.S. chapters, it is based on Operation Walk, which provides free joint replacement surgeries to people in developing countries.

Warner emphasizes that people who want to get involved in Operation Walk Virginia should consider donating to the cause or volunteering for any of the various Inova fundraising events. "This program is life-changing for the people it affects, and for us," she says.

TAKE A WALK

To learn more about Operation Walk Virginia or to make a donation, visit opwalkvirginia.org. Also, see photos from past trips on Facebook. Search Operation Walk - Virginia.



Operation Walk Virginia provides free joint replacements to people in the United States and abroad. The above photos were taken during an event in late 2013 at Inova Mount Vernon Hospital. Operation Walk Virginia is one of more than 10 chapters within the international, nonprofit Operation Walk organization. The most recent local event took place last month.

Photos courtesy of David Welsh

HELP When You Need it



Free program provides assistance for elderly patients

Inova Mount Vernon Hospital is now a part of the Hospital Elder Life Program (HELP). This free program is designed to aid elderly patients in avoiding delirium and declined functioning during their hospital stays.

Hospital visits often disrupt normal routines for seniors. HELP staff and volunteers provide extra attention to elderly patients during these disruptions. They provide help in numerous ways, from basic cognitive orientation and exercise, to therapeutic stimulation, assistance with specific issues such as vision and hearing problems and other support.

Susan Heisey, MSW, LCSW, ASW-G, Inova's Program Director of HELP, says

this free service can offer invaluable assistance. "Between 34 percent and 50 percent of hospitalized patients experience delirium or functional decline, which is associated with prolonged stays, increased mortality, and a greater need for rehabilitation and home care services," she says.

Patients and their families dealing with these difficult circumstances are often pleased with and appreciative of the support provided by HELP, she adds.

GET HELP

For more information on the program, visit inova.org/help. HELP is also available at Inova Fairfax Hospital.

PRIME

A new hip helps media professional get her career back on track

Dejon Gee is passionate about designing sets for television and film; she loves creating unique environments, shopping for props and delighting viewers with the finished product. But last fall, when Gee, 31, was working on the set for a daytime talk-show host in Chicago, she began to notice sharp pains in her left hip.

“Set design requires a lot of shopping and you’re always in a rush, always doing something that needs to be done yesterday,” says Gee. “Keeping up with that pace for 12 to 15 hours a day became unbearable.”

Gee knew the pain stemmed from a condition she had been diagnosed with at age 10 called slipped capital femoral epiphysis (SCFE), causing her thigh bone to slip out of place. Multiple surgeries on her left hip fixed the problem, but over time she developed severe osteoarthritis. Now with her career on a fast track, Gee needed a hospital she could trust to get her back on her feet with as little downtime as possible.

READY, SET, ACTION

Last May, Gee traveled to Inova Joint Replacement Center at Inova Mount Vernon Hospital in Alexandria, where she met with orthopedic surgeon Andy Engh, MD. Dr. Engh and his team replaced the hardware in her left hip — a metal plate and five pins — with a brand new hip joint. He was also able to lengthen Gee’s left leg, allowing her to walk with greater stability.

“The fact that Ms. Gee had childhood hip disease and she had prior surgery with hardware in place, hers was not a routine hip replacement that we would do in a 65- or 70-year-old with arthritis,” according to Dr. Engh. “Recognizing those unique needs from the time she was in our office and all the way through her surgery, this is one thing Inova Mount Vernon Joint Replacement Center does better than other facilities.”

Having completed physical therapy, Gee looks forward to bowling, bicycling and, most of all, getting back to her fast-paced career.

TIME

Dejon Gee, who loves cinema and TV, can get back to her career designing sets after hip surgery.



Pain-Free at Any Age

While most people wait until their golden years to have a hip replacement, new research reveals that more adults younger than age 65 are having the procedure. A study presented at the American Academy of Orthopaedic Surgeons (AAOS) 2014 Annual Meeting shows that the number of adults ages 45-64 getting hip replacements has risen by 123 percent since 2000.

If you’re considering a hip replacement, your physician will base his or her recommendation on your level of pain and how your condition is affecting your quality of life. According to the AAOS, there is no age limitation for hip replacement surgery.

“When my patients come back one year after surgery, if they’re not having any pain and if they’re happy with the outcome and they have returned to work, then my expectation is that their hip should go 20 years and possibly more,” says Andy Engh, MD.

“I can move in ways that I’ve never been able to do before,” says Gee. “I’m very thankful for everything that Dr. Engh and his staff were able to do. It was a more than wonderful experience. Dr. Engh is the salt of the earth; he’s amazing!”

JOINT CARE

To learn more about joint replacement services at Inova Joint Replacement Center, visit inova.org/joint.

Festive fundraiser supports community education and outreach

LET'S TOAST

This year's Toast to a Cure event, held October 24 at the historic River Farm in Alexandria, raised money and awareness for Inova Mount Vernon Breast Care Program. Attendees enjoyed a fun-filled evening featuring live music performed by Inova physicians, as well as hors d'oeuvres and a silent auction.

"We do everything we can to really get the word out there and let the community know that we provide an outstanding program featuring state-of-the-art equipment and technology and a highly trained medical team," says Randy Damron, Director of Imaging.

Funds generated by this year's event will support the hospital's ongoing effort to promote prevention awareness and provide support to breast cancer survivors.

"In addition to supporting our community education and outreach program, the Toast to a Cure also raises money for our survivorship group and yearly survivorship brunch held in June," says Kristen Prettol, Imaging Clinical Coordinator. "The funds we raise from the event pay for the group's educational guest speakers."

REACHING OUT

For 38 years, Inova Breast Care Program has provided the community with top-notch specialists and the most advanced imaging services available. The program supports the community with a full spectrum of breast care services, ranging from preventative care through treatment and support for survivors.

"The hospital is committed to supporting specific technology and programs

that keep us at the leading edge of breast cancer care," says David Weintritt, MD, Director of Inova Mount Vernon Breast Care Program.

Dr. Weintritt is excited about the hospital's efforts to connect with members of the community.

"If even one person walks away with the ability to either make a decision for themselves or help somebody that they know make a decision that's going to lead to a better outcome for them, then it was worth our effort," he says.

GIVE US A RING

To schedule an appointment at Inova Mount Vernon Breast Care Program, call **571.423.5400**.



Deborah Addo, CEO of Inova Mount Vernon (left), with Judy Bilicki, Director of Inova Mount Vernon Hospital Foundation, at the Oct. 24 Toast to a Cure event.



Guests enjoy October's lively Toast to a Cure event, which supported breast cancer research and treatment.

Meet Robert Cohen, MD

Inova Mount Vernon Hospital welcomes Robert Cohen, MD, a board-certified and fellowship-trained physician with more than 30 years of experience in breast cancer surgery. After receiving his medical degree from the Boston University School of Medicine, Dr. Cohen completed his residency at the University of California, Irvine, and



Emanuel Hospital & Health Center. He completed his fellowship in surgical oncology at the University of California, Irvine. He is excited about expanding his practice to patients in the Mount Vernon area.

"Inova is really focused on excellent patient care and it provides a very supportive environment for physicians that

allows them to do their best for their patients," he says.

Named one of "America's Top Surgeons" by the Consumer Research Council, Dr. Cohen has also been recognized by *Washingtonian Magazine* as a top doctor for breast surgery. In his free time, Dr. Cohen enjoys spending time with his wife and teenage twin boys.

BACK IN THE SWING

Inova Rehabilitation Center helps patients regain active lifestyles

Last Feb. 17 started out like any other Monday for defense contractor Bill Tanner. But as he prepared breakfast before going to work, the unexpected happened. Tanner felt a sudden, sharp pain jolt through his head.

"I felt a lightning bolt in the back of my head and I noticed my speech started deteriorating and my legs started giving way," remembers the golf enthusiast.

Recognizing the severity of his situation, Tanner reached for the phone and called a colleague with medical experience. Within minutes, an ambulance arrived to take Tanner to the emergency room. Tests revealed he had suffered a left-brain stroke.

After spending the next six days in the intensive care unit at Inova Alexandria Hospital, Tanner was transferred to Inova Rehabilitation Center (IRC) at Inova Mount

Vernon Hospital. With the help of a competent, compassionate team of specialists, he began a slow, sure path to recovery.

At first, Tanner's right leg was so weak, he relied on a wheelchair to get around. He had so little control over his right arm that he couldn't raise it high enough to put on a jacket. His speech was slurred and he had trouble writing. Over time, with the help of highly trained occupational, physical and speech therapists, he gradually regained his strength and his faculties.

After successfully completing inpatient therapy, Tanner returned home and enrolled in Inova Mount Vernon's outpatient Bridge Program. Soon he was able to walk independently and even jog on a daily basis. By mid-June, Tanner was driving to work and playing golf in his spare time.

"The doctors and the therapists were incredible," says Tanner. "They work

together and they're really there for the patients. They're just wonderful people, all of them."

THERE FOR THE COMMUNITY

For patients who have experienced brain, stroke, spinal cord, orthopedic, neurological or workplace injuries, IRC offers extensive restorative services. What sets the center apart from other rehabilitation facilities is its comprehensive services delivered in a top-notch medical setting.

"Having our rehabilitation center located in an acute care hospital is a definite advantage," says IRC Medical Director Roger Gisolfi, MD. "We have a full battery of consultants who take care of many illnesses on the rehabilitation unit, and if a patient requires additional care they can be transferred into our intensive care unit. Everything is contained in one building."

Patients come from all over Northern Virginia and the Washington, DC, metro

Certified To Heal

Inova Rehabilitation Center at Inova Mount Vernon Hospital attracts patients from all over the Northern Virginia and Washington, DC, regions.

"We have a highly specialized team," says Liane Boon, Senior Director of Rehabilitation Services at Inova Mount Vernon Hospital. "Most of our therapists have specialty certification in different therapy techniques." Here is a list of staff certifications at IRC:

- Certified Rehabilitation Nurse
- Certified Gerontology Nurse
- Assistive Technology Professional through RESNA
- Certified Driving Rehabilitation Specialist
- Certified Brain Injury Specialist
- Lee Silverman Voice Training (LSVT) - LOUD

- Lee Silverman Voice Training - BIG
- Vestibular Certification through American Institute of Balance
- Vital Stim Certification
- Neuro Certified Specialists through the APTA
- National Institutes of Health Stroke Certification



Bill Tanner, who suffered a stroke, is able to play golf again.



Inova Rehabilitation Center is located on the fifth floor of a brand-new patient tower at Inova Mount Vernon Hospital.

Someone Who Understands

Following a stroke or a brain injury, adjusting to everyday activities such as running errands, paying bills and doing leisure activities can be challenging and sometimes frustrating.

The Peer Mentor Program at Inova Mount Vernon Hospital's Rehabilitation Center provides a unique opportunity for individuals healing from a stroke or brain injury to learn from mentors who have recovered from the same conditions. By partnering with a mentor, new patients can find out more about rehabilitation and hospitalization plus strategies for adjusting to home and work. If you're interested in mentoring, call the Outpatient Rehabilitation Office at **703.664.7190**.

area to IRC, seeking to reclaim independent and active lifestyles following an injury or illness.

NEW AND IMPROVED

To meet the growing demand for its state-of-the-art services, IRC has expanded onto the fifth floor of a brand-new tower at Inova Mount Vernon Hospital. The center now provides 67 patient rooms, 35 of which are private.

"We anticipate we'll be able to greatly improve the magnitude of our patient care with the new facility," says Dr. Gisolfi.

The new tower provides a calming, healing environment for patients and their families. Spacious windows bring in plenty of natural light, highlighting the natural green and blue hues on the walls and the genuine wood floors. Nature-inspired artwork adds a serene element to the center's soothing atmosphere.

"It is very warm and welcoming with a lot of natural light coming in from the windows," says Liane Boon, Senior Director of Rehabilitation Services at

Inova Mount Vernon Hospital. "It's been very exciting to go through the process, creating, developing and designing the new facility," she adds. "We received input from our staff and input from patients as we were building it."

In addition to adding private rooms with pullout couches for families to stay with their loved ones, the center provides a large patient living space featuring comfortable seating and a large-screen TV. The new floor also features a brand-new family day room and a large therapy gym.

"A lot of work went into the expansion, and I think our patients and our community are really going to love it," says Boon. "I think it's really going to enhance our program and meet our patients' needs."

BACK IN ACTION

Learn more about Inova Rehabilitation Center. For outpatient services, call **703.664.7190**. For inpatient services, call **703.664.7592**.

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 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience 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

LECTURES



Sameer Nagda, MD
Orthopedic Surgeon

Treatment Options for Rotator Cuff Tears and Shoulder Arthritis

Sameer Nagda, MD

Tuesday, Jan. 20
6:30 p.m.

Harbour View
13200 Marina Way
Woodbridge, VA

Tuesday, April 21
6:30 p.m.

Harbour View

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).



Nora Homeyer, MD
Emergency Physician

Acute Concussion Management: Best Practices and Pitfalls

Nora Homeyer, MD

Thursday, Feb. 19
5:30 p.m.

Inova Mount Vernon Hospital
Engl Conference Center



Corey Wallach, MD
Orthopedic Surgeon

Treatment Options for Neck and Back Pain

Corey Wallach, MD

Thursday, Feb. 19
6:30 p.m.

Harbour View



Nitin Goyal, MD
Orthopedic Surgeon

Osteoarthritis and the Latest Advances in Joint Replacement

Nitin Goyal, MD

Thursday, March 12
6:30 p.m.

Laurel Hill Golf Club
8701 Laurel Crest Drive
Lorton, VA

Thursday, April 9
6:30 p.m.

Springfield Country Club
8301 Old Keene Mill Road,
Springfield, VA

Thursday, May 14
6:30 p.m.

Residence Inn National Harbor
192 Waterfront St.
National Harbor, MD

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