



INhealth

INOVA MOUNT VERNON HOSPITAL

Proud past **PROMISING FUTURE**

New development, strong patient satisfaction mark Inova Mount Vernon Hospital's approaching 40th anniversary

PAGE 6



The Mark and Brenda Moore Patient Tower at Inova Mount Vernon Hospital opened in 2014.

INSIDE: FIGHT THE FLU

3

EMERGENCY CARE IN LORTON

4

NEW AND IMPROVED ED

5

FOLLOW THE LEADER

Forty Never Looked Better

Happy New Year! It's a pleasure to share with you the latest edition of *InHealth*, the newsletter for your community hospital. I hope you'll take a moment to read about the programs and people of Inova Mount Vernon Hospital.

This year marks the 40th anniversary since our founding in 1975. I want you to know that as we approach this significant milestone, our future is bright.

When you see our hospital campus, you'll quickly notice the new Veatch Family Emergency Department rising into the sky. By the close of 2016, this new facility will offer greatly enhanced, family-friendly emergency services to our wonderful Mount Vernon community. I will be sharing more good news about this exciting project over the next few months.

I am so proud of our care team, which is committed to putting patients and their safety first, above all else. When you choose Inova Mount Vernon Hospital, you should expect safe, high-quality, highly reliable care and a superior patient experience. We are committed to transparency and clinical excellence and patient safety matters.

Our commitment to you will never waver. Thank you for your trust.



DEBORAH ADDO
Chief Executive Officer,
Inova Mount Vernon Hospital



WOUND CARE

TARGETING the Toughest Wounds



HBO therapy offers **effective approach**

Hyperbaric oxygen (HBO) therapy is a highly specialized medical treatment available at Inova Mount Vernon (IMVH) and Inova Fair Oaks hospitals.

Patients undergoing HBO therapy breathe 100 percent oxygen at 1.5 to 3 times normal air pressure inside specialized treatment chambers. The increased air pressure enables more oxygen to be dissolved into the blood than would ordinarily be possible by breathing oxygen at normal pressures. This oxygen-enriched blood is carried throughout the body and has many benefits: It helps the body fight bacteria, removes toxins like carbon monoxide from the body and promotes the healing process by stimulating the growth of new blood vessels.

HBO therapy is highly effective in treating delayed radiation injury, diabetic foot ulcers, decompression sickness (the bends) and chronic bone infections. HBO therapy is used to treat an increasing number of carbon monoxide poisoning cases during the cold winter months.

The team at the Dorothea R. Fisher Wound Healing Center at IMVH has more than 30 years of HBO treatment experience. It has performed more than 35,000 treatments.

ASK US

Are you a candidate for hyperbaric oxygen therapy? To learn more or to schedule a consultation, call **703.664.7218**.

ORTHOPEDECS

THE GIFT OF MOBILITY

Doctors give back in **Operation Walk**

In December, three Inova Mount Vernon Hospital (IMVH) surgeons from Inova Joint Replacement Center (IJRC) participated in an annual tradition: Operation Walk USA. As part of the national program's mission, Kevin Fricka, MD, Nitin Goyal, MD, and William Hamilton, MD, provided free hip and knee replacements to local residents who otherwise would not have been able to receive them.

Laura Daleski of Annandale was one lucky recipient. She received a bilateral hip replacement at IMVH on Dec. 2.

"Operation Walk USA has literally changed my life," Laura says. "When I came to the clinic last summer, I was out



Laura Daleski, left, with Greta Lane, of registration at IMVH, underwent free hip replacement surgery in December.

of options. I only came to the center to ask if anyone knew of anyone who might be able to help me. Instead, Dr. Kevin Fricka said to me, 'I will do this for you.' I still get emotional when I think of this man's compassion, and the commitment of Inova Mount Vernon Hospital to help."

Operation Walk is held nationally during the first week of December.

WALK THE WALK

Learn more about Operation Walk USA at opwalkusa.com.



● WELLNESS |

FENDING OFF the Flu

Flu shots help to make symptoms milder

While flu season can be unpredictable, it normally peaks between December and February. This means it's still a good time to get a flu shot, if you haven't received one already.

The flu virus is constantly evolving, and vaccines are designed to fight the strains that health experts predict will be most common each season. Anyone 6 months and older can be vaccinated. Young children, pregnant women, people with chronic health conditions and people 65 and older are especially encouraged to get vaccinated because they have a higher risk of developing flu-related complications, which can be very serious — or even deadly. Children

ages 6 months through 8 years may need two doses of the vaccine, which should be given at least four weeks apart. A nasal spray vaccine is also available for people ages 2 through 49.

If you develop the flu, the flu vaccination can help make your symptoms milder and decrease the chance that you will need to be hospitalized. On average, around 200,000 people are hospitalized each year because of the flu. If you think you have the flu, contact your healthcare provider, especially if you are experiencing severe symptoms. Your provider can prescribe antiviral medications that can also help shorten or lessen the severity of the flu.

PREVENTION

Besides receiving a flu shot, here are other preventive measures to reduce the likelihood of developing the flu. These are generally the same steps you would take to avoid a cold:

- Wash your hands often with soap and water, or use an alcohol-based sanitizer.
- Don't touch your mouth, eyes or nose with unwashed hands, as those are places where germs easily can enter the body.
- Eat well, exercise, drink plenty of water and get enough sleep.
- Avoid being in close proximity to sick people.

IS IT A COLD OR THE FLU?

COLD	FLU
 Runny nose	 Muscle pain
 Sore throat	 High fever
 Sneezing	 Headache
 Cough	 Serious fatigue
 Fatigue	 Chills

FLU SHOT CLINICS

Inova offers convenient flu shot clinics at many locations. Find one near you at [inova.org/flu](https://www.inova.org/flu).



SUPERIOR EMERGENCY CARE in the Community

Inova HealthPlex –
Lorton delivers

Serving the Lorton/Woodbridge/Mount Vernon area, Inova HealthPlex – Lorton features a 19-bed Emergency Department (ED) and offers a full complement of ED services for adult and pediatric patients. The HealthPlex is conveniently located just off the Lorton exit of I-95 and just a mile west of U.S. Route 1 and Lorton Road. The facility, which opened in 2013, combines easy accessibility and superior patient care with a friendly staff and a hometown atmosphere.

Affiliated with Inova Mount Vernon Hospital (IMVH), the Lorton HealthPlex is staffed by a team of highly skilled physicians, nurses, and laboratory and X-ray technicians who are board-certified or board-eligible. The medical staff is trained and equipped to stabilize every type of emergency, with transfer to a higher level of care at IMVH when needed.

In addition to offering a full complement of adult and pediatric ED services, the medical team provides 24/7 imaging

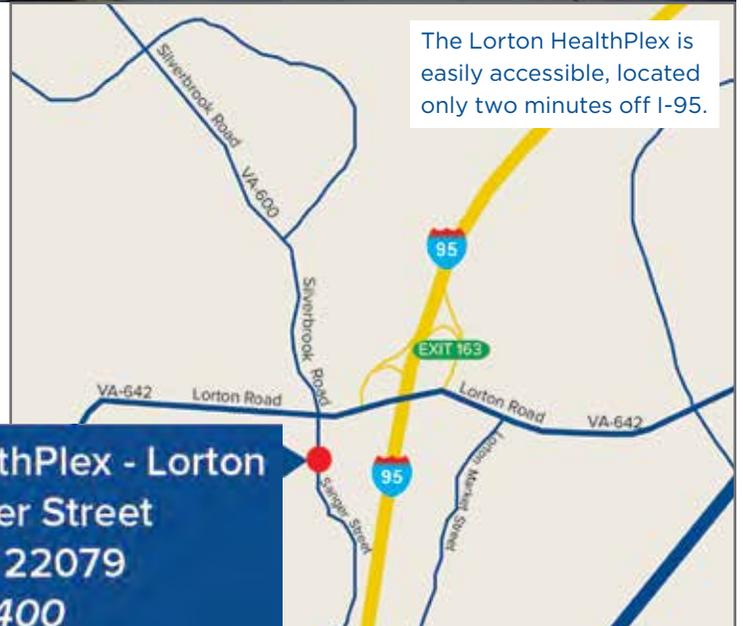
Inova HealthPlex - Lorton
9321 Sanger Street
Lorton, VA 22079
703.982.8400

services, including X-ray, CT and ultrasound. The imaging services area also schedules outpatient visits for routine imaging such as 3-D mammography and bone density screening. Inova HealthPlex – Lorton also features a full on-site laboratory that is open 24 hours a day.

URGENT FACTS

Learn more about emergency care and diagnostic imaging services at Inova HealthPlex – Lorton at inova.org/lorton. For emergency care, call 911. For routine radiology scheduling at the HealthPlex, call **703.982.8324**.

The Lorton HealthPlex is easily accessible, located only two minutes off I-95.



WHY CHOOSE INOVA HEALTHPLEX – LORTON?

- The average wait time from front door to seeing a doctor is less than 10 minutes.
- It is conveniently located to all major access points in Southern Fairfax and Northern Prince William Counties.
- It offers highly trained, board-certified emergency staff.



TAKING SHAPE

New Emergency Department promises more room for treatment

Every year, more than 40,000 patients receive their care through the Inova Mount Vernon Hospital (IMVH) Emergency Department (ED). To better meet these needs, the hospital broke ground last fall on the new Veatch Family Emergency Department.

IMVH already receives superior ED patient satisfaction scores: Nearly 97 percent of patients say they would come again for treatment if necessary. Soon, this care will be delivered in a brand new facility that matches the high quality of the service.

WHAT'S INSIDE?

The new and improved Inova Mount Vernon Emergency Department will feature nearly 19,000 square feet of treatment space, including:

- 35 larger and more private treatment rooms — 15 more than what is currently available

- Seven new “fast track” treatment rooms for less serious injuries and illnesses, resulting in faster care
- Two new rooms to manage resuscitation emergencies
- New pediatric treatment rooms with child-friendly amenities
- Improved ambulance access
- A separate, more comfortable lobby that includes a new family-friendly play area to better accommodate ED patient flow and visitors
- Ample room for future growth

Expanding the IMVH ED is about saving lives. A larger, more efficient ED means patients receive the best possible care, when every second counts.

Local entrepreneur and longtime IMVH supporter Jeffrey Veatch has committed a \$2 million lead matching gift toward the ED. As of December, about \$810,000 in donations had been raised.

Give to the Cause

Support from the community will be essential to the success of completing the new Emergency Department. To learn how you can be part of the Emergency Department expansion, including naming opportunities, contact Judy Bilicki, Executive Director, Eastern Region, Inova Health Foundation, at **703.504.7770** or **judy.bilicki@inova.org**. You can also make a gift online at **foundation.inova.org/mountvernonED**.

SEE FOR YOURSELF

View the video from last fall's exciting groundbreaking at **inova.org/mountvernon-ER-groundbreaking**.

PROUD PRO

Inova Mount Vernon Hospital receives strong patient satisfaction ratings

The New Year begins with Inova Mount Vernon Hospital (IMVH) experiencing robust growth and strong gains in patient satisfaction and clinical quality. This comes at a significant time, as IMVH will be celebrating its 40th anniversary this October. “We have never been more excited about the future of Inova Mount Vernon Hospital,” notes IMVH CEO Deborah Addo. “Each day, our care team works hard to deliver high-quality, highly reliable care to those we are privileged to serve.”

A SUPERIOR PATIENT EXPERIENCE

Often, what separates a good hospital from a truly great one is the patient experience. It’s important to ask: Are patients not only well cared for, but do they and their loved ones believe they are fully informed and involved in their care? Are they treated with care and

Leading National Organizations Take Notice

Last summer, *U.S. News and World Report* named Inova Mount Vernon Hospital (IMVH) the No. 6 “Top Hospital” among 52 hospitals across the Washington, DC, metro region, up from No. 13 the year before.

In October, the Leapfrog Group, the

PAST MISSING FUTURE

compassion? Does the hospital staff seek every opportunity to meet patient needs? Thanks to positive recent patient survey responses, IMVH is proud to say it can answer each of these questions with a resounding “yes.” The following responses, comprising the period Jan. 1, 2015, through Nov. 17, 2015, offer a glimpse into how patients perceived their experiences at IMVH:

In the **Emergency Department**, 91.3% said they had an overall good patient experience. Here are some of their reasons for saying so:

- **Courtesy of nurses – 94.3%**
- **Courtesy of physicians – 93.6%**
- **Physicians took time to listen – 93.5%**
- **Nurses concern for privacy – 93.0%**
- **Physician communication about treatment – 91.5%**

For **patients who are admitted**, IMVH scored an overall 95.0% rating for overall care. Some of the reasons why include the following:

- **The skill of physicians – 97.4%**
- **The skill of nurses – 95.1%**
- **Friendliness/courtesy of physicians – 93.5%**

nation's preeminent healthcare patient safety advocacy organization, awarded the hospital its 3rd consecutive “A” rating for patient safety.

In November, IMVH was named a “Guardian of Excellence Award” winner by Press Ganey Associates Inc. for sustained high performance in clinical quality. Locally, IMVH was recognized by the Mount Vernon-Lee Chamber of Commerce as the Chamber’s “Large Business of the Year.”

- **Attention to special/personal needs – 92.0%**
- **How well the staff worked together for you – 94.3%**
- **Overall, 94.9% of IMVH inpatients say they are likely to recommend the hospital.**

In the **outpatient setting**, the overall rating of care was 96.6%. Important factors cited by patients include:

- **Confidence in the skill of the physician – 97.6%**
- **Friendliness of the physician – 97.6%**
- **Friendliness of nurses – 97.5%**
- **The degree to which the staff worked together – 97.3%**
- **Confidence in the skill of nurses – 95.6%**
- **Overall, 96.2% of IMVH outpatients say they are likely to recommend the hospital.**

These responses paint a picture of a strong community hospital delivering excellent care in a way that puts patients’ needs first.

NEW FACILITIES TO MATCH SUPERIOR CARE

Beginning in 2013, IMVH embarked on a multiyear, \$80-million dollar renovation and facilities enhancement program. The value of this investment is already beginning to show.

In October 2014, the hospital opened two new large, state-of-the-art operating room suites that better fit the needs of surgeons and staff in the operating room areas.



The Mark and Brenda Moore Patient Tower includes 40 private rooms, which provide ample natural light and a calm environment where patients can feel comfortable as they heal.

The following month, IMVH dedicated the new Mark and Brenda Moore Patient Tower. The tower includes 40 new all-private patient rooms in a healing, aesthetically pleasing setting, and features new special patient treatment areas to deliver enhanced orthopedic and rehabilitative services care.

In the summer of 2015, IMVH dedicated its new main patient and visitor lobby area. Patients and visitors now enter the hospital through a new and beautiful “front door.” Many have remarked on the positive power this wonderful new first impression brings them.

As 2016 marches forward, so too does construction of the hospital's new Veatch Family Emergency Department. Set to open shortly after the hospital's 40th anniversary celebration, the new ED is the next jewel in the continuing transformation of Inova Mount Vernon Hospital.

YOUR COMMUNITY HOSPITAL

Learn more about Inova Mount Vernon Hospital at inova.org/imvh.

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) on genomics, Inova Neuroscience Institute, Inova Dwight and Martha Schar Cancer Institute (ISCI) 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.

If you do not wish to receive future mailings from Inova, please contact us at 1.855.My.Inova (1.855.694.6682) or inova.org/unsubscribe.



8110 Gatehouse Road
Falls Church, VA 22042

inova.org

IHS-062-IMVH

NON-PROFIT
US POSTAGE
PAID
INOVA HEALTH
SYSTEM

ASK THE EXPERTS

LECTURES

Osteoarthritis and the Latest Advances in Joint Replacement

Nitin Goyal, MD

Thursday, Jan. 21

6:30 p.m.

National Golf Club
at Tantallon
300 St. Andrews Drive
Fort Washington, MD

Thursday, Feb. 25

6:30 p.m.

Inova Mount Vernon
Hospital - Engh
Conference Center
2501 Parkers Lane
Alexandria, VA

Thursday, March 24

6:30 p.m.

Inova HealthPlex -
Lorton
9321 Sanger St.
Lorton, VA

Thursday, April 21

6:30 p.m.

The Westin Washington -
National Harbor
171 Waterfront St.
National Harbor, MD

Thursday, May 19

6:30 p.m.

Springfield Country Club
8301 Old Keene
Mill Road
Springfield, VA



Nitin Goyal, MD
Orthopedic Surgeon

Treatment Options for Rotator Cuff Tears and Shoulder Arthritis

Sameer Nagda, MD

Thursday, Feb. 11

6:30 p.m.

Inova HealthPlex - Lorton
9321 Sanger St.
Lorton, VA

Wednesday, May 4

6:30 p.m.

Inova Mount Vernon
Hospital - Engh
Conference Center
2501 Parkers Lane
Alexandria, VA



Sameer Nagda, MD
Orthopedic Surgeon

Latest Advances in Orthopedic Foot and Ankle Care

Thomas Sanders, MD

Monday, Feb. 1

6:30 p.m.

Inova HealthPlex - Lorton
9321 Sanger St.
Lorton, VA

Monday, March 14

6:30 p.m.

Sherwood Regional Library
2501 Sherwood Hall Lane
Alexandria, VA



Thomas Sanders, MD
Orthopedic Surgeon

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).

Find a Physician

Looking for a doctor?
Visit 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.



Subscribe Now!

Sign up to
receive e-newsletters
about health topics
and programs at
inova.org/subscribe.



Ask the Expert

Find a FREE
Ask the Expert lecture
on a health topic that
interests you at inova.org/AskTheExpert.

