



INOVA FAIR OAKS HOSPITAL

INhealth



Just for **KIDS**

Services transform emergency room into child-friendly space

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Nicholas Sutingco, MD, FACEP, Chairman of the Department of Emergency Medicine at Inova Fair Oaks Medical Center, with Cecilia Mortorano, MSN, RN, NEA-BC, CEN, Clinical Director of the emergency department, and a toddler.

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FOLLOW THE LEADER

Happy New Year!

At Inova Fair Oaks Hospital, we are constantly striving to improve and meet the needs of our growing community. That might mean offering valet parking and an onsite retail pharmacy. Or it might mean bringing on highly specialized surgeons and expanding our services to make cutting-edge technology available to our patients.

Our Emergency Center treats over 10,000 kids each year, and we are thrilled to give them a space of their own. A generous donation from Virginia Emergency Medicine Associates has allowed us to expand our services and provide specially trained pediatric staff to ease the anxiety of both parents and kids when visiting the ER.

After listening to our patients and their families, we learned that the surgical waiting area plays an important role in the comfort and anxiety levels of those waiting. So our new space was designed with that in mind. The expansion of our surgical suite has also added new state-of-the-art operating rooms to support more complex and advanced procedures.

You and your family deserve a truly great community hospital in your backyard. We won't let you down.



JOHN FITZGERALD

Chief Executive Officer
Inova Fair Oaks Hospital



WELLNESS

BEAT the Bug



There's still time to receive a flu shot

Flu season has arrived again — and it's nothing to sneeze at. Each year, the flu virus is the cause of thousands of hospitalizations and even deaths. The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older receive an annual flu vaccine.

"The flu shot is the most effective way to prevent influenza illness and reduce doctors' visits and missed days from work and school," notes Nandini Koka, MD, Medical Director, Inova Urgent Care Centers. "The flu shot can also prevent flu-related hospitalizations and serious illness."

There are other types of flu vaccinations, such as the nasal spray, FluMist. But the CDC advises against getting FluMist this season because of the vaccine's relatively poor effectiveness for the last three years. Fortunately, the flu shot is safe for everyone

6 months and older. "People who are at risk for serious illness and complications, including young children, pregnant women, people 65 years and older and those with chronic medical conditions, should be especially proactive about obtaining a flu shot," advises Dr. Koka.

Since it takes approximately two weeks after receiving the vaccine to build up antibodies that protect against the virus, it is best to get a flu shot before influenza activity begins in your community, adds Dr. Koka.

Flu shots are now available at Inova through its Urgent Care Centers, outpatient doctors' offices and flu clinics held at each Inova hospital. Please check the schedule at inova.org/flu. Those seeking flu shots at Inova Urgent Care Centers can check in online in advance to minimize wait times. Visit inova.org/ucc.

Flu signs and symptoms



Headache



Cough



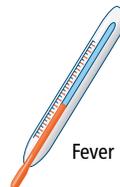
Sore throat



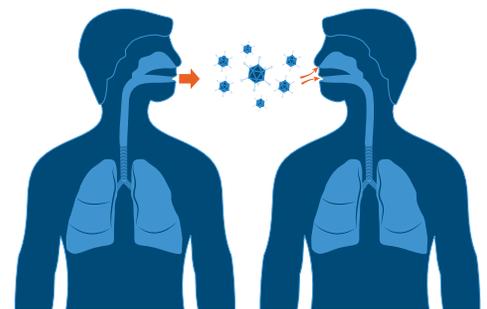
Joint aches



Runny nose



Fever



Flu viruses can spread mainly by droplets made when people with the flu cough, sneeze or talk.

Q&A

Cervical Health

A gynecologic oncologist answers some common questions

January is Cervical Cancer Awareness Month and serves as an important reminder for women to be screened. Thanks to increased use of screening tests and advancements in modern medicine, the cervical cancer death rate has decreased by more than 50 percent over the past 30 years. Still, it is estimated that approximately 13,000 women in the U.S. will be diagnosed with cervical cancer this year. Ruchi Garg, MD, board-certified gynecologic oncologist, answers a few frequently asked questions about the disease.

HOW OFTEN SHOULD WOMEN BE SCREENED FOR CERVICAL CANCER?

Screening frequency generally depends on age and risk factors. It is recommended that a woman begin routine screening at age 21 — and be screened at least every couple of years until age 30. But if she has any risk factors, the frequency may increase. Women over age 30 should also be tested for HPV as it is strongly associated with cervical cancer. If the two tests are negative, a woman can continue screening every two to three years, versus annually. The guidelines have changed so much and it can get confusing. It is best to check with your gynecologist to assess your risk factors and understand your specific screening recommendations.

WHAT ARE SOME OTHER RISK FACTORS?

Risk factors can include early onset of sexual activity, multiple pregnancies, multiple partners, smoking and immunosuppressed status, to name a few.

WHAT ARE SOME EARLY SYMPTOMS THAT WOMEN CAN IDENTIFY?

Irregular spotting or dysfunctional bleeding, especially after intercourse,

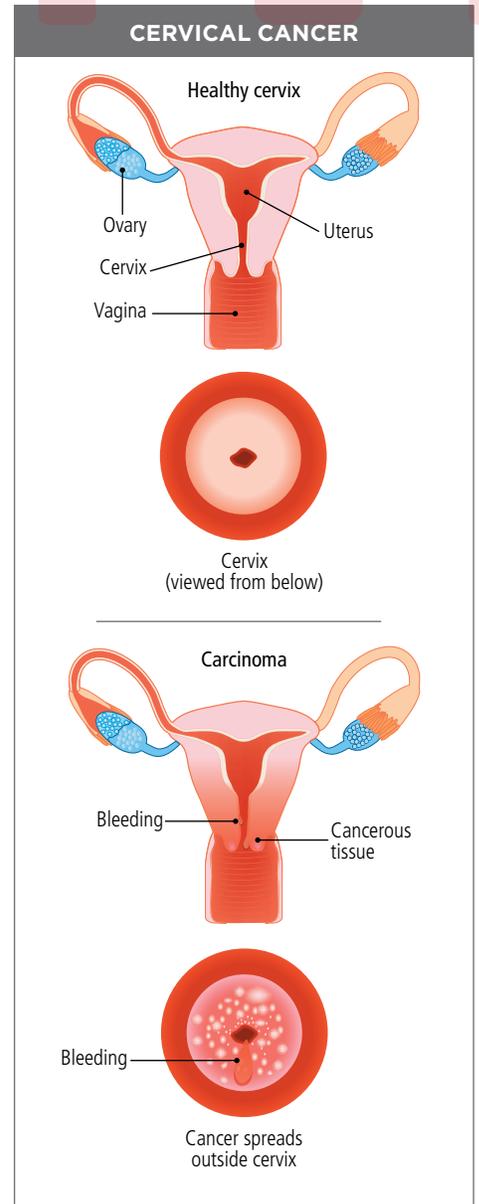
and abnormal or copious amounts of discharge are just some of the early symptoms of cervical cancer. Listen to your body and consult with your gynecologist if something doesn't seem right.

WHAT CAN A WOMAN DO TO REDUCE HER RISK?

The HPV vaccine is the foremost way to help reduce risk. Condoms, smoking cessation and decreasing the number of sexual partners can all help lessen the risk for developing cervical cancer.

WHAT ARE SOME TREATMENT OPTIONS?

Treatment options will vary depending on the stage of the cancer. If it's early



stage cancer, it may be treated with surgery. But if it is in the advanced stages or has spread to the local area, then it should be treated with chemotherapy and radiation.



George Iskander, MD
OB-GYN

ASK THE EXPERT

LECTURE

Role of HPV in Cervical Cancer Prevention

Join George Iskander, MD, for this FREE lecture.

Location: Inova Fair Oaks Medical Campus, Building 3580, Auditorium

Date & Time: Monday, Jan. 23, 6 p.m.

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



CUTTING EDGE

Surgical suite expands to accommodate advanced technology

To accommodate a new wave of technologically advanced surgical equipment and techniques, Inova Fair Oaks Hospital Surgery Center has added six new operating rooms.

“To be able to support the technology that advanced surgery is requiring, we’re using different modalities in the operating room,” says Robert Ahmed, MD, President of Virginia Surgery Associates. “We now have state-of-the-art operating rooms that can support technological advances as they come along.”

LEADER IN THE COMMUNITY

A multitude of pioneering advances are now available in the surgical suite. “At Inova Fair Oaks Hospital, we have a very strong minimally invasive surgery program, which includes bariatric, gynecologic, colorectal and general surgery. The new rooms are providing us with that increased capacity to provide the advanced technologies for all of those subspecialties,” says Dr. Ahmed.

The spacious, new operating rooms are also designed to support an expected increase in the frequency of orthopedic surgeries, including joint replacements. “In collaboration with our surgeons, we are evaluating new technology to further advance our spine and joint replacement programs,” says John Fitzgerald, CEO of Inova Fair Oaks Medical Campus.

In the future, says Dr. Ahmed, the expanded department also will accommodate liver and pancreas surgical services as well as an enhanced robotic surgery program. The addition of these innovative services will attract more specialized surgeons and dedicated nursing staff, and will continue to position Inova Fair Oaks Surgery Center as an exemplary care model. “Our vision is to be a leader in the Northern Virginia area,” Fitzgerald says. “The expansion project is going to be a giant leap forward both in terms of capacity and patient experience.”

HERE WHEN YOU NEED US

To learn more about surgical services at Inova Fair Oaks Medical Campus, call **703.391.3600**.

Comfort While You Wait

Waiting for a loved one while they are having surgery can be an anxious time. To help families feel more at ease, the Inova Fair Oaks Surgical Department has remodeled and expanded its waiting area.

“Our patients and families always tell us through their surveys that the comfort of the family waiting area is very important,” says Julie Hudtloff, Patient Experience Leader.

The team at Inova Fair Oaks Hospital listened. The newly expanded waiting room features plush, comfortable seating and calming, nature-inspired artwork. “We wanted to bring the outside in,” says Hudtloff.

The new waiting area offers multiple work stations for visitors to plug in their electronic devices, as well as complimentary WiFi access. There are two wall-mounted Patient Status Update Boards in the waiting area to keep friends and family members updated on where their loved one is in the surgical process. Consultation rooms have also been added, giving physicians and family members additional privacy while having postoperative conversations. “Comfort and communication are key and this new design really allows for that,” says Hudtloff.

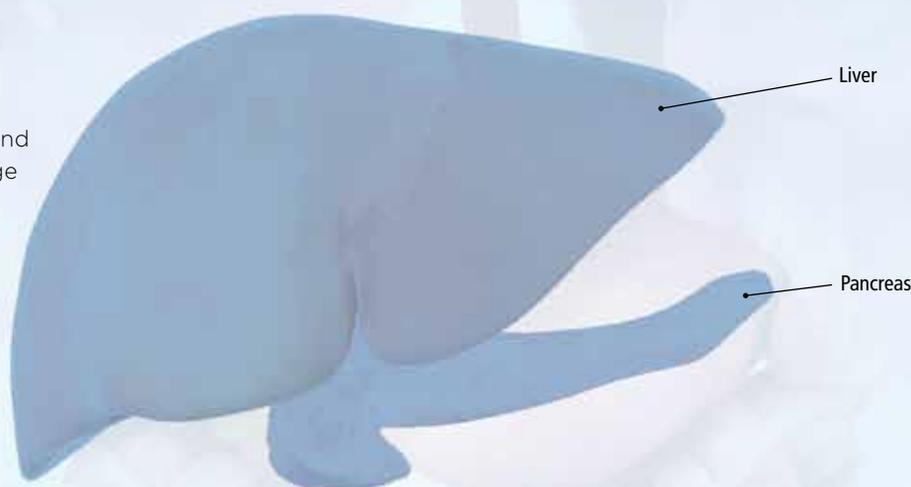
ADVANCED CARE

George Younan, MD, performs specialized surgery for people with liver, pancreatic diseases

Inova Fair Oaks Hospital welcomed hepatobiliary and pancreatic surgeon George Younan, MD, to the hospital campus in August.

Dr. Younan, who previously completed a residency at Inova Fairfax Hospital, brings to the system a highly specialized form of surgery for those living with several types of liver and pancreatic diseases. He was fellowship-trained in hepato-pancreato-biliary surgery at the Medical College of Wisconsin in Milwaukee — the only surgeon in Northern Virginia with his particular background trained to perform these procedures.

Dr. Younan specializes in minimally invasive surgical procedures designed to remove cancerous or pre-cancerous tumors on the liver, pancreas, gall bladder and other organs. Using ablative techniques, Dr. Younan burns the tumors rather than resecting them, allowing for a much quicker and less painful procedure. “We do it for a specific population of patients who do not tolerate surgery,” Dr. Younan says. “Many people can’t undergo big dissections of the liver because they have liver disease.”



In the past, patients with cancerous or pre-cancerous tumors on the hepatobiliary organs were required to travel long distances to receive care. Being able to offer this surgery is highly beneficial to the patients, according to Inova Growth Officer Elise Powers. “Being able to manage these cancers locally further enhances the comprehensive cancer services provided on the Inova Fair Oaks Medical Campus,” says Powers.

“When people are seeking care, especially with the surgeries that [Dr. Younan] does, it is often a pretty complex inpatient surgery,” Powers says. “It requires a hospital stay, and if you’re going to be in the hospital for a few days, you want to be close to home. We are thrilled to be able to offer this level of care to our community.”



George Younan, MD
General Surgeon

JUST FOR

Services transform emergency room into **child-friendly space**

When kids go to the emergency room (ER), they need special treatment. That's why the expert staff at Inova Fair Oaks Hospital Emergency Center, who treat more than 10,000 children a year, decided to take it to the next level. A generous donation made by Virginia Emergency Medicine Associates (VEMA) earlier this year has allowed Inova Fair Oaks Medical Campus (IFOMC) to raise the bar for its youngest patients.

"Children requiring emergency care have unique needs, especially when emergencies are serious or life-threatening," says Nicholas Sutingco, MD, FACEP, Chairman of the Department of Emergency Medicine at IFOMC. "True pediatric emergency departments have dedicated pediatric administrative leadership, depth of pediatric experience, specialized equipment, established relationships with pediatric specialists and services, and a focus on the unique aspects of the family's experience."



Nicholas Sutingco, MD, FACEP, and Cecilia Mortorano, MSN, RN, NEA-BC, CEN, Clinical Director of the emergency department, tend to a toddler in a new exam room.

The 35-bed Emergency Center offers the highest level of care for infants, children and adolescents. All VEMA physicians on staff are board-certified in emergency medicine or pediatric emergency medicine and all of the nurses are trained in pediatric advanced life support (PALS).

PUTTING FAMILIES AT EASE

Being in the ER can be stressful for kids and their families. To make young

patients feel more at ease, the Inova Fair Oaks Hospital Emergency Center has added a designated pediatric entrance to the treatment rooms, a separate child-friendly waiting room and private rooms for young patients. The pediatric nurses' station has also been renovated to be more accessible to families.

"When children and families walk into the emergency room, our goal is to put them at ease and reinforce that they will receive the best care possible," says Clinical Director Cecilia Mortorano.

To help young patients navigate their ER visits, IFOMC has implemented a Child Life Program to provide comfort and emotional support. The Child Life specialists and ER staff are trained to help children understand any procedures they require, and engage the children and families in comfort positioning and alternative focus exercises during procedures to relieve pain and anxiety.

"Child Life specialists are key to having that positive experience," says



Paul Tripathi, MD
Pediatric Physician

ASK THE EXPERT

LECTURE

Why Do Kids Get Fevers and When to Worry

Join Paul Tripathi, MD, for this FREE lecture.

Location: Inova Fair Oaks Medical Campus Building 3580, Auditorium

Date & Time: Monday, April 24, 6 p.m.

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

KIDS

Colorful murals surround children in exam rooms. The Inova Fair Oaks Hospital Emergency Center seeks to put children and families at ease.



The Gift of Health

To expand services at Inova Fair Oaks Emergency Center, Virginia Emergency Medicine Associates (VEMA), a multi-specialty physician group that provides medical services at the hospital, has committed to donating \$500,000 to pediatric services and nursing education.

“We want to promote outstanding pediatric care for our patients at Inova Fair Oaks Hospital,” says John Jones, MD, a pediatric emergency physician and Chief Financial Officer for VEMA. “We are going to focus on adding equipment to better take care of children and allow us to provide additional education to our staff.”

The donation is intended to fulfill the growing demand for pediatric services in the community.

“We believe that the addition of Child Life specialists and pediatric-specific technology gives us an opportunity to take another step forward in terms of the sophistication of care offered at Inova Fair Oaks Medical Campus,” says John Fitzgerald, Chief Executive Officer of Inova Fair Oaks Medical Campus.

Dr. Sutingco. “A true pediatric emergency room is not just focused on high-quality care, but also focuses on alleviating the stress families experience in the ER.”

New technological advances have also been added to make each child’s experience as comfortable as possible. The team is excited to offer nitrous oxide — a safe, gentle inhaled sedation agent commonly used in dentist offices.

“Nitrous oxide is a big technological boost to us and it will help make care easier,” says Paul Tripathi, MD, lead pediatric physician for VEMA and Chair of the Inova Pediatric Emergency Services system team.

Providing technology tailored to the safety and comfort of children makes a visit to the ER less traumatizing for young patients and their families.

“When a hospital has a designated pediatric area, you know they’re paying attention to the needs of the community,” says Dr. Tripathi. “A pediatric

emergency room sends the signal that your children are just as important to us as they are to you.”

STRONG PARTNERSHIP

While most pediatric emergencies can be taken care of locally, occasionally the need arises for specialized care. To ensure that every child who receives care at the Inova Fair Oaks Hospital Emergency Center has access to top specialty services, the ER has established a sophisticated telemedicine system.

“We were the first community ER in Northern Virginia to establish a pediatric intensive care telemedicine relationship with the Pediatric Intensive Care Unit (PICU) at Inova Children’s Hospital at

Inova Fairfax Medical Campus,” says Dr. Sutingco. “We have 24/7 access to pediatric critical care specialists, and they can see and talk to our patients and our staff through a high-definition camera within minutes.”

Adds Dr. Tripathi, “Telemedicine brings a whole new dimension of care to our patients, which builds on the strong pediatric and neonatal teams we’ve always had at IFOMC.”

If a young patient requires highly specialized critical medicine or surgical services, the Inova Children’s Hospital Critical Care Ambulance is available to transport them directly to the appropriate physician at Inova Children’s Hospital.

SEE FOR YOURSELF

Join us this spring for a behind-the-scenes tour of the new Pediatric ER. To receive an invitation to the Pediatric Emergency Room Open House, please visit inova.org/ifohPediatricER.

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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WELCOME, NEW PROVIDERS!

Here are new healthcare professionals who have joined the Inova Fair Oaks Hospital medical staff in recent months:

NAME	DEPT/SECTION
David Ansel, MD	Medicine/Neurology
Liana Abramova, MD	Medicine/Dermatology
Rebecca Aronson, DO	Medicine
Matthew Burt, MD	Anesthesiology
Michael Eban, MD	Medicine/Radiation Oncology
Jaclyn Fleming, DO	Pediatrics
Ahmad Kayssi, MD	Surgery/Vascular Surgery
Leonel Perez, MD, DDS	Dentistry
Syed Shobeiri, MD	OB-GYN
Paul Switaj, MD	Orthopedic Surgery



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