

# INhealth



## *Patients* **FIRST**

New Emergency Department  
at Inova Mount Vernon Hospital:  
*bigger, better, faster*

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# FOLLOW THE LEADER

## A Great Hospital

As the calendar turns to 2017, I'd like to thank you for your support throughout the last year. I also want to inform you that great things are in store for Inova Mount Vernon Hospital in the year ahead.

We celebrated several important milestones in 2016. In October, we marked our 40th anniversary with a big community party. And last Nov. 16 we opened the new Veatch Family Emergency Department. This new facility is a game-changer for emergency care in our community. I invite you to read more about it on pages 6 and 7. Also this past year, our team was honored with many awards for quality and safety, and for providing a superior patient experience.

But we never rest on our laurels. This upcoming 2017 will be an important year for growing new programs and services. To start, I'd like to invite those of you aged 60 and over to join our new ACTIVE senior group (page 3). This program will include a valuable mix of medical education and active living activities to help "mid-life" folks live better, healthier lives. We will be announcing other new programs in the months ahead.

At Inova Mount Vernon Hospital, our commitment to you will never waver. Thank you for your trust.



**DEBORAH ADDO**  
Chief Executive Officer  
Inova Mount Vernon 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](http://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](http://inova.org/ucc).

#### Flu signs and symptoms



Headache



Cough



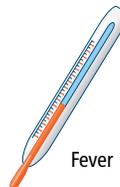
Sore throat



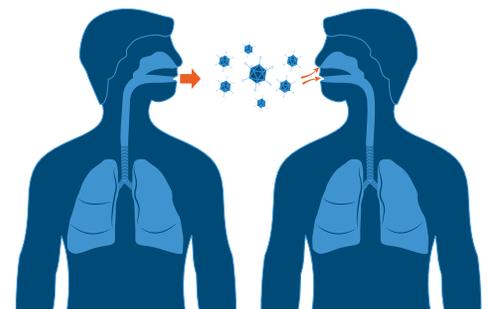
Joint aches



Runny nose



Fever



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

EVENTS

# Get ACTIVE!

New healthy seniors group starts this month

A new active seniors group is available at Inova Mount Vernon Hospital (IMVH), specially created for people aged 60 and over. Inova ACTIVE offers members a monthly dose of clinical advice and information, mixed with inspiring stories from healthy, active people. The first meeting will be held at the end of January.

Here is more information:

**Date & Time:** Wednesday, Jan. 25, noon-1:30 p.m.

**Location:** Engh Conference Center, second floor, Inova Mount Vernon Hospital

**Information:** The theme for January's meeting is "New Year, New Ways." The meeting will feature Roger Gisolfi, MD, Medical Director, Inova Rehabilitation



Center, and Barney Barnwell, IMVH volunteer (and marathon runner). Get your new year off to a healthy start in 2017! For details and to sign up, please call **703.664.7269**. Lunch will be served.

Upcoming monthly programs include "Hearts, Chocolate and You" (February) and "Spring: Greens and Ladies Health" (March).

TECHNOLOGY

# SEEING YOU Clearly

## Robust radiology services

Inova Mount Vernon Hospital's (IMVH's) radiology services program offers a wide range of diagnostic services, conveniently located on the hospital's ground floor. These services include:

- Digital 3-D mammography
- Digital X-ray
- 64-slice CT
- MRI
- DEXA bone densitometry
- Interventional radiology/pain management clinic
- Ultrasound/echocardiography
- Nuclear medicine

And, in November, IMVH added ABUS (Automated Breast Ultrasound System) to the hospital's radiology services program. ABUS is an effective new tool for screening women with dense breasts. It can help detect small cancers that cannot be seen on a mammogram alone. Call **703.664.7173** to learn more about Inova Mount Vernon Hospital radiology services.



# HIGH-TECH HEALING

## Inova Mount Vernon Hospital practices new wound care techniques

The Inova Wound Healing Centers have been at the forefront of wound healing technology for decades, offering three locations across the region. The Dorothea R. Fisher Wound Healing Center of Inova Mount Vernon Hospital (IMVH) is Northern Virginia's most experienced center.

Inova's centers treat a variety of wounds and boast a 90 percent healing rate — well above the national average. The IMVH and Inova Fair Oaks Hospital locations are also accredited by the Undersea and Hyperbaric Medical Society for hyperbaric oxygen (HBO) therapy. During HBO treatment, a patient inhales

100 percent oxygen for short periods of time in a pressurized chamber. Other healing procedures include debridement, which involves cutting away dead tissue to promote cell growth over the wound; and negative wound pressure therapy, which calls for applying suction to the wound to decrease bacteria and heal scar tissue. The epidermal autograft, which takes a layer of skin and transfers it to the thigh, is another technique used to treat difficult-to-heal wounds.

Inova is on the forefront of yet another wound healing practice that uses human cadavers as grafts. Its doctors are among the few nationwide that practice this technique. "We've published studies using human skin grafts, and we've been at the cutting edge of this technique," says Eric Desman, MD, Medical Director, Inova Wound Healing Centers. "We were the first to publish research on it."

IMVH's center is open 24/7, and the Inova Wound Healing Centers are among only 35 centers in the country — and the only ones in the region — certified with distinction. All wound healing procedures are reconstructive procedures rather than cosmetic, so they are covered by insurance, and all of the centers accept referrals.

### Cheers to Woodburn

The Woodburn Center, located next to the Inova Fairfax Medical Campus, celebrated its five-year anniversary in December. Woodburn was the third Inova Wound Healing Center to open, after Inova Mount Vernon Hospital (2001) and Inova Fair Oaks Hospital (2006), and has made a number of technological and procedural advancements since its opening in 2011. The epidermal autograft has become a standard practice over the past five years, and the doctors at Woodburn have increasingly practiced it since the center's opening. Negative pressure wound therapy has only become commonplace over the past two years, and the center recently added new technology to perform those procedures.

### HEALING POWER

Learn more about Inova's Wound Healing Centers at [inova.org/wound](http://inova.org/wound).

# THE POWER OF **PREVENTION**

Mammography detects breast cancer, **saves lives**

earlier through screening and increased awareness, as well as better treatments.

### EARLY DETECTION

Regular mammograms are the key to finding breast cancer at an early stage. Mammography uses low-dose X-ray to capture images of breast tissue. It can detect changes in breasts up to two years before they can be felt, and it alerts your doctor if a biopsy or other diagnostic tests are needed.

The American Cancer Society recommends that women at average risk undergo annual mammograms starting at age 40, and those at higher risk start screenings 10 years before the age her relative was diagnosed. Women in their 20s and 30s should have a clinical breast exam about every three years. Additionally, women should perform regular breast self-exams and report any changes to their healthcare providers right away.

**A**fter skin cancer, breast cancer is the most common form of cancer among American women. As of 2016, about 1 in 8 women in the United States will develop invasive breast cancer over the course of her lifetime; an estimated 246,660 new cases of invasive breast cancer are expected to be diagnosed in women this year.

In recent years, incidences of breast cancer have been stable in white women, but have increased slightly in African-American women. Fortunately, however, death rates from breast cancer have been continuing to drop for all women since 1989. These decreases are believed to be the result of finding breast cancer



### GET SCREENED

Digital 3-D mammography services are available at both Inova Mount Vernon Hospital and at Inova HealthPlex – Lorton. To learn more, call **703.664.7439** (IMVH) or **571.423.5400** (to make an appointment at the HealthPlex).

## Breast Cancer Statistics (From the American Cancer Society)

Besides lung cancer, breast cancer death rates for American women are higher than those for any other cancer.

In 2016, there were more than 2.8 million American

women with a history of breast cancer, including those who completed treatment.

A woman's risk of breast cancer doubles if she has a first-degree relative (mother,

sister, daughter) who has been diagnosed with breast cancer.

About 85 percent of breast cancers occur in women with no family history of breast cancer. These occur due to

genetic mutations that happen as a result of aging and life in general, rather than inherited mutations, such as the abnormal genes BRCA 1 and BRCA 2.

# PATIENTS FIRST

New Emergency Department at Inova Mount Vernon Hospital:  
*bigger, better, faster*



Jeff Veatch, center, the namesake of the new Emergency Department, cuts the ribbon in November. The new facility is designed with the patient in mind with more space, all private rooms and a system that ensures every patient will be seen immediately upon arrival.

about more than the larger size and all-new equipment. This new space combines a superior patient experience with the highest level of clinical care.”

#### A PATIENT-FIRST DESIGN

Every detail of the new Veatch Family Emergency Department has been designed with the patient in mind. This includes a kid-friendly waiting room, and larger signage and distinct color tones to cater to older patients. It is also designed in a wide-open, spacious manner that makes communication and patient flow faster and more efficient.

A new, streamlined patient flow system ensures that every patient will be seen by a clinician immediately upon arrival. “Patients are now greeted right in the lobby by an Emergency Department nurse,” explains Courtney Elliot, Emergency Department Nurse Manager. “Whereas our old Emergency

A new era in patient care began in the Mount Vernon community on Nov. 16. Inova Mount Vernon Hospital (IMVH) formally dedicated and opened the Veatch Family Emergency Department. Every year, more than 40,000 patients (about 110 each day) receive their emergency care at IMVH. Now, this world-class care is available in a new, state-of-the-art building.

At 22,800 square feet, the facility is nearly three times the size of the old emergency room. It features 35 all-private treatment rooms (including special rooms for pediatric care), a spacious lobby and a “fast track” area for quicker treatment of less serious injuries.

Rett Embrey, MD, IMVH Chair of Emergency Services, says the difference

for patients and staff is night and day: “A lot of thoughtful design went into our new Emergency Department, and patients will immediately notice. It’s

## Specialized Rooms

The Inova Mount Vernon Emergency Department has a number of specialized rooms dedicated for patients with specific ailments and diseases. They include:

- **Trauma rooms**, designed like operating rooms with enough space to allow multiple doctors to work at the same time.
- **Behavioral rooms**, designed for patients with behavioral health issues, including those who are at risk of hurting themselves.
- **Isolation rooms**, for highly contagious patients suspected to have diseases like ebola or tuberculosis, with large spaces outside to transport patients directly from the ambulance.
- **Fast track rooms**, designed to get patients with minor ailments in and out of the Emergency Department quickly.



A treatment room, left, offers lots of space and state-of-the-art equipment. The lobby, below, is comfortable, up-to-date and well-lit.

Department had only one registration 'greet station' for arriving patients, we now have three."

Once inside the treatment area, patients will notice all private, enclosed treatment bays. "And for our pediatrics patients," Elliot says, "we even offer gaming (X-box or PlayStation) to help them relax while waiting to be seen. We understand that any trip to the ED can be a traumatic experience, so we've done everything we can to enhance that experience for patients of all ages."

The new design also enables more effective clinical care. "For medical professionals, it's very important when you're treating patients to visually see everything that is going on," Dr. Embrey says. "If there's a problem that develops — if you have a lot of barriers or obstructions — it can be harder to effectively treat a patient. I think the overall design and technology we've built into our new Emergency Department sets us apart from any other hospital in the area."

"We studied the best, most effective designs across the nation when it came time to build ours," he adds. "We looked hard at all the hospitals that have done it right. This is why I'm so confident Inova Mount Vernon Hospital has done it right."

#### IMVH'S COMMITMENT

The Emergency Department team at IMVH boasts a top 1 percent rating for patient satisfaction. The care team was honored in both 2015 and 2016 by Press Ganey



Associates (the hospital's patient survey partner) with the Guardian of Excellence Award for patient satisfaction.

IMVH is committed to providing prompt, respectful care in a facility that matches the quality of the treatment. Why all this attention to detail and commitment to excellence?

Local entrepreneur and businessman Jeffrey Veatch, whose \$2 million lead matching gift in 2014 was the catalyst for construction of this new space, offers an answer: "The Emergency Department is the only part of the hospital that 90

percent of the people in the community will ever see," he says. "This is a place with amazing doctors, and we want to attract new ones. And it might be a place that will one day save your life."

The Veatch Family Emergency Department is the latest example of growth at IMVH. In 2014, the new Mark and Brenda Moore Patient Tower opened alongside upgraded hospital lobby areas and other infrastructural enhancements. Veatch sums up these advancements, saying, "Every great community needs a great hospital."

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](http://inova.org).

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## ASK THE EXPERT LECTURES



Nitin Goyal, MD  
Orthopedic Surgeon

### Osteoarthritis and the Latest Advances in Joint Replacement

Nitin Goyal, MD

**Thursday, March 23**

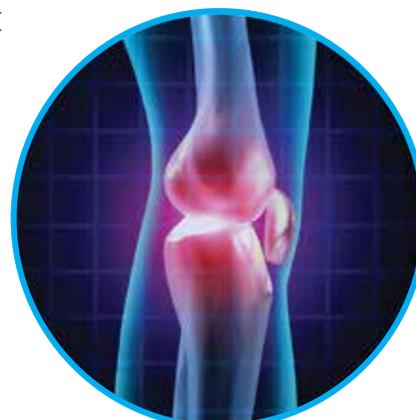
**6:30 p.m.**

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

**Wednesday, April 19**

**6:30 p.m.**

Inova HealthPlex – Lorton  
9321 Sanger St.  
Lorton, VA



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