



INOVA LOUDOUN HOSPITAL

INhealth

Prescription for **SAFETY**



Inova Loudoun
Hospital Emergency
Rooms take steps to
reduce opioid use
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FOLLOW THE LEADER

Holding Firm

The start of a new year is cause for reflection. Looking back on 2017, we remember the significant transitions for Inova Loudoun Hospital (ILH). Among them were the retirement of respected CEO H. Patrick Walters, the death of beloved Chief Nursing Officer Lisa Dugan, and much construction and growth on our Lansdowne campus.

But while change marks every passing year, certain concepts remain unaltered. Here at ILH, one of those is our commitment to quality and safety. Not surprisingly, ILH was the recipient of two major honors at the end of last year — both reinforcing this commitment.

ILH earned another “A” grade in patient safety from The Leapfrog Group — making our hospital one of only 59 hospitals nationwide to consistently earn “straight A’s” since the program’s inception in 2012.

The Inova Loudoun Nursing and Rehabilitation Center (ILNRC) also received a 2017 Gold – Excellence in Quality Award from the American Health Care Association. ILH represents one of only 31 organizations to receive this distinction since 1996.

These awards represent the essence of ILH. While our hospital may undergo physical changes, our core values remain rock-solid — today, tomorrow and into the future.



DEBORAH ADDO
Chief Executive
Officer
Inova Loudoun
Hospital

HEALTH BEAT

CONSTRUCTION

Building BOOM

Progress continues in major expansion of facilities

Inova Loudoun Hospital's \$300 million Master Plan expansion of facilities and services is well under way. With completion expected in early 2020, here is an update on the most recent progress to date:

- The new 766-space parking garage on campus opened in August and serves patients and visitors for the Emergency Room (ER) and the 44035 Medical Office Building. This includes the Inova Heart and Vascular Institute (IHVI) – Schaufeld Family Heart Center, Inova Radiation and Oncology Center, Outpatient Specialty Rehabilitation Center, and Inova Loudoun Surgery Center – Lansdowne (Outpatient).
- The expansion of the Inova Virts Miller Family Emergency and Trauma Center — the adult ER on the Lansdowne Campus — will be completed in March. Patients will benefit from a “BiggER, BettER and FastER” emergency room.
- In November, the hospital began construction on a new comprehensive breast center. This facility will include breast imaging services, a breast navigator, genetic counseling, and Life with Cancer® services. The center, which is being designed to further enhance the patient’s experience, is slated for completion in late February.
- In October, the hospital broke ground on its new patient tower; it is slated for completion in the first quarter of 2020. The 385,000-square-foot building will feature all private patient rooms, a new progressive care unit, a new neonatal intensive care unit (NICU) with enhanced capabilities, and a new

Coming Soon: New Technologies

Inova Loudoun Hospital (ILH) is excited to introduce the da Vinci Xi® robot and MAKO Total Knee technology — innovative equipment that will further streamline surgeries and treatments and enhance the patient’s experience.

Both the Xi and MAKO incorporate 3-D imaging technology to improve visualization for doctors, and may shorten recovery times for patients. The Xi is used in various cardiac, colorectal, gynecologic, thoracic and urologic procedures; the MAKO system can be used in both knee and hip surgeries.

The MAKO Total Knee technology represents “A whole new level of innovation for joint replacement surgery,” says Nauman Akhtar, MD, Medical Director of the Joint Replacement Program. “We are very excited to have this technology, and we think patients will be excited about it, too.”

labor and delivery unit. Additional space within the tower will include a grand entrance lobby, cafe and planned space to expand medical services.

FIND YOUR WAY AROUND

While this is an exciting time, Inova Loudoun Hospital realizes that construction can be disruptive. In preparation for your next visit, please see the campus maps found in the insert of this publication or visit inova.org/LoudounParking.

Nurse EXTRAORDINAIRE

Q and A with Chief Nursing Officer
Marissa Jamarik

In July, Marissa Jamarik, DNP, RN, NEA-BC was named Chief Nursing Officer (CNO) at Inova Loudoun Hospital. She succeeds long-time CNO Lisa Dugan, PhD, who passed away in May. Jamarik has over 28 years of nursing experience, with 21 of those in leadership roles.

WHAT HAS BEEN YOUR TOP PRIORITY IN YOUR FIRST FEW MONTHS AS CNO?

A good lesson I learned over the years is to take time to learn the work before doing the work. While I have been a Senior Director for many years and there are some areas of the hospital I am very familiar with, there are others

that I have not yet had the privilege to know. So, I have been spending time in these areas with the team — learning who they are, what they do, how they work and what their challenges are.

WHAT DID YOU LEARN FROM LISA DUGAN?

Lisa taught me to have leadership courage. My first official CNO task was to be interviewed for our trauma survey. Honestly, I walked into the room and wavered — but only for a minute. I had placed one of Lisa’s nursing stars on my badge — I simply reached up and touched it, took a deep breath, put my shoulders back, remembered all

that she had taught me and took charge. Somehow the words found their way out of my mouth.

WHAT’S YOUR VISION FOR NURSES AT INOVA?

We must stay on course, continue to be innovative, and lead the practice for exceptional patient care and experience. For a community hospital of our size, it is amazing how much evidence-based practice we lead. That’s what affords nurses engagement and investment in their work.



JOIN OUR NURSING TEAM

To find out how you can be a part of Inova Loudoun Hospital’s nursing staff, please visit inova.org/for-nurses.

PLAY IT SAFE in 2018

Make injury prevention one of your New Year’s resolutions



Winter is a great time to set new fitness goals, but it’s important to make sure that your “new year, new me” attitude doesn’t set you up for a tumble — literally.

Paul Lastova, Senior Physical Therapist at Inova Loudoun

Hospital’s Outpatient Specialty Rehabilitation Center, suggests some ways to stay safe and injury-free this season:

- **Build up strength and endurance gradually.** Early January is a popular time to be active again. It’s important to make fitness a part of your long-term lifestyle. Going too fast or lifting too much can result in sprains, strains or other injuries.

- **If you feel pain, stop your activity.** Many people feel that they should do “just one more set” or go “one more mile.” Often, this is when overexertion injuries occur.
- **Wear proper footwear.** Heed this advice not only while exercising indoors, but outdoors too! When there’s ice and snow, it’s especially important to pay attention to walkways and outside steps, and to wear shoes with a good amount of traction. If you do find yourself falling, try landing on your side or your bottom to avoid hitting your head.
- **Use gear that’s right for you.** This includes skis, helmets, skates and other sports gear. If equipment doesn’t fit you quite right, it could contribute to an injury.
- **Go slowly.** In our fast-paced culture, slowing down is tough to do, but it’s crucial in the winter months. Take an easier pace when walking, running or skiing.
- **Stay hydrated and pace yourself.** Even though you might dress in layers, it’s easy to overheat, and it’s very common to become dehydrated. Take frequent breaks. Overexertion can put you at risk for heart attacks and falls. When it comes to becoming healthier, remember that moderation is key.

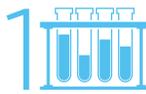
WHERE SHOULD YOUR BABY BE BORN?

Six points to consider when choosing where to deliver



There's a lot to think about when you're having a baby — from picking a name to making childcare plans and finding a pediatrician. Another key item on the to-do list is choosing the hospital where you will deliver.

What should you look for in a hospital? Consider the following, advises Anne Brown, MD, board-certified in obstetrics and gynecology and the Medical Director of Women's Health at Inova Loudoun Hospital (ILH):

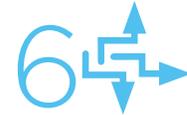
1  Antenatal Testing. Everyone dreams of a healthy baby, but sometimes problems develop before a baby is born. Antenatal testing centers provide specialized care for pregnancies at higher risk of complications for mother or baby, including services such as ultrasounds, screening for birth defects and genetic counseling.

2  On-Site Neonatal Intensive Care Unit (NICU). Over the last half century, the mortality rate for newborns has dropped significantly, from more than 18 infant deaths per 1,000 live births in 1960 to about 4 per 1,000 in 2012. That decline is largely thanks to the specialized care that ill and premature infants receive from specialists in NICUs. ILH is home to Loudoun County's only NICU and is staffed with pediatric specialists who work around the clock to care for sick and premature infants.

3  Board-Certified Pediatricians. It's critical to have pediatric experts on-site in case health issues arise in your baby's first hours and days. At ILH, for instance, the on-site NICU providers serve as your in-house pediatric team if your baby's community pediatrician doesn't see patients in the hospital.

4  Lactation Consultants. Breast milk can offer many benefits for babies, but breastfeeding doesn't always come easily to mom and baby. On-site board-certified lactation consultants can provide inpatient support for breastfeeding moms. Some hospitals, such as ILH, even offer continued support after you return home.

5  Family Education Classes. Inova offers a wide variety of classes for new parents, covering topics such as general childbirth preparation, natural birth, baby care, and specialty classes for siblings or grandparents. Support groups can also be beneficial after baby arrives.

6  Birth Navigators. Some families need extra help as they navigate the process of prenatal care and childbirth. This is especially true for expectant parents who have health concerns or medical complications to consider. At ILH, our birth navigator can act as your guide through this sometimes confusing process.

PERSONALIZED BIRTH EXPERIENCE
Learn more about the Inova Loudoun Ladies Board Birthing Inn and Natural Birth Center at inova.org/bestforbaby.

COMMUNITY MATTERS

Care for victims of assault is now available close to home

Inova Loudoun Hospital (ILH) will soon offer a program on the Leesburg (Cornwall) campus where victims of sexual assault can go at any time — day or night — to receive expert medical evaluation, forensic evidence collection, and medical and emotional support.

The Inova Ewing Forensic Assessment and Consultation Teams (FACT) program is slated to open in February 2018 at 224A Cornwall Street, NW, in the same building as the Inova Emergency Room – Leesburg: Wheeler Family Emergency Department and the Loudoun Child Advocacy Center. Previously, victims had to be transported from ILH to Inova Fairfax Hospital (IFH), often via police transport.

“Having trained forensic nurses available 24/7 means that anyone who’s been a victim of sexual assault or intimate-partner violence is able to receive the highest standard of trauma-informed forensic care as quickly as possible,” says Mary Hale, Director for Safety Net Clinics at ILH.

The program’s presence at ILH improves the investigative process, points out Loudoun County Sheriff Mike Chapman: “It should facilitate more accurate reporting, and [for victims,] it’s good in the sense that it’s close by and they don’t have to



go so far. They’re more likely to report the crime rather than not report the crime. This will give us the ability to immediately investigate and work directly with the hospital to get whatever evidence we need in order to further the investigation.”

The FACT program will be staffed with forensic nurse examiners who are specially trained to work with both adult and pediatric patients. In addition to being trained in the science of collecting DNA evidence, forensic nurses are also certified to provide trauma-informed care and to recognize and help a patient cope with the psychological response following a traumatic event.

“Having the exams available at Inova Loudoun Hospital will help our victims because anyone who goes for a sexual assault exam is already in crisis, and making the extra trip [to IFH] adds to the trauma,” says Judy Hanley, PhD, Director of the Loudoun Child Advocacy Center. “We are grateful these services are in Loudoun and know this will impact the community — it will help our law enforcement, our child protective workers and our child advocates respond more quickly and more efficiently for the sexual assault victim.”

Caring for the Community

The FACT program reflects Inova Loudoun Hospital’s (ILH’s) commitment to the local community.

“At Inova Loudoun Hospital, we believe that our community is our family,” says April Brown, NE-BC, RN-BC, Senior Director of Emergency and Trauma Services at ILH. “By offering services like the FACT

program here in Loudoun, we are able to keep our patients — our family — close to home and more effectively provide the continuity of care that they need. This addition will also help our first responders bring victims where they need to go and be seen more quickly and efficiently.”

WE NEED YOU

The development of the FACT program at Inova Loudoun Hospital was made possible by a generous donation from the Ewing family. Moving forward, philanthropic support from the Loudoun community will be critical to the ongoing operation of this important program. To find out how to be part of sustaining the FACT program, contact Suzy Quinn at **703.858.8803** or suzy.quinn@inova.org.

SAFE HAVEN

To learn more about the FACT program, visit inova.org/FACTLoudoun or call **703.776.6666**. After regular business hours, call **703.776.4001**. Ask to page a FACT nurse.

PRESCRIPTION FOR SAFETY

Inova Loudoun Hospital 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. In 2016 in Loudoun County, the Loudoun County Sheriff's Office reported that there were almost 80 opioid overdoses — an increase of 63 percent from the previous year. To deter opioid addiction locally, Inova Loudoun Hospital's (ILH's) Emergency Rooms (ERs) are taking actions to reduce opioid use, both in the emergency setting and after a patient is discharged.

"We recognize that there is a national and local crisis with opioid overdoses," says Edward Puccio, MD, FACEP, Medical Director of the ER at ILH. "In some cases, evidence has shown that first exposure to opiates occurs at a hospital or during an ER visit. In 2016, we decided to try to decrease exposure whenever possible while still being mindful to adequately meet our patients' needs."

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

The efforts are working. Thanks to the initiative, the ILH ERs (Lansdowne, Leesburg and Ashburn) have reduced physician orders for hydromorphone (Dilaudid) by an average of 83 percent. And efforts are being translated to the inpatient side of the hospital as well.

"Our goal has always been to treat pain safely, effectively, compassionately and also



Taking Action

In 2016 in Loudoun County, at least 17 of the nearly 80 opioid overdoses were fatal. That represented an increase from 2015, when 10 out of 49 overdoses were fatal. In response to the

growing problem of opioid addiction in the community, Inova Loudoun Hospital emergency personnel are working closely with all of the hospital's departments and across the system to adopt a

highly effective standardized approach to treating pain. "Deaths due to opioid addiction have increased over the last several years, and we are responding to the crisis," says Sameer

Mehta, MD, board-certified emergency physician. "We are looking critically at what we can do as physicians day-to-day in the emergency department that will have an impact."

judiciously without putting patients at an increased risk for abuse or addiction," says board-certified emergency physician Sameer Mehta, MD. "The initiative was launched in response to the crisis we saw locally. We still remain committed to the excellent care of our patients and managing their pain appropriately."

DEALING WITH PAIN

As part of its protocol, ILH is exploring the use of non-narcotic alternatives in the acute ER setting. These include ketorolac (Toradol), intravenous lidocaine, lidocaine patches (Lidoderm) and nitrous oxide. "We're moving away from highly potent, fast-acting, long-lasting medications that have a euphoric effect to other medications that are shorter-acting — just to control the painful episode for the patient," explains Dr. Puccio. "We've seen a dramatic reduction in the use of particular opioid medications that have been found to lean more toward potential addiction in vulnerable patients."

Despite the shift away from opioids as a first-line therapy, patients will continue to receive individualized care at ILH ERs and, when appropriate, will be treated with opioids such as morphine and hydromorphone (Dilaudid). "There are times where it's appropriate to use opioid medications, such as if someone has a broken leg or a major trauma," says Dr. Mehta.

In instances where opioids are necessary, patients are given a lower dose for a shorter period of time.

UNDERSTANDING MEDICATIONS

ILH's initiative meets new regulations regarding opioid use approved in 2017 by Virginia's Board of Medicine.

In compliance with the regulations, when a patient is admitted to the ER with painful symptoms, the staff accesses the National Prescription Drug Monitoring Program to determine whether the patient is already being treated with narcotic medications.

"This information is taken into consideration when we devise our plan to relieve a patient's painful episode,"

says Dr. Puccio. "If we feel the patient may be at risk for addiction — or may benefit from alternative

options — we have a frank discussion with the individual about their use of opiates. Our goal is to develop a strategy together to relieve the patient's pain without continuing down the path for potential addiction."

BEYOND THE ER

To ensure pain continues to be well-controlled, ILH connects chronic pain ER patients with a variety of medical specialists. "We have a very 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. Puccio.

Once a patient is discharged from the ER, emergency personnel at ILH prescribe non-narcotic medications as a first-line treatment when appropriate. The new protocol is designed to limit the number of prescriptions for powerful opioids such as hydrocodone (Vicodin) or oxycodone (OxyContin, Percocet).

Dr. Puccio is pleased with the initiative so far: "We have more to do, but we are making a difference, and that's what matters."

EMERGENCY INITIATIVE

Inova Loudoun Hospital operates four 24/7 emergency rooms across Loudoun County. To learn more, visit inova.org/LoudounERs.

Drug Addiction by the Numbers

91 The number of Americans who die every day from opioid overdoses (which includes prescription opioids and heroin).

>500,000

The number of people who died from drug overdoses from 2000 to 2015.

>6/10 The number of drug overdose deaths that involve an opioid.

>x4 The amount that deaths from prescription opioids, such as oxycodone, has grown by since 1999.

Source: Centers for Disease Control and Prevention

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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inova.org

IHS-074-ILH



WELCOME, NEW PROVIDERS!

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

DEPT/SECTION	NAME
Anesthesia	Michael Byas-Smith, MD
Emergency Medicine	William Hauda, MD
Emergency Medicine	Furkhan Shinaishin, MD
General Surgery	James Cook, MD
General Surgery	Matthew Scriven, MD
Hospitalist	Ahmad Rasheed, MD
Hospitalist	Paramvir Singh, MD
Hospitalist	Richard Stockwell, MD
Internal Medicine	Katie Del Pierro, MD
Internal Medicine	Richard Swift, MD
Maternal Fetal Medicine	Dana Block-Abraham, DO
Maternal Fetal Medicine	Luis Gomez, MD
Nephrology	Susie Lew, MD
Nephrology	Ramon Mendez, MD
Neurology	Marianne Jacobs, DO

DEPT/SECTION	NAME
Neurology	Richard Jacobson, MD
Neurology	Jacqueline Washington, MD
Orthopedics	Robert Dombrowski, MD
Orthopedics	Alireza Stephen Malekzadeh, MD
Pediatrics	Stephanie Konkus, MD
Plastic Surgery	Frank Albino, MD
Plastic Surgery	Erica Anderson, MD
Plastic Surgery	Marwan Khalifeh, MD
Plastic Surgery	Ariel Rad, MD, PhD
Podiatry	Jugal Dharia, DPM
Psychiatry	Michael Clark, MD
Psychiatry	Nooreddin Mirmirani, MD
Radiology	Edmund Hong, MD
Urology	Kambiz Tajkarimi, MD
Vascular Surgery	Joseph Babrowicz, MD



We value your feedback.

Visit inhealth-survey.questionpro.com to fill out a brief survey about *InHealth* and enter yourself into a \$50 gift card drawing.

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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.

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Ask the Expert



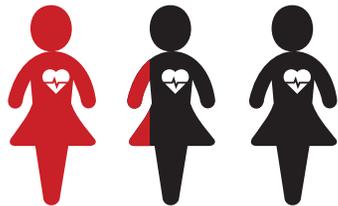
Find a FREE Ask the Expert lecture on a health topic that interests you at inova.org/AskTheExpert.

Baby Time



Schedule a tour or complete online registration for your OB admission at inova.org/baby.

More than **1 in 3 female adults** have some form of cardiovascular disease.



WOMEN AND HEART DISEASE

Causes and symptoms of heart disease can be strikingly different between the sexes. As a result, women are more vulnerable to slower diagnosis and inadequate treatment. The Inova Center for Women's Cardiovascular Health focuses on assessing and managing the unique cardiovascular needs of women.

Recent data from the American Heart Association show heart attacks strike more women than men in this country, and death rates from cardiovascular disease remain higher among women than men. Women who suffer heart attacks also tend to have longer hospital stays and more complications than the average male patient.

"Dedicated women's heart programs consisting of heart health counseling and treatment can have a dramatic and lasting impact," says interventional cardiologist Kelly Epps, MD, FACC, who directs the Inova Center for Women's Cardiovascular Health. "At Inova, we have created a multidisciplinary team focused on personalized cardiovascular risk assessment, education and disease management throughout the lifespan of a woman."



EAT SMART.

Get ideas for better snacking and delicious recipes, and learn meal planning tips.



ADD COLOR.

Add color to every meal and snack, because adding even one more serving of color each day contributes to building a healthier body.



MOVE MORE.

Our bodies were built to move, and they need regular activity to be healthy.



BE WELL.

For whole-body health, you need to rest, reset and recharge.

FEBRUARY IS AMERICAN HEART MONTH

CAMPAIGN PROMOTES SMART HEALTH CHOICES

Making healthy choices and managing health conditions, such as obesity, diabetes, high cholesterol and high blood pressure, can prevent heart disease. Controlling and preventing risk factors is especially important for people who already have heart disease.

JOIN THE MOVEMENT

Inova Heart and Vascular Institute (IHVI), a leader in treating heart disease, would like to encourage people to make a commitment to their heart health. The American Heart Association's (AHA's) Healthy for Good™ campaign offers tips, tools and other user-friendly information to help people make lasting changes to their health and well-being.

The campaign is based on over 90 years of knowledge cultivated by the AHA. Its four core ideas (shown at left) are: Eat smart. Add color. Move more. Be well. Find out more about the movement and how you can benefit from it at inovaheart.org/H4G.

SPECIALTY HEART-CARE SERVICES AT IHVI

For those who need assistance in managing risk factors or who need treatment, Inova offers the area's largest network of heart care specialists in the following areas:

- Arrhythmia
- Cardiology
- Cardiac and Thoracic Surgery
- Vascular Medicine and Surgery

Learn more about the Healthy for Good movement at inovaheart.org/H4G.

Find delicious and heart-healthy recipes at inovaheart.org/recipes.