



INOVA MOUNT VERNON HOSPITAL

INhealth

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A joint **ENDEAVOR**

Inova Mount Vernon Hospital expands acclaimed joint replacement program, adds new specialty

PAGE 6

Craig McAsey, MD (left), and Oliver Schipper, MD (right), join the hospital's award-winning orthopedic surgery team.

INSIDE: IMVH: FIVE-STAR HOSPITAL

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FOLLOW THE LEADER

A New Day

Now that the calendar has turned to 2018, I'd like to thank you for your continuing support of Inova Mount Vernon Hospital (IMVH).

The last 12 months have been a year of achievement and awards for IMVH. In fact, 2017 was our "most awarded" year ever in key areas such as patient safety and providing a superior patient experience. On this page, we have listed some of our prominent national and regional awards.

Clinically, I am proud to introduce two new surgeons who have joined our world-class joint replacement team, on pages 6-7. And I invite you to learn more about our newest hospital service: the Inova Peripheral Nerve Center, on page 4.

We have come a very long way in a short time, and our best days lie ahead. In this issue of *InHealth*, I am proud to show you just a few of the ways IMVH is "on the rise, saving lives." I encourage you to tell your friends and neighbors about the many good things under way here. Our commitment to you will never waver; we thank you for your trust.



DON BRIDEAU, MD
Chief Executive Officer
Inova Mount Vernon Hospital

RECOGNITION

BIG WINS in 2017

Inova Mount Vernon Hospital celebrates its 'most awarded' year ever

For Inova Mount Vernon Hospital (IMVH), 2017 will go down as its "most awarded" year ever. It makes sense. When you take outstanding care of people and are committed to clinical excellence and patient safety, the outside world will take note.

The hospital's steady string of awards, accreditations and accolades began in the spring, and culminated in December with its first-ever "5-Star Rating" from the United States government on the official medicare.gov "Hospital Compare" website.

We are proud to share with you just a few of our major awards from this past year.

MEDICARE.GOV 'HOSPITAL COMPARE' 5 Stars (December)

This recognition factors in approximately 60 measures of hospital quality including a survey of patients' experiences, and timely and effective care measures; complications and death rates; hospital readmission rates; and payment and value of care.

U.S. NEWS & WORLD REPORT 'TOP HOSPITALS'

#8 Washington, DC, Region; #17 State of Virginia (August)

The 2017-18 Top Ten *U.S. News* ranking also includes a special designation as "High Performing" for hip replacement and knee replacement.

THE LEAPFROG GROUP

Grade A for Patient Safety (November)

For the sixth consecutive reporting

period, IMVH received the highest rating for patient safety by the Leapfrog Group, the nation's largest patient safety advocacy organization.

HEALTHGRADES

2017 Outstanding Patient Experience Award (April)

IMVH was honored by Healthgrades, the national advocacy organization dedicated to helping consumers find the right doctor and the right hospital for the right care, with that organization's Outstanding Patient Experience Award. This distinction places IMVH in the top 10 percent of all hospitals nationally.

PRESS GANEY ASSOCIATES

2017 Guardian of Excellence Award (November)

This award marks IMVH's fourth consecutive year to be honored for achieving at least the 95th percentile rankings for superior patient experience in the IMVH and Inova HealthPlex - Lorton emergency departments.

AMERICAN HEART ASSOCIATION/ AMERICAN STROKE ASSOCIATION

"Gold-Plus Elite" designation - stroke care (May)

IMVH was recognized with AHA/ASA's "Gold-Plus Elite" status for excellence in stroke care for the second consecutive year.

We look forward to another award-winning year of serving you in 2018!

Be an ACTIVE ADULT

Program offers lunchtime learning

Inova ACTIVE is the name of the monthly active seniors (age 60+) community group co-sponsored by Inova Mount Vernon Hospital (IMVH) and AARP Virginia.

Join the group for lunch and hear from medical and community professionals on a wide range of topics that help you stay informed and active. Inova ACTIVE meets every last Wednesday of the month at 12 p.m. in the Engh Conference Center of IMVH.

UPCOMING PRESENTATIONS

New Year, New You - Jan. 31

Don't let this year be one with empty resolutions. Come learn from one of our physicians some easy steps you can take to maintain or improve your health and wellness in the year ahead.

Heart, Mind, and Body: Love Yourself - Feb. 28

Valentine's Day is all about loving others, but being good to yourself is just as important. Learn how to keep your heart and mind healthy. We will finish this session with a fun activity!

Ageing and Cognitive Therapy: Can It Help You? - March 28

Forgot where you set your keys or wallet? It happens to all of us but gets worse with time. Cognitive therapy is a great tool to maintain and improve brain health, and our therapists will walk you through both the process and benefits. Expect both learning and fun as we will finish with some class activities!

Calm, Cool, and Collected: Managing Stress - April 25

Stress affects everyone from time to time. Managing medications, family obligations and daily activities can be overwhelming. We will walk you through some easy ways to manage your stress at home — and we will finish with seated and standing exercises you can use anytime to help relax.



COME JOIN US!

To register for Inova ACTIVE, visit states.aarp.org/active.

To learn more, call **703.664.7261**. Space is limited each month to the first 50 respondents; call today!



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A Service of Inova Mount Vernon Hospital

24 Hour Care - Close to Home

Board-certified Emergency Physicians

Rapid Evaluation of Every Age and Medical Condition

State-of-the-art CT, X-ray and Mammography



GAME ON

IMVH nerve specialist helps amputee return to active lifestyle



John Barbour, MD, FACS
Plastic and Reconstructive Surgeon

Two years ago when motorcycle enthusiast Nathan Blasco was in an accident, he was at the top of his game. A former marksman in the military, Nathan was often running, cycling, playing with his four kids or walking his dog in the Pennsylvania countryside.

But one spring day, everything changed. Nathan was riding down a back road to his office where he works as an insurance agent, when a truck turned in front of him, knocking him off his bike. He was medivacked to a local hospital where doctors amputated his shattered leg above the knee.

For two years following his surgery, Nathan experienced constant nerve pain and phantom limb pain, preventing him from wearing a prosthesis. After two revision surgeries and no improvement, the young family man knew he had to find the right doctor who could help him reclaim his active lifestyle. "I was 35 when I lost my leg," says Nathan. "I'm very active and I needed to get this fixed. I wanted to walk and run and ride my bike again."

RETURN TO NORMAL

Nathan was referred to John Barbour MD, FACS, a plastic and reconstructive

surgeon at Inova Mount Vernon Hospital and Medical Director of the new Inova Peripheral Nerve Center. He was relieved to meet with a highly trained surgeon who specializes in helping patients become pain-free and regain sensation and motor function in their extremities.

Dr. Barbour removed a scarred portion of a nerve called a neuroma and then rewired the nerve so it would no longer cause discomfort. "Mr. Blasco is a young, healthy, active father who struggled with pain and the inability to wear a prosthetic leg because of that pain," says Dr. Barbour. "Now he has no pain, no phantom pain in his foot. He's wearing his prosthesis, and he's back to running with his kids and his dog. He's a great success story."

After the surgery, when Nathan saw the revision that Dr. Barbour had done, he cried. "I told Dr. Barbour it looks awesome," says Nathan. "In two months, I was up and walking with no pain or complications. It improved my gait so I now can walk my dog, ride my bike, shoot guns out on the range and mow my grass. I'm thankful for Dr. Barbour."

CALL FOR AN APPOINTMENT
If you have experienced peripheral nerve damage, please call **703.972.6655**.

Restorative Surgery

When a nerve is compressed or damaged following an injury, it is unable to communicate with the brain, which controls sensation and movement. The good news is doctors now have the capability to restore sensation

and motor function through surgery, allowing patients to get back to the activities they enjoy.

"There is sometimes a way to help patients with certain types of chronic and specific pain by removing the problem," says John Barbour, MD, FACS. "This is done with surgery to rewire the

nerves or to move things around so that the nerves are no longer compressed."

Inova Mount Vernon Hospital has developed a multidisciplinary peripheral nerve program that will diagnose and treat compression neuropathies, injured or cut nerves, peripheral nerve tumors and migraine headaches.

REBUILDING MEANINGFUL LIVES

Outpatient rehabilitation services help patients achieve highest level of functioning



The award-winning Inova Rehabilitation Center (IRC) is a service that sets Inova Mount Vernon Hospital (IMVH) apart. IRC is one of the DC area's largest and most experienced rehabilitation teams.

IRC offers the community a wide range of outpatient rehabilitation services specially created to help patients achieve their highest possible level of functioning and independence. The interdisciplinary team features patient-centered, hands-on therapy, along with counseling and education, helping patients and families build a strong support system and establish links to community resources.

Here is information about some of IRC's specialized services:

- **The Bridge Program** - The Bridge Program offers day treatment for those recovering from acquired brain injury. Treatment provides a structured setting for renegotiating independence and community living skills following a life-changing neurological incident.
- **Cardiac Health and Rehabilitation Program** - The IRC Cardiac Health and Rehabilitation Program helps patients who are recovering from heart disease achieve optimal health and fitness through lifestyle modification.
- **Neurologic Rehab Program** - The outpatient Neurologic Rehab Program offers comprehensive therapeutic intervention for patients whose lifestyles and physical abilities have changed due to stroke, brain injury, or spinal cord or neuromuscular disease.
- **Amputee Rehabilitation Program** - This special program assists individuals in the rehabilitation process following

limb amputation. Services cover a wide spectrum from preprosthetic exercise to advanced prosthetic training, and include a comprehensive orthotics and prosthetics clinic.

- **Comprehensive Community Mobility Evaluation (CCME)** - The CCME program of IRC helps determine a patient's readiness for driving a car or using public transportation following illness or injury. The program also includes a state-of-the-art driving simulation that helps ensure a patient is "ready for the road" once recovered.
- **Wheelchair/Seating Clinic** - This program is designed to provide recommendations for seating system options to maximize patients' functional independence. The team analyzes each patient's needs, assists in the selection of appropriate equipment and provides training to properly use the equipment.
- **Therapeutic Recreation** - The outpatient program at IRC also includes therapeutic recreation therapists who help patients re-enter the community and practice life skills in familiar, recreational settings.

RETURN TO ACTIVE LIVING

To learn more about the outpatient rehabilitation services of Inova Mount Vernon Hospital, call **703.664.7190**, or go to inova.org/IMVH and click on the link to Inova Rehabilitation Center in the story.

WINNING COM

Inova Mount Vernon Hospital expands acclaimed joint replacement program with **two highly respected physicians, new ankle replacement specialty**

The Inova Mount Vernon Hospital (IMVH) Joint Replacement Center welcomes two new surgeons to its team of orthopedic specialists: Oliver Schipper, MD, who specializes in foot and ankle replacement surgery, and Craig McAsey, MD, whose specialty is hips and knees. Both surgeons offer the latest minimally invasive surgical options, helping patients enjoy a smooth recovery and the opportunity to return to the activities they enjoy.

A nationally accredited program, the Inova Joint Replacement Center at IMVH is the most robust program of its kind in Northern Virginia, performing nearly 2,000 joint replacements annually. The program has received a Gold Seal of Approval™ by The Joint Commission for outstanding patient care and superior outcomes.

OLIVER SCHIPPER, MD



Dr. Schipper is the Director of the new IMVH Total Ankle Replacement Program. He is an orthopedic foot and ankle specialist with a keen interest in ankle replacement surgery and the treatment of ankle arthritis.

Dr. Schipper likes to return people to the activities they enjoy. "Listening to each individual patient is critical to determining how best to address their problem," Dr. Schipper says.

Dr. Schipper completed medical school at the Georgetown University School of Medicine and attended the University of Chicago for his orthopedic surgery residency. He completed his orthopedic foot and ankle surgery fellowship training at the OrthoCarolina Foot & Ankle Institute.

Dr. Schipper is excited about what the future holds for IMVH as a center of excellence in foot and ankle replacement surgery. "I am eager to be part of a nationally recognized team of physicians, nurses and support staff here and grateful for the opportunity to build a world-class center at Inova Mount Vernon Hospital," he says.

CRAIG McASEY, MD



Specializing in hip and knee surgery, Dr. McAsey earned his medical degree at Loyola University Chicago where he also completed his residency. He completed

his fellowship training in adult reconstruction at Anderson Orthopaedic Clinic in Virginia. Dr. McAsey is excited to join the renowned orthopedics team at IMVH. His favorite part about being an orthopedic surgeon is having the opportunity to help his patients gain freedom of mobility and overcome joint pain.

"It's always very satisfying having a patient come back and tell me how their life has changed for the better after either a hip replacement or a knee replacement," says Dr. McAsey.

Dr. McAsey is pleased to join the distinguished Joint Replacement Center team at IMVH and to further the center's rich legacy. "This is a phenomenal operation, filled with great people from top to bottom," he notes. "I am honored to be part of the program and to contribute to a world-class joint replacement program."

Gone Fishing

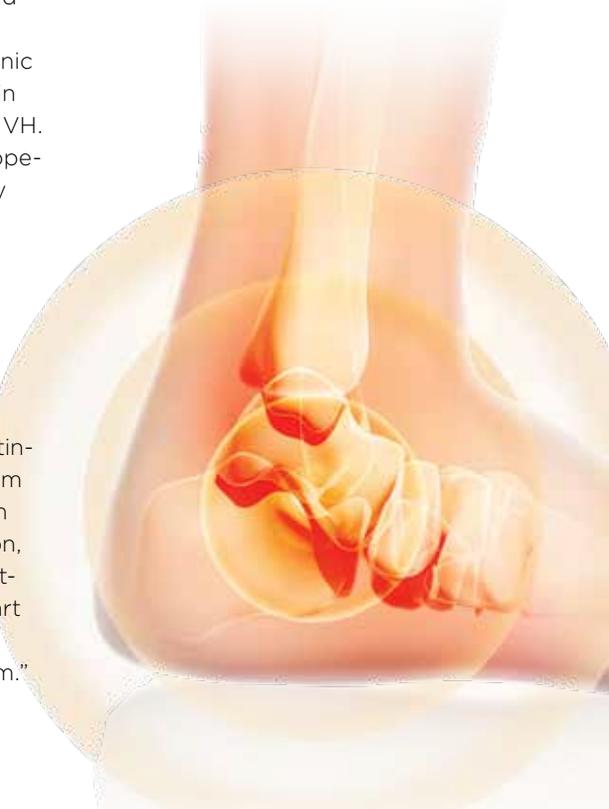
Robert Sorrells can't wait to get his fishing tackle and head to the nearest lake with his grandsons. Having had two knees replaced this past fall, the 64-year-old businessman is raring to get back to an active lifestyle.

"My knees had been bothering me for a long time. I had physical therapy, cortisone shots and even foam injected into my knee, but the pain was just constant," says Robert.

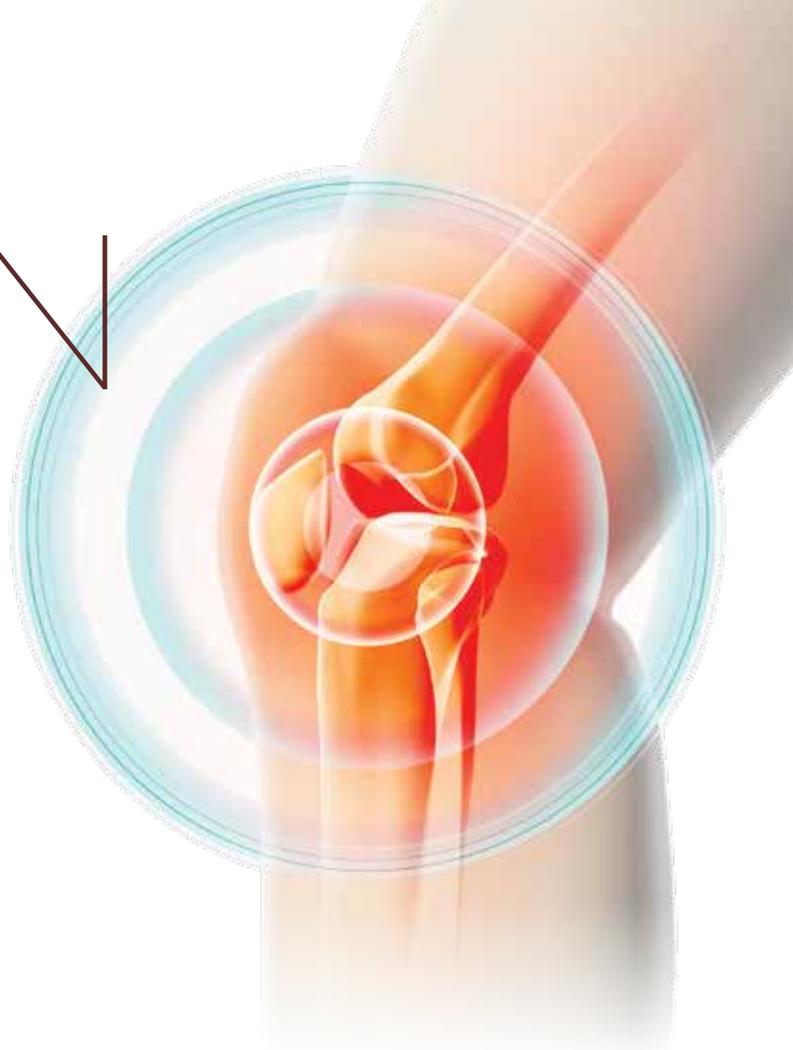
To qualify for surgery, Robert lost 70 pounds. Then he met with Craig McAsey, MD, who reassured

BACK TO ACTIVE

To learn more about the Inova Mount Vernon Hospital Joint Replacement Center, call **703.664.7493**.



BINATION



him that he could fix his knees by replacing the joint that had been damaged by osteoarthritis. "That was the luckiest day in my life, meeting that man," says Robert. "And the hospital, it was a triple-A experience from the time I checked in to the time I walked out."

Robert was up and walking the day of surgery and started physical therapy, first at home for two weeks, then at a nearby center. Within

two-and-a-half weeks, the pain in his knee had completely resolved, and he was able to move his leg freely.

"You couldn't ask for a more motivated patient," says Dr. McAsey. "When Mr. Sorrells returned for his first follow-up visit, he was really anxious to have a second knee done. He was so happy when he saw how functional he was able to be. It is so fulfilling to be able to make a difference like that."

Stepping Out

Victoria Jourdan was visiting her boyfriend in September when she slipped and fell off a curb in a rainstorm. The 24-year-old student/pharmacy technician was rushed to the emergency room (ER) where doctors took X-rays and reset her ankle, which was dislocated and fractured in multiple places. The ER staff told her to see an orthopedic surgeon as soon as possible.

"Dr. Schipper was able to see me right away, which was awesome," says Victoria of Oliver Schipper, MD, Director of the new IMVH Total Ankle Replacement Program. "He was able to reassure me that everything was going to be OK and he made sure to answer all of my questions."

Dr. Schipper told Victoria that her ankle required surgery. Following the procedure, her recovery was swift. For the first week, Victoria kept her ankle elevated and used crutches to get around, and at her six-week post-op



Victoria Jourdan has recovered well from surgery for a dislocated and fractured ankle.

visit, Dr. Schipper gave her the green light to bear weight on her ankle. Now, she is ready to get back to school and work.

"I've done really well," Victoria says. "Dr. Schipper said it looks completely healed. I look forward to going back to work, and I am very excited to get back to my classes. Dr. Schipper is the best."

HEALTHY ANKLES

IMVH offers full range of treatment options

The ankle is more prone to injury than any other joint because it assumes the most weight when we walk and the cartilage is thin compared with other joints in the body.

To help patients with a wide variety of ankle problems, from osteoarthritis to traumatic injury, the Inova Mount Vernon Hospital Joint Replacement Center provides non-surgical treatments including orthotics, bracing, physical therapy, medications, steroid injections and activity modification. If pain persists, expert foot and ankle surgeons provide a variety of treatment options including minimally invasive arthroscopy, ankle fusion and total ankle replacement.

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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IHS-074-IMVH

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ASK THE EXPERTS

LECTURES

LET'S TALK ABOUT IT:

Common GI Complaints

Ramsey Daher, MD

Thursday, Jan. 25, 6:30 p.m.

Thursday, March 8, 6:30 p.m.

Inova Mount Vernon Hospital
2501 Parkers Lane
Alexandria, VA

Latest Advances in Foot and Ankle Sports Medicine Surgery

Oliver Schipper, MD

Thursday, Feb. 1, 6:30 p.m.

Inova Mount Vernon Hospital

Osteoarthritis and the Latest Advances in Joint Replacement

Craig McAsey, MD

Thursday, Feb. 8, 6:30 p.m.

Inova Mount Vernon Hospital

CARPAL TUNNEL AND NERVE DAMAGE REPAIR:

What You Need to Know

John Barbour, MD

Thursday, Feb. 15, 6:30 p.m.

Inova Mount Vernon Hospital

JOINT REPLACEMENTS:

Revisions and Complex Cases

Craig McAsey, MD

Thursday, March 15, 6:30 p.m.

Inova HealthPlex - Lorton
9321 Sanger St.
Lorton, VA



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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.

EDITOR'S NOTE:

A credit for the photos of Brooke in the cover story from the fall 2017 issue of *InHealth* was inadvertently omitted. The photographer was Bumby Grimm of Bumby Photography, located in Lake Helen, FL.



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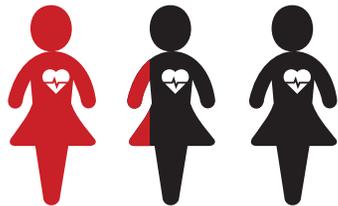
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More than **1 in 3 female adults** have some form of cardiovascular disease.



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.

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

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

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