

INthealth

HEALTH AND WELLNESS MADE PERSONAL

Winter 2019

The Benefits of BARIATRIC SURGERY ⁴

HAVING A BABY?

Inova Loudoun Hospital is expanding its midwifery program ⁵

tailor-made for kids

Child Life specialists, therapy dog and other amenities distinguish Inova's pediatric services ⁶



A Strong Region

Happy New Year! Inova Fair Oaks Hospital (IFOH) and Inova Loudoun Hospital are pleased to

co-author *INhealth*. I welcome IFOH CEO Don Brideau, MD, to the Western Region. As former CEOs of Inova Mount Vernon Hospital, we have worked closely over the years. He is passionate about providing excellence to his team members, patients and the community.

The start of the year is a time of resolutions. At Inova, our resolution remains the same: to provide world-class healthcare — every time, every touch. We will continue to bring new services and facilities to the region to ensure your family has access to the best possible care close to home.

DEBORAH ADDO
Chief Executive Officer
Inova Loudoun Hospital

MORE ONLINE

Interested in learning more from the *INhealth* newsletter?

Visit inovanewsroom.org to read additional stories, as well as view videos and podcasts pertaining to hospital news, programs, treatments and cutting-edge research.

Cancer Institute Grand Opening

Inova Schar Cancer Institute is scheduled to open in April.




Inova Schar Cancer Institute houses a full suite of cancer care services under one roof

After years of planning and preparation, the new home of Inova Schar Cancer Institute is coming into focus. When it opens this spring, the 342,000-square-foot facility will provide the most complete cancer care in Northern Virginia.

“A community the size of Northern Virginia should have its own stand-alone cancer center. We’re proud to be making that happen,” says Inova President and CEO J. Stephen Jones, MD, MBA, FACS.

Inova patients already have unmatched access to renowned cancer specialists, leading researchers and experts in genomics, life-changing drug discovery and advanced medical technology at multiple locations across Northern Virginia. The opening of Inova Schar will give patients and their families the option of receiving all this under one roof. The addition of the new center in Fairfax County represents a distinctive multidisciplinary approach to personalized cancer care on par with other leading cancer centers around the country.

Patients across Northern Virginia will be connected to an integrated network of physicians, researchers, navigators, genetic counselors, scientific partners and supportive care experts — including a branch of Inova’s renowned Life with Cancer® program, which offers information, education and services to cancer patients and their loved ones regardless of whether they are being treated at Inova or another facility.

Located on the 117-acre Inova Center for Personalized Health campus, the \$270 million facility was made possible through a \$50 million gift from Dwight and Martha Schar. 

SUPPORT SYSTEM

Read more stories about cancer care at inova.org/cancernews. To make a gift to Inova Schar Cancer Institute, please contact Steven Norris at **571.472.0211** or steven.norris@inova.org.



Take Note

Inova explores benefits of medical music therapy program

Music therapy has the power to improve our physical and psychological health. This is the basis for the partnership between A Place to Be and a special music therapy program offered at Inova Loudoun Hospital, Inova Fair Oaks Hospital (IFOH) and Inova Fairfax Medical Campus.

“We’re not just playing music to make patients happy. We choose our music carefully — using it as a clinical tool to help meet a patient’s individual physiological or psychological needs,” explains Raymond Leone, MMT, MT-BC, music therapist and Director of Medical Music Therapy at A Place to Be.

Julie Hudtloff, CPXP, CEC, Patient Experience Manager at IFOH, often asks patients how a music therapy session affected them. “Music therapy can help soothe anxiety, stress, agitation and, in some cases, help with pain management,” she says.

A small 2018 Inova research study on music therapy in intensive care unit patients revealed these benefits along with positive effects on patients’ blood pressure, heart rate, muscle tension and respiration. The report was recently published in the *American Journal of Critical Care*. [📄](#)

Music to Our Ears Philanthropy makes programs like this possible. To donate or learn more, please visit inova.org/MusicTherapy.

Making Progress

Master Plan update

Inova Loudoun Hospital’s (ILH’s) Master Plan expansion project is still underway, with many changes and advancements happening every day. Currently, a few key areas are under construction:

Patient Tower: Construction on the new 382,000-square-foot patient tower is on schedule, with completion expected in spring 2020. The tower will feature all-private patient rooms; new progressive care, oncology and post-surgical units; a new labor, delivery and postpartum unit with an expanded NICU; hospital and outpatient labs; and a new main entrance, gift shop, lobby and cafe.

Radiology Oncology Center: Construction recently began on a vault that will house a new linear accelerator

(LINAC) machine and support space that will include a control center, consulting office, women’s dressing room and bathroom. LINAC machines are used in radiation therapy for cancer treatment. The project is slated for completion in fall 2019.

ER Lobby: Renovations to the lobby and front door of the Inova Virts Miller Family Emergency and Trauma Center are currently underway. This project should be completed this summer. [📄](#)

Big Ideas Learn more about Inova Loudoun Hospital’s Master Plan at Inova.org/LoudounFuture.

What are your thoughts on joining Inova Fair Oaks Hospital as CEO?

Donald Brideau, MD, MMM, is the new CEO of Inova Fair Oaks Hospital.

I’m extremely excited to work with the Inova Fair Oaks Hospital (IFOH) team. They have a commitment to excellence that is evident every day. My immediate goal is to get to know the team and any issues or barriers facing IFOH so that we can better work together and continue to offer excellent care.

One of the advantages that I have as an executive, both formerly at Inova

Mount Vernon Hospital (IMVH) and now at IFOH, is that I’m still a practicing physician. As a physician, you learn how important it is to listen to all of the stakeholders on any given issue, so everyone has the ability to be heard. As an executive, I’m involved in strategic decisions and know the importance of



CEO Don Brideau lectures on smoking cessation and other topics.

including those who will be impacted directly by any strategic changes. Their input affects the outcome.

In addition to my roles as CEO and a practicing physician, I love to educate. I lecture in the community about topics such as smoking cessation and heart disease prevention. I hope to see you at one of my lectures! [📄](#)



For more information about Donald Brideau, MD, MMM, visit inovanewsroom.org.

Reaping Rewards

Weight loss surgery can help with many life goals, including having a baby

Weight loss is the obvious goal with bariatric surgery, but for many people, it's not the only one. Treating obesity successfully can lead to better health, increased physical activity, improved sleep and countless other benefits.

The main reason for Meg Appel to have surgery stemmed from her and her husband's desire to start a family.

Meg had weight loss surgery at Inova Fair Oaks Hospital in October 2015, after a fertility specialist suggested that her weight — then 330 pounds — may be why the couple was struggling to get pregnant. They turned to Inova bariatric surgeon Amir Moazzez, MD, and the considerable resources available through Inova, from dietitians to behavioral health experts.


When Meg found out last July that she was expecting, one of her first calls was to the Inova team.

"I wanted to make sure that I would be on a good nutritional track while pregnant," says Meg, whose baby is due early this year. "Everyone was super-excited and supportive, and they helped to ease my anxieties about how having the surgery would affect the pregnancy."

For example, she notes, bariatric surgery increases sugar sensitivity, which means that certain glucose tests would

likely make her feel ill. The Inova team has been able to recommend different, more appropriate, tests as well as guide her through food changes that will support her pregnancy.

Understanding that patients like Meg will need resources on an ongoing basis is part of what sets Inova apart, says Dr. Moazzez. "Obesity is a chronic condition, like hypertension," he says. "Having a program that recognizes that is what makes our success rate so high."

Meg appreciates that the bariatric team has stepped up to make her and her baby's health such a priority. "I didn't expect them to be with me every step of the way like this, but I'm thrilled that they are," she says. "The support they've shown didn't stop after I had the surgery. I feel like they're here for me no matter what life changes come my way." 

JOURNEY TO GOOD HEALTH

Watch a video about Meg Appel's weight loss experience at Inova: <https://youtu.be/y9v1-RORSu0>.



Meg Appel has continued to eat healthy foods and exercise on a regular basis since she underwent weight loss surgery.

Call the *Midwife*



Inova Loudoun Hospital expands midwifery services to meet increasing interest

THE STATS

IN 2014,
CERTIFIED
MIDWIVES
ATTENDED
8% OF ALL
HOSPITAL
BIRTHS, AN
11.1%
INCREASE
SINCE 2005.

Not long ago, many Americans saw midwifery care as a birthing choice that did not adhere to the standards of traditional medicine. Things have certainly changed. Today, breakout studies and growing physician support speak to the benefits of a midwife-attended delivery for healthy women at low risk for birthing complications. The result: Midwives are in demand and there is an increased interest in a natural birth experience.

To meet these needs, Inova Loudoun Hospital (ILH) built the region's only hospital-based natural birth center and continues to expand its midwifery program. Moms-to-be delivering at the Inova Loudoun Ladies Board Birthing Inn or the Natural Birth Center at ILH have the option of working with a certified nurse midwife (CNM) — a registered nurse with undergraduate and advanced degrees in nursing and midwifery from an accredited nurse-midwifery education program.

Additionally, ILH staffs a team of OB/GYN and CNM hospitalists who are on-site 24/7 and available to attend



Melanie Scoggins, with her third child Juliette, had a midwife and delivered at Inova Loudoun Hospital.

births at The Birthing Inn for patients without an assigned physician. They also care for patients at the Inova OB/GYN Clinic at ILH, which provides obstetric and gynecological care to women who are uninsured, have limited resources and/or are on Medicaid.

“In the past, many women couldn’t have a midwife without leaving their Inova physician group or OB/GYN, which they didn’t want to do. By expanding our midwifery program in our birthing sites, these patients can now stay within the system and have continuity of care,” explains Monica Freidline, RN, NP, CNM, Midwifery Director of the Natural Birth Center at ILH.

“Many women also told us that they want a midwife, but they also want a physician nearby — just in case of an emergency,” Freidline says.

Melanie Scoggins, Leesburg resident and mother of three, learned firsthand how ILH delivers the best of all worlds. “After my water broke, I met my midwife at Inova’s Natural Birth Center, but it was immediately determined that I needed an emergency C-section. Because the center is within the hospital, it only took 2 minutes and 30 seconds to get me into an operating room. Inova saved my daughter’s life.” 🗨️

BIRTHING OPTIONS

Learn about the midwifery program and childbirth services at Inova Loudoun Hospital at inova.org/LoudounMidwives.

Tailor-Made for Kids

CARE CLOSE TO HOME
Learn more about the pediatric services available in your neighborhood at inova.org/MyKidsER.

Child Life specialists, therapy dog and other amenities distinguish Inova’s pediatric services

“Kid-friendly” is a term usually associated with fun places or activities. But it also applies to the array of pediatric services and facilities available at Inova Loudoun Hospital (ILH) and Inova Fair Oaks Hospital (IFOH). Both hospitals tailor emergency and inpatient care to young patients so their experience is comfortable, convenient and positive.

Dedicated children’s emergency rooms at both hospitals — incorporating a mix of therapy dog cuddles, anxiety-taming measures from Child Life specialists, safe and gentle sedation options and a sensory-friendly approach — have received well-earned kudos while continuing to expand in scope. ILH’s 13-year-old Children’s ER, for instance, was one of a handful of ERs nationwide to receive the Lantern Award from the Emergency Nurses Association (ENA) for exceptional practice and innovation.

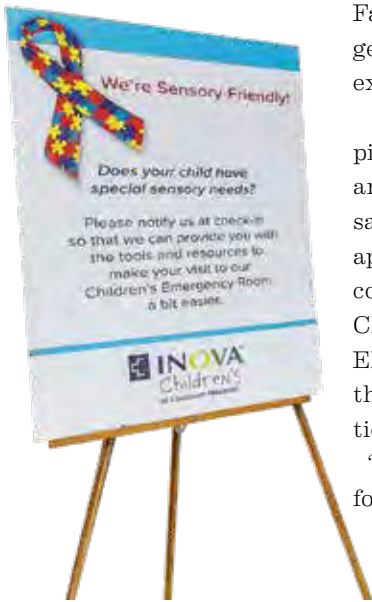
“So many children live in our community; it’s great for families to know they have this level of specialized

care right here in the region,” says ER physician Jill McCabe, MD, Medical Director of Pediatrics at ILH. “We’re very lucky to have an incredibly motivated team constantly looking to enhance our services and make them more child-friendly.”

Feel-Good Strategies

The Children’s ER at IFOH has been open for two years and, like ILH, implemented a Child Life program that helps children feel supported and secure throughout their stay. Specially trained staff help kids understand any medical procedure they’re undergoing, positioning them for comfort and diverting their focus to relieve pain and anxiety.

Nitrous oxide — a safe, gentle inhaled sedative commonly used at dentist offices — is used at IFOH and ILH, bolstering the Child Life team’s effects. “It’s great for stitching up an anxious child and really makes things go smoother for both the families and the providers,” says Paul Tripathi, MD, Pediatric Lead Physician in IFOH’s ER. “Between that and the Child Life specialists, there’s much less fretting.”



Should I Take My Child to the Urgent Care Center or ER?

Urgent Care Centers typically manage non-life threatening medical conditions such as:

- Simple lacerations that may need stitches
- Injured arms or legs that may need X-rays to detect sprains, strains or fractures
- Fever
- Asthma exacerbations
- Vomiting and/or diarrhea
- Urinary tract infections
- Skin infections
- Sore throats

Conditions that may be better managed in the ER include:

- Complex lacerations requiring sedation or plastic surgery
- Concussions
- Head injury involving loss of consciousness, vomiting or severe trauma (such as car accidents)
- Injured arms or legs with obvious deformities
- Fever in infants under 2 months
- Severe difficulty breathing
- Seizures
- Severe pain with swallowing
- Fever with rash or neck stiffness
- Mental health emergencies (including overdose or suicidal thoughts)



Inova Fair Oaks Hospital and Inova Loudoun Hospital (ILH) have initiated programs and services to help children feel more comfortable, safe and secure. These include the Child Life program and use of ILH's facility dog, Jeremiah. Kid-friendly surroundings also help to ease children's anxiety.

At ILH, a facility dog named Jeremiah expanded the hospital's Child Life team in 2017, minimizing young patients' stress with his unique blend of cuddles and tricks. The Children's ER at ILH has also implemented a sensory-friendly approach, geared for the estimated 1 in 60 children coping with sensory issues or autism.

Full-Service Units

Both ILH and IFOH have full-service pediatric units for those kids who require an inpatient stay. Their parents can spend their much-earned downtime during stressful moments in dedicated sleep spaces and lounge areas.

If an even higher level of care is needed, both hospitals also have seamless access to Inova Children's Hospital (ICH) in Fairfax, Northern Virginia's only dedicated children's hospital with a Level 1 trauma center and pediatric intensive care unit. Both hospitals'

neonatal intensive care units (NICU) and five of Inova's urgent care centers (UCCs), which offer specialized children's services (Reston, Dulles South, Tyson's Corner, Manassas and West Springfield), also have direct access to ICH.

"Our goal is really to make it a seamless transition of care," Dr. Tripathi says. "You can be anywhere in the Inova system and be cared for by Inova Children's Hospital or an arm of it. Even if your journey ends up outside your community, you can start it in your neighborhood and make that transition. We want to be the go-to for pediatric care for any child in our community who needs emergency care." 🐾



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 Fair Oaks Hospital • 3600 Joseph Siewick Drive • Fairfax, VA 22033 • 703.391.3600
Inova Loudoun Hospital • 44045 Riverside Parkway • Leesburg, VA 20176 • 703.858.6000

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ask THE EXPERT

Joint and Spine

Latest Advances in Hip and Knee Replacement

John Albrigo, MD
Monday, March 18, 6 p.m.
Inova Alexandria Hospital
Auditorium
4320 Seminary Road
Alexandria, VA

Nauman Akhtar, MD
Monday, April 29, 6 p.m.
Inova Loudoun Hospital
44055 Riverside Parkway,
Suite 110
Leesburg, VA



Minimally Invasive Spine Surgery: Is It for Me?

Anje Kim, MD
Tuesday, March 19, 6 p.m.
Inova Loudoun Hospital
44055 Riverside Parkway,
Suite 110
Leesburg, VA

Urology

Pelvic Health: Managing Overactive Bladder

Lauren Scott, MD
Tuesday, March 5, 6 p.m.
Inova Women's Hospital
3300 Gallows Road
Falls Church, VA

Heart and Vascular

Atrial Fibrillation: Causes, Symptoms and Treatment Options

Marc Wish, MD
Tuesday, March 26, 6 p.m.
Inova Fairfax Medical Campus
*Physicians Conference Center
3300 Gallows Road
Falls Church, VA
*Or join via webinar

Colorectal

Staying Ahead of Colorectal Disease: Symptoms, Screenings and Treatment Options

Timothy Plerhoples, MD
Tuesday, March 26, 6 p.m.
Inova Loudoun Hospital
44055 Riverside Parkway,
Suite 110
Leesburg, VA

Events

Reality Check: Young Driver and Parent Education

Saturday, March 16, 10 a.m.-1:30 p.m.
Inova Fairfax Medical Campus
Physicians Conference Center
3300 Gallows Road
Falls Church, VA

inova.org/realitycheck

OB Open House

Saturday, April 27, 10 a.m.-1 p.m.
Inova Loudoun Hospital
Hospital Atrium
(South Hospital Entrance)
44055 Riverside Parkway
Leesburg, VA

Saturday, May 18, 10 a.m.-1 p.m.
Inova Women's Hospital
3300 Gallows Road
Falls Church, VA

Community Outreach

ElderLink

ElderLink aims to promote the well-being, safety and independence of older adults and caregivers. Free support groups and classes include:

- **A Matter of Balance**, an evidence-based fall prevention program for older adults
- **Chronic Disease Self-Management**, a program for people with chronic disease and/or their caregivers
- **Caring For You, Caring For Me**, a program for caregivers of older adults
- **ElderLink Caregiver Support Calls**

Information: Call ElderLink at **703.324.5374** or visit inova.org/ElderLink.

Medicaid

As of 2019, more Virginians are now eligible for Medicaid. Who is eligible?

- Legal Virginia residents, ages 19-64
- Those not already in Medicaid and those who are eligible for Medicaid
- Those who meet income requirements, which vary by household size

Need assistance enrolling? The Inova Health Access Program can help you to apply for Medicaid and other health programs. Call **703.698.2550** or email phk@inova.org.

In need of primary care? Inova Health Advantage clinics (Alexandria, Annandale, Manassas, Sterling) provide primary care services to adult Medicaid enrollees. Learn more at inova.org/HealthAdvantage.

In need of obstetrical care? The Inova OB-GYN Clinic at Loudoun Hospital (Leesburg) now offers OB-GYN services to women on Medicaid. Learn more at inova.org/LoudounOBclinic.

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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