



INOVA ALEXANDRIA HOSPITAL

# INhealth

## MOTHER- BABY. *Bonding*

Inova Alexandria  
Hospital offers moms  
personalized support

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Kelly Escarrega, with newborns Alexander and Benjamin, appreciated Inova Alexandria Hospital's emphasis on skin-to-skin time and breastfeeding.

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# FOLLOW THE LEADER

## Best in Baby Care

Happy New Year! We have several exciting developments to report. First, Inova Alexandria Hospital (IAH) has received the prestigious Baby-Friendly Hospital designation from the World Health Organization and the United Nation's Children's Fund. This recognition celebrates birthing centers around the world with superior breast-feeding care and mother-baby bonding experiences.

As a Baby-Friendly Hospital, IAH is staffed with lactation consultants and trained nurses who assist mothers in gaining the skills they need to breast-feed their newborns. To learn more about this designation, turn to pages 6-7.

And for another piece of good news, in November, The Twig, the Junior Auxiliary for IAH, pledged \$1 million toward renovations in the hospital's Cardiovascular Intensive Care Unit. This will allow the hospital to continue to provide top heart care. See the story on page 3 for more details.

Providing strong cardiac care is part of what makes IAH a top-notch hospital. To read about one woman's experience here, see page 5 of this issue.

IAH wants to make sure that patients and their families receive the best care and service every time they step through our doors. We wish you and your loved ones a happy and healthy 2016!



**SUSAN CARROLL FACHE, MBA, MHA**  
Chief Executive Officer  
Inova Alexandria Hospital



## WOMEN'S HEALTH

# STRONG SUPPORT for Women

## New multidisciplinary fibroid treatment program

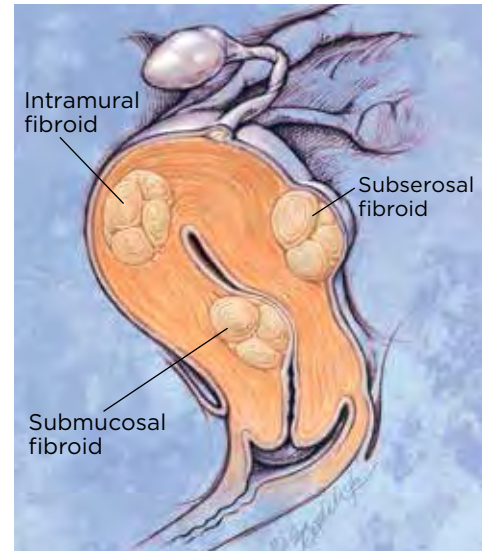
Inova Alexandria Hospital (IAH) offers individualized care for women. Among its services are a new, multidisciplinary fibroid treatment program led by Barry Rothman, MD, a gynecologist and Women's Unit Medical Director, and Keith Sterling, MD, an interventional radiologist and Medical Director of the IAH Cardiovascular & Interventional Radiology Department. The program helps each patient decide on the best course of treatment.

### TREATMENT OPTIONS

One method for treating uterine fibroids that preserves the uterus is a minimally invasive procedure called uterine artery embolization, or UAE. In this procedure, an interventional radiologist uses a small catheter, guiding it from the artery at the top of the leg into the uterine arteries. The doctor blocks the blood flow to each uterine fibroid, causing it to die and shrink. More than 80 percent of women who are evaluated are candidates for this procedure, and the success rate is greater than 90 percent.

Women typically spend one night in the hospital after this procedure and can resume their normal activities after five to seven days. "This is a very safe, durable and effective option for women who want to avoid surgery," says Dr. Sterling.

Another treatment option is laparoscopic



Fibroids (depicted above) are noncancerous growths that develop in or just outside a woman's uterus.

hysterectomy, which may be the answer for women who are done having children, Dr. Rothman says. The recovery time for this procedure is two to four weeks instead of four to eight weeks, as it is with a traditional hysterectomy.

The new fibroid program at IAH brings together all of the experts that evaluate and treat women with uterine fibroids using a patient-centered collaborative approach, Dr. Sterling says.

### GIRL POWER

Learn more about Women's Services at [inova.org/IAHfibroids](http://inova.org/IAHfibroids).

# The Twig Pledges Another \$1 MILLION

## New gift to fund renovations at the Cardiovascular Intensive Care Unit

In November 2015, The Twig, the Junior Auxiliary for Inova Alexandria Hospital (IAH) pledged \$1 million toward the hospital. The funds will go toward renovations in the hospital's Cardiovascular Intensive Care Unit (CVICU).

"We are so pleased to receive this donation from a partner that continues to demonstrate its commitment to improving care at IAH," says Susan Carroll, FACHE, MBA, MHA, CEO of IAH.

In 2010, The Twig pledged \$1 million for The Twig Surgical Center, a 24-private-

patient-room unit dedicated to the care of post-surgical patients. At the time, it was the largest pledge The Twig made toward the hospital since its inception in 1933.

Continuing renovations at CVICU will focus on infrastructure upgrades, state-of-the-art clinical space and an improved patient experience. Increased patient room size, private showers and bathrooms, space for family with room to sleep, more functional space for nurses, and flexibility to use the rooms for critical care or acute care are a few of the



renovation enhancements the hospital is working to achieve.

The Twig is a nonprofit organization of women dedicated to providing financial aid, volunteer service and support to IAH. To date, The Twig has contributed more than \$3.6 million to IAH. It also funds The Twig Nursing Scholarship, which is used to help a nurse further his or her education.

### GIVE FROM THE HEART

To learn more about the Inova Alexandria Hospital Foundation, contact Judy Bilicki, Executive Director, at 703.504.7770 or [judy.bilicki@inova.org](mailto:judy.bilicki@inova.org).

# GROWING TALENT

## Project Search nurtures young workers

Inova Alexandria Hospital (IAH) is engaged in a community-minded initiative to help students with cognitive and physical disabilities develop on-the-job training. For the last four years, it has offered Project Search, a one-year internship program for students with disabilities in their last year of high school eligibility.

The program is a win-win for everyone involved, says program Director Ameeta Shah. It is a "stepping stone for the students to become productive members of society," she says. "Project Search students help alleviate the workload for department staff and are able to fill in



gaps for certain tasks, providing more time and opportunity for employees to focus on patient care. The students bring in their own unique abilities, characteristics and experiences, further enriching the existing diverse cultural environment at Inova Alexandria Hospital."

The young adults in the program at IAH range in age from 18 to 21. During the course of their internship at IAH, they work in various departments,

switching every 10 weeks. Nine students are participating in the internship at the hospital this year. Since the start of the program, four of its participants are still working at the hospital, in the area of patient transport.

The young adults develop considerably during the year, notes Requina Luttrell, Human Resources Talent Coordinator at IAH: "At the beginning of the school year, they are shy. At the end they have grown and have adapted to our culture. It's nice to see how they transition from where they first began."

Project Search is a collaboration among IAH, Alexandria City Public Schools and support service agencies in the state.

### VALUABLE EXPERIENCE

Contact Requina Luttrell at [requina.luttrell@inova.org](mailto:requina.luttrell@inova.org) or at 703.504.7702 to learn more about Project Search.

# GUT CHECK

Heartburn can become more than just an annoyance

**G**astroesophageal reflux, also known as heartburn, is a common problem for people in the Northern Virginia area, as well as across the country. For about 20 percent of the U.S. population, heartburn goes beyond occasional discomfort and becomes more serious and chronic, turning into a condition called gastroesophageal reflux disease, or GERD.

While GERD is a manageable condition, it can also lead to other gastrointestinal problems. “A lot of patients have heartburn and reflux symptoms,” says Arunan Vamadevan, MD, a gastroenterologist (GI physician) at Inova Alexandria Hospital (IAH). “With constant reflux, they can develop something called Barrett’s esophagus, a precancerous condition in which

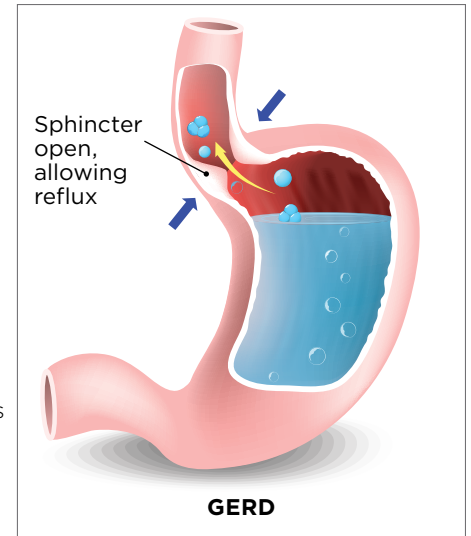
the lining of the esophagus changes to be more like stomach and intestinal lining. This increases the patient’s risk for esophageal cancer and occurs in about 10 percent of patients with GERD.”

Physicians at IAH use the latest technologies to diagnose and treat issues like Barrett’s esophagus before they increase in severity. To diagnose Barrett’s esophagus,

Dr. Vamadevan uses highly sensitive endoscopic cameras and ultrasound. He treats precancerous cells with radiofrequency ablation (RFA), which blasts the esophagus with heat and destroys the worrisome tissue, allowing new normal esophageal lining to grow. When used appropriately, RFA prevents the development of cancer.

If you are experiencing recurring heartburn symptoms, Dr. Vamadevan recommends seeing your primary care provider.

“If symptoms don’t improve with simple dietary and lifestyle changes, or they exist for an extended period of time, patients should consider seeking out a GI specialist,” says Dr. Vamadevan.



**STOMACH SOLUTIONS**  
Learn more about Inova’s endoscopy services at [inova.org/endoscopy](http://inova.org/endoscopy).

## Working Together

Inova Alexandria Hospital (IAH) fosters close working relationships among doctors. This multidisciplinary approach allows doctors to take advantage of each other’s knowledge and skills, which ultimately provides better service for patients.

For example, Arunan Vamadevan, MD, gastroenterologist (GI physician) at IAH, cites this collaborative environment as a key factor in a recent successful procedure he performed, which involved removing an ingested foreign object which had penetrated the patient’s colon. Typically, such circumstances call for open surgery and removal of the object with a prolonged hospital stay. However, the surgeon consulted Dr. Vamadevan to see if a less invasive option was available.

After a discussion with the patient, Dr. Vamadevan was able to remove the foreign object and treat the colon injury without the need for open surgery. The patient was discharged the very next day.

“We have a very collegial atmosphere at IAH where we can discuss our concerns, and everyone’s there to support each other,” says Dr. Vamadevan. “This helps us provide the best care to patients.”



Arunan Vamadevan, MD  
Gastroenterologist

## ASK THE EXPERT

LECTURE

### Heartburn and Abdominal Pain

Join Arunan Vamadevan, MD, for this FREE lecture.

**Location:** Inova Alexandria Hospital, Auditorium

**Date & Time:** Wednesday, April 6, 6 p.m.

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

# HEART SMART

Patient's awareness of family history leads to lifesaving treatment



Norma Ely-Jones, with her husband, Christopher, and their Jack Russell terriers, is vigilant about her cardiac health.

**N**orma Ely-Jones, a 53-year-old retired air traffic controller and U.S. Army Reserves colonel from Fort Washington, MD, always knew that she was at risk for heart disease.

“My mom had heart disease and she had a heart attack 20 years ago, at the same age I am,” Norma says. “All these years I’ve been going to cardiologists because I knew I had heart disease in my family.”

However, even though she maintained habits associated with a healthy lifestyle, including avoiding smoking and attending regular checkups with a cardiologist, Norma began experiencing symptoms associated with stroke in June. The symptoms went away after an emergency room visit but then reappeared in August. A full-body CT scan showed that she had a blockage in her heart. During a visit with her cardiologist, her blood pressure was so high —197/108 — that the doctor called 911.

Sent to Inova Alexandria Hospital (IAH), she underwent more tests. Soon, she spoke with Linda Bogar, MD, FACS, FACC, Surgical Director of Cardiac Surgery at IAH. Dr. Bogar informed Norma that she was at immediate risk for a heart attack due to the blockage and that she would need to undergo bypass surgery.

### UNDERGOING TREATMENT

While being told she was going to need bypass surgery was extremely stressful, Norma says that Dr. Bogar and her team were “warm and caring.” They made the experience as comfortable as possible.

“What’s nice about our hospital is it’s a little smaller, which means patients get a little more personalized attention from the staff and the physicians,” comments

Dr. Bogar. “Patients tend to stay in the same area after surgery until they’re discharged, so the same team is taking care of them the whole time. The focus is really on the patient.”

After the surgery, Norma left the hospital in good health, which continues to this day. “If I had any issues, I called [IAH] and the nurse there answered all of my questions,” Norma says. “Dr. Bogar even gave me a call to check on me after getting back from her vacation, which was fantastic. You can’t get any better than that.”

## Know Your History

While heart disease may be traced back to lifestyle choices, it can also be out of your control. If you have a family history of heart disease, make sure you receive regular checkups. And if you experience any of these heart disease symptoms, contact your

primary care physician. If they are severe, head to the emergency room:

- Chest pain or pressure
- Chronic or extreme fatigue
- Shortness of breath or difficulty breathing
- Swollen legs (a symptom of heart failure)

## CARDIAC WELLNESS

Learn more about heart care at Inova at [inovaheart.org](http://inovaheart.org).

# MOTHER-BABY

Inova Alexandria Hospital offers moms personalized support

After Kelly Escarrega, 36, gave birth to her twin boys at Inova Alexandria Hospital (IAH) in October, she felt supported from the minute her boys were born. She received breastfeeding assistance from her care team, which included the hospital's lactation consultants.

The day after she gave birth, a lactation consultant spent around 30-40 minutes with her helping latch on the babies. "She helped me with the latching on and just talked about the basics of breastfeeding and how to get my supply going," says Kelly. "She also encouraged me to attend the class they have every day at 10 a.m. in the postpartum unit."

## PRESTIGIOUS DESIGNATION

Like Kelly, all moms at IAH receive help from lactation consultants and trained nursing staff who assist mothers in gaining the skills they need to breastfeed. They also benefit from in-house rooming for their newborns and skin-to-skin time. Because of IAH's attention to mother-baby bonding, the hospital recently received the prestigious recognition of being a Baby-Friendly Hospital, a designation from the World Health Organization and the United Nations Children's Fund (UNICEF). This designation recognizes birthing centers around the world that have outstanding care for breast-feeding and mother-baby bonding.

"This Baby-Friendly designation is exciting because it



Immediately after giving birth to twins Alexander and Benjamin, Kelly Escarrega enjoyed skin-to-skin contact with them.

recognizes our team's commitment to support a mother in having a successful breastfeeding experience in the first hour of her baby's life," says Monica Brannon, Baby-Friendly Coordinator at IAH. "Less than 350 hospitals are Baby-Friendly-designated in the United States."

According to Jodie Turner, Senior Director of Women's Services at IAH, IAH was the sixth hospital in Virginia area and the first hospital in the Inova system to receive the designation.

"It is a wonderful way of creating a culture where families and babies stay together through the entire hospital stay," she says.

## CONSTANT CONTACT

"Rooming in," or allowing mothers to remain with their infants 24 hours a day and feed on demand, benefits both the mom and the baby because the mom starts picking up on the baby's signals, says Barry Rothman, MD, a gynecologist and Women's Unit Medical Director at IAH. But he

## Accreditation for Antenatal Testing Center

The Inova Brock Family Antenatal Testing Center at IAH has received accreditation from the American Institute of Ultrasound in Medicine (AIUM).

AIUM ultrasound practice accreditation indicates that practices meet or exceed nationally recognized standards in the performance and interpretation of diagnostic ultrasound examinations.



The Inova Brock Family Antenatal Testing Center provides specialized care for pregnancies that are at risk for maternal, fetal or obstetric complications. Its maternal-fetal medicine specialists offer specialized services and care to mothers and their unborn babies, from pre-pregnancy counseling through delivery. To learn more, call **703.504.7868**.

# BONDING



Kelly Escarrega, with husband David, liked the support she received at Inova Alexandria Hospital.

adds that if Mom is exhausted and needs a break from rooming in for a bit, she can tell the nurse, who will take the baby to the transitional nursery.

Skin-to-skin contact is also healthy, he says. Data indicates that if there is skin-to-skin contact after birth, there's a decreased risk the baby will have to go to a special care nursery and a better chance the baby won't have complications.

Kelly received immediate skin-to-skin contact with her twin boys after giving birth via Caesarean section at IAH. It was an experience that pleasantly surprised her.

"I was thinking that they'd be whisked away and I wouldn't get to see them, but they put them right on my chest in the operating room," she says. "I had immediate skin-to-skin [contact] with both babies at the same time and that was really nice. They were still caring for the babies and doing what they needed to do, but they were on my chest."

The benefit of skin-to-skin contact is that it helps the baby transition to life outside the uterus. It assists in regulating a number of vital signs, such as the baby's breathing, heart rate, blood sugar and temperature.

## ENCOURAGING BREASTFEEDING

For Dr. Rothman, the Baby-Friendly designation is particularly encouraging because of its implications for breastfeeding.

"I'm excited about it because the data shows that in the state of Virginia, [the children of] women who breastfeed have a decreased mortality rate," he says. "[The data is] just another push that breastfeeding is good."

Besides having staff expertly trained in breastfeeding, as

## The Ten Steps to Successful Breastfeeding

These evidence-based steps were developed by a team of global experts. As a Baby-Friendly Hospital, IAH adheres to these steps:

- 1 Have a written breastfeeding policy that is routinely communicated to all healthcare staff.
- 2 Train all healthcare staff in skills necessary to implement this policy.
- 3 Inform all pregnant women about the benefits and management of breastfeeding.
- 4 Help mothers initiate breastfeeding within one hour of birth.
- 5 Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
- 6 Give newborn infants no food or drink other than breast milk, unless medically indicated.
- 7 Practice rooming-in — allow mothers and infants to remain together — 24 hours a day.
- 8 Encourage breastfeeding on demand.
- 9 Give no artificial teats or pacifiers to breastfeeding infants.
- 10 Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

Source: [babyfriendlyusa.org](http://babyfriendlyusa.org)

a Baby-Friendly Hospital, IAH has a convenient lactation boutique located on the Family Centered Care Unit that is stocked with breastfeeding products and supplies.

While IAH encourages and supports breastfeeding, it recognizes that feeding decisions are personal for each family. "We want all of our mothers to leave IAH feeling confident in their ability to feed their newborns," Brannon offers.

Notes Kelly, "They were highly supportive of breastfeeding, but I never felt like I was forced into doing it."

## A PLACE FOR MOMS

Learn more about maternity services at Inova Alexandria Hospital at [inova.org/IAHmom](http://inova.org/IAHmom).

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) on genomics, Inova Neuroscience Institute, Inova Dwight and Martha Schar Cancer Institute (ISCI) 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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[inova.org](http://inova.org)

IHS-062-IAH



# WELCOME, NEW PROVIDERS!

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

NAME	DEPT/SECTION
Sana'a Abubaker, MD	Physical Medicine/Rehabilitation
Nowal Al Baqui, MD	Nephrology
Mahmood Alasmi, MD	Neonatal-Perinatal Medicine
Birendra Amatya, MD	Internal Medicine
Kanchan Anand, MD	Nephrology
Ghazaleh Aram, MD	Gastroenterology
Bereket Asgedom, MD	Internal Medicine
San Thaw Dar Aye, MD	Internal Medicine
Christopher Chang, MD	Plastic Surgery
Edward Chang, MD	Orthopedic Surgery
Margaret Fischer, MD	Internal Medicine
Nilay Gandhi, MD	Urology
Yonis Geberemariam, MD	Internal Medicine
Amy Henning, DO	Orthopedic Surgery
Adam Hernandez, MD	Pulmonary Disease
Candice Holden, MD	Orthopedic Surgery
Alina Huang, MD	Medical Oncology
Zahid Iqbal, MD	Nephrology
Earl Johnson, MD	Plastic Surgery
Ali Kazemi, MD	Gastroenterology
Vijaya Kommineni, MD	Family Medicine
Shubhada Kumar, MD	Internal Medicine
Harry Kwak, MD	Anesthesiology
Sang Hoon Lee, MD	Medical Oncology
Sermsak Lolak, MD	Psychosomatic Medicine
Brian Long, MD	Pediatrics

NAME	DEPT/SECTION
Adam Martin, MD	Emergency Medicine
Ambar Matta, MD	Surgery
Brian McHugh, MD	Neurological Surgery
Nancy Morrison, MD	Ophthalmology
Huy Nguyen, MD	Internal Medicine
Anne Nickodem, MD	Plastic Surgery
Jeanne Nunez, MD	Neonatal-Perinatal Medicine
Elizabeth Phan, DO	Hospice and Palliative Medicine
Timothy Plerhoples, MD	Colon and Rectal Surgery
Jocelyn Robinson, MD	Emergency Medicine
Sean Rogers, MD	Neurology
Noemi Romano, MD	Internal Medicine
Camila Sahebi, MD	Medical Oncology
Thomas Sanders, MD	Orthopedic Surgery
Nadia Shah, MD	Diagnostic Radiology
Vivek Sinha, MD	Family Medicine
Timothy Sitts, MD	Psychiatry
Pradeep Siwach, MD	Neonatal-Perinatal Medicine
S. Strickberger, MD	Clinical Cardiac Electrophysiology
Arunan Vamadevan, MD	Gastroenterology
Phillip Van, MD	Diagnostic Radiology
Ganesh Venkataraman, MD	Clinical Cardiac Electrophysiology
Jason Williams, MD	Psychiatry
Paulos Yigazu, MD	Neonatal-Perinatal Medicine

## Find a Physician



Looking for a doctor? Visit [inova.org/physicians](http://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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## Baby Time



Schedule a tour or complete online registration for your OB admission at [inova.org/baby](http://inova.org/baby).