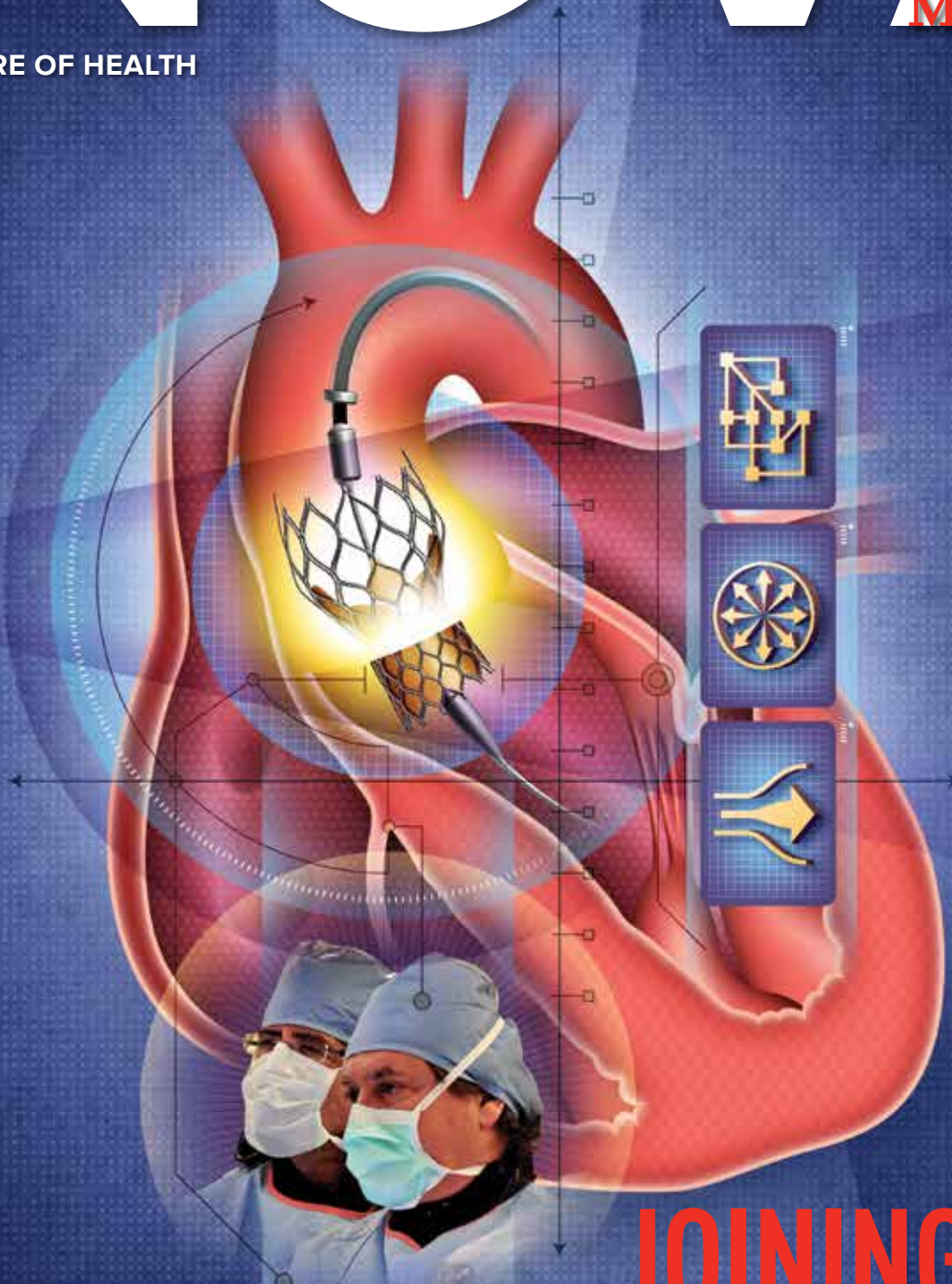


INOVA

MAGAZINE

JOIN THE FUTURE OF HEALTH



JOINING FORCES

SPRING 2013

Inova's cardiac surgeons and cardiologists team up to perform a groundbreaking heart treatment

Joining Forces

Cardiologists and cardiac surgeons collaborate on a unique heart procedure.



Big Thinking

Cancer care is growing at Inova, thanks in part to generous donors such as Martha and Dwight Schar.



HEADLINES

BACK TO THE BEGINNING

Study may yield clues to preterm birth

Thanks to an overwhelming response from patients, Inova Translational Medicine Institute (ITMI) has expanded its flagship Preterm Birth Study. "This is the largest repository of whole genome sequencing in the world," notes Joe Vockley, PhD, Chief Operating Officer and Chief Scientific Officer, ITMI.

Whole genome sequencing refers to the complete DNA sequencing of genetic material present in a study participant. ITMI has generated whole genome sequencing on 1,500 samples (originating from full-term and preterm babies and their parents) and has submitted 750 more samples from new participants for analysis.

A thorough review of the data is under way.

One area of exploration is the gestational clock theory — that babies are born preterm because the genetic machinery in place to sustain a pregnancy for nine months goes wrong in some way. Another is finding connections between biochemical pathways associated with growth and development and preterm birth.

One of the most valuable results of the study to date is ITMI's mapping of reference genomes for people of European, Asian and African ancestries.

Inova plans to share these with the medical community at large.

"We can use these to enable the rest of the medical community to better perform sequence analysis," Dr. Vockley says.



FACT FINDING

Learn more about ITMI and the Preterm Birth Study at inova.org/itmi.

EDITOR'S NOTE

Inova is a pioneer in the field of medicine, exploring the science of genomics and leading the way in the new era of predictive medicine. Through a network of wellness services, Inova Medical Group physicians, healthcare facilities and hospitals located throughout Northern Virginia, Inova is the largest not-for-profit healthcare provider in the Washington, DC, area. Recently, *U.S. News & World Report* ranked four of Inova's hospitals among the top 10 hospitals in the Washington area, including Inova Fairfax Hospital, which is ranked No. 1 in the region. With the area's only Level 1 Trauma Center and Level 3 Neonatal Intensive Care Unit, Inova is home to the nationally and internationally recognized Inova Heart and Vascular Institute (IHVI), Inova Translational Medicine Institute (ITMI) on genomics, Inova Neuroscience Institute, Inova 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. With world-class physicians and state-of-the-art facilities, Inova continues to lead the future of health.

Less Is More
Minimally invasive surgery is one way Inova sets the bar high in women's care.



The New Frontier
Upcoming Institute will provide cancer treatment and research.



Independent Days
The InovaCares for Seniors PACE® program is music to older adults' ears.



EpicCare ON THE MOVE

Electronic medical record in place

Inova Fairfax, Inova Fair Oaks and Inova Loudoun hospitals have implemented the EpicCare electronic medical record system. More than 13,000 employees, doctors and contract service staff can now enter orders and information electronically as opposed to writing them by hand. Thousands more will be added to these numbers in the coming months.

EpicCare allows providers to instantly access and update patients' health history and information, including lab results. "Doctors can get data from home; they can get data from the office. They can see records before they come to the hospital," notes Marshall Ruffin, MD, Executive Vice President and Chief Technology Officer at Inova.

The benefit for patients is all their Inova caregivers can see a patient's medical information in one place; no more searching for paper files from different sources. "This comprehensive medical record improves outcomes, quality of care and patient safety," says Maggie Cornett, EpicCare Project Director.

Inova Alexandria and Inova Mount Vernon hospitals are scheduled to go live in June. And more than 60 Inova outpatient sites and clinics are already live on EpicCare, with more scheduled in the near future.



Learn more about EpicCare electronic medical record system at InovaEpicCare.org.



A NEW INOVA HEALTHPLEX OPENS

Freestanding emergency services in Lorton

Inova HealthPlex – Lorton, a two-story ambulatory care center with 24-hour emergency services, has opened.

"We are delighted to be able to provide the Lorton community with emergency services close to home," says Barbara Doyle, CEO of Inova Mount Vernon Hospital. "The link from the emergency room at the Inova HealthPlex to admission in our hospital is seamless."

The 50,000-square-foot HealthPlex has been in the works for several years. "It is a nice bridge, not only as a way to provide ancillary support for the hospital, but also as a great opportunity to provide quality patient care to this community," notes Jo-Lynn Aponte, Director of Business and Clinical Operations, Inova HealthPlex – Lorton.

The first floor of the building, which includes the emergency room, and support services, such as lab, radiology and registration, opened in the first quarter of 2013. The second floor will be built out later and will contain an ambulatory surgery center. Future phases include a five-story medical office building.



Critical Care
The new HealthPlex offers much-needed services for the Lorton community.

High Jump

Inova Fair Oaks Hospital receives Leapfrog safety distinction

Inova Fair Oaks Hospital has leaped far ahead of the competition. A few months ago, the hospital received the 2012 Leapfrog Top Hospital distinction, the most competitive national hospital quality award in the country.

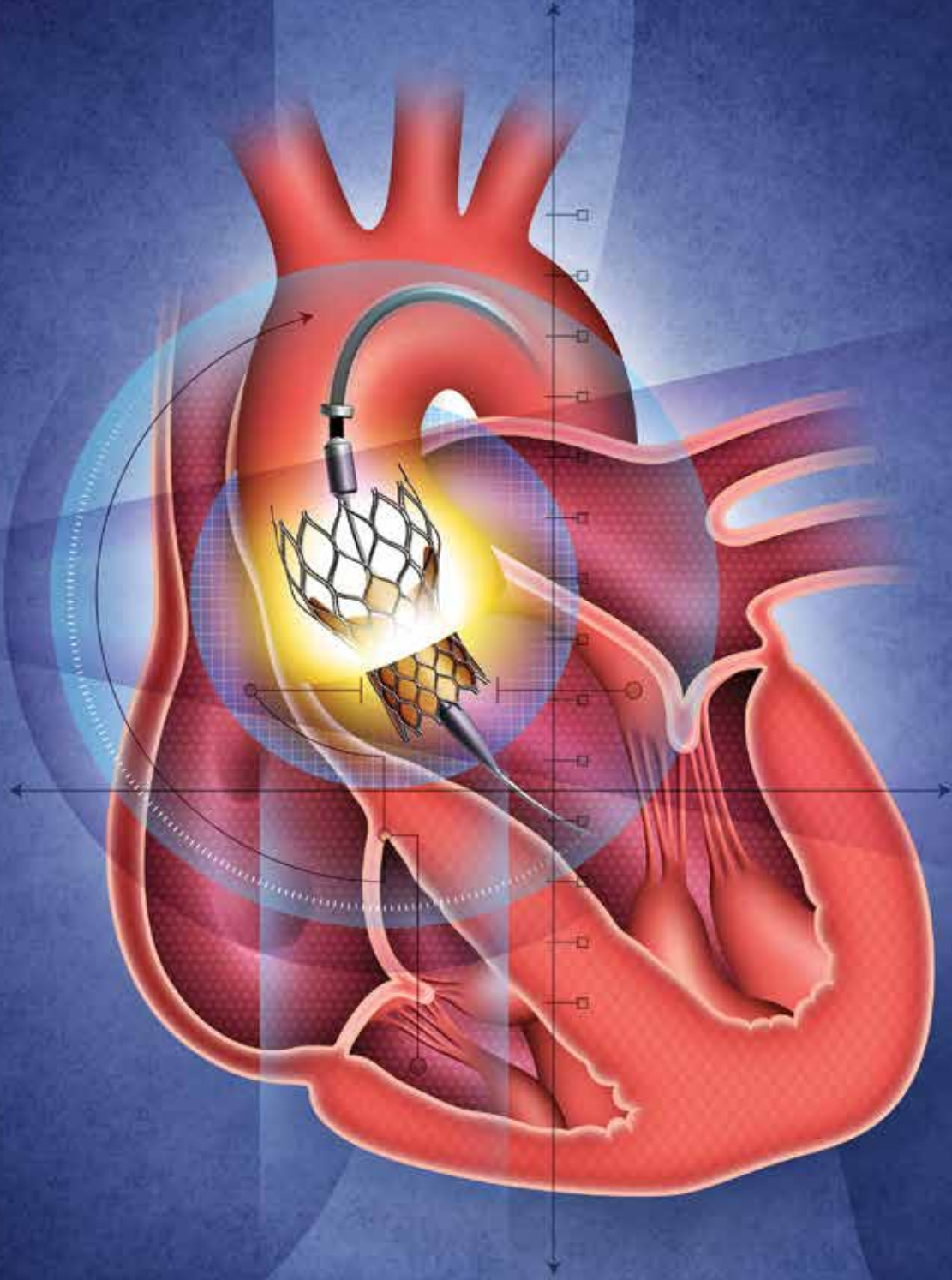
"This award is a testament to our ability to provide safe and reliable care to each patient who comes through our doors," says John Fitzgerald, CEO of Inova Fair Oaks Hospital.

The selection is based on the results of The Leapfrog Group's annual survey, which



measures hospitals' patient safety and quality performance in three critical areas: how patients fare, resource use and management structures in place to prevent errors. Nearly 1,200 hospitals participated in the annual survey by The Leapfrog Group, a national organization that uses the collective leverage of large purchasers of healthcare to initiate improvements in the safety, quality and affordability of healthcare. Strong safety ratings were consistent across Inova.





JOINING FORCES

Heart of the Matter

The CoreValve is an investigational device used in transcatheter aortic valve implantation, a procedure conducted to treat severe aortic stenosis, a narrowing of the aortic valve through which blood from the heart is pumped to the rest of the body. During the procedure, an artificial aortic heart valve attached to a wire frame is guided by a catheter (a thin, flexible tube) to the heart. Once in the proper position in the heart, the wire frame expands, allowing the new aortic valve to unfold and function normally.

Cardiac
surgeons,
cardiologists
team up to perform
groundbreaking heart treatment

ILLUSTRATION
BY TOM WHITE

When Harry Lyon woke up at Inova Heart and Vascular Institute (IHVI) on a September evening last year, the first words that popped into his head were the first out of his mouth: “ohm centimeter.”

Weeks earlier, a former customer had asked him about underground pipe corrosion, and Lyon, a retired engineer, couldn't remember the formula for determining how soil moisture contributed to the process. It bothered him, but now he understood why the answer — ohm centimeter — escaped him.



Team Players

The CoreValve procedure requires the collaboration of many. They include (from right): Alan Speir, MD, Bryan Raybuck, MD, Niv Ad, MD, Russell D'Sa, clinical supervisor of the cath lab, and Patrick Jacobs, certified surgical technologist.

“The lack of blood flow I was experiencing affects the brain,” says Lyon, 80, noting that his memory had been suffering for the last three years.

The cause of Lyon’s memory loss was aortic valvular stenosis, a narrowing of the valve through which blood from the heart is pumped to the rest of the body. A transcatheter aortic valve implementation (TAVI) procedure performed that afternoon in a clinical trial helped to correct the problem. It helped the blood flow more freely from his heart by opening the obstructed aortic valve.

During the procedure, a CoreValve System, an investigational device by Medtronic that is now in trial at only 45 U.S. hospitals, was installed into Lyon’s aorta to open the calcified valve. The procedure was unique in part because it involved a collaboration of doctors who typically work independently: cardiac surgeons, surgeons who perform open-heart surgery, and interventional cardiologists, who perform catheter-based procedures to open blocked heart arteries and valves.



“For the transcatheter aortic valve replacement, the collaborative approach with the cardiologist and cardiac surgeon has been transformative,” says Alan Speir, MD, Medical Director, Cardiac Surgical Services at IHVI. “It’s no longer the case where the cardiologist is rendering the care or the surgeon is rendering the care independently. This is truly collaborative. It is truly a partnership.”

Such a partnership sets the stage for innovative and lifesaving procedures, such as the CoreValve

CARDIOLOGIST VERSUS HEART SURGEON: WHAT’S THE DIFFERENCE?

Cardiologists and cardiac surgeons are both doctors who treat the heart, but in different ways. Cardiologists are internists who have training in cardiology. They perform a wide range of tasks on a daily basis, from using medical imaging studies to diagnose a heart condition to working with a cardiac surgeon to establish a treatment plan for a patient. While cardiologists do not perform surgery, they do procedures such as cardiac catheterizations that require small skin punctures or incisions, and some put in pacemakers. Interventional cardiologists, such as Bryan Raybuck, MD, perform angioplasty and deploy stents.

Cardiac surgeons perform heart surgery and do heart transplants, valve replacements, and repair congenital conditions.

“It’s no longer the case where the cardiologist is rendering the care or the surgeon is rendering the care independently. This is truly collaborative. It is truly a partnership.”

→ ALAN SPEIR, MD

procedure. For Lyon’s operation, Dr. Speir stood side by side with Bryan Raybuck, MD, interventional cardiologist and Director of Cardiac Catheterization Labs at IHVI, and cardiac surgeon Niv Ad, MD, Director of Cardiac Surgery Research at IHVI.

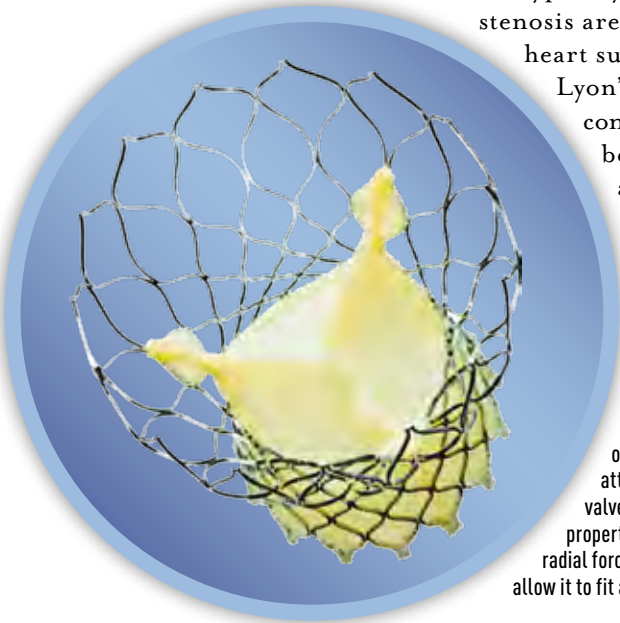
“It’s been an absolute pleasure working together with the cardiac surgeons,” says Dr. Raybuck. “The TAVI requires the catheter skills of the interventional cardiologist, as well as the surgical skills of the cardiac surgeons to perform these complex procedures due to their specialized nature. Known as hybrid procedures, they are performed in a specialized hybrid operating room combining all of the equipment of a cardiac catheterization laboratory and open-heart surgical suite in a single room.”

A PATH FORWARD

Lyon’s journey to the hybrid operating room began two years earlier when a cardiologist in Alexandria, VA, referred him to IHVI for his aortic stenosis. He had undergone triple bypass surgery a decade earlier, but now he was struggling. Age played a role certainly, but “I could only walk 15 or 20 feet without stopping to pop (a nitroglycerin pill),” he says. “Stairs really stopped me.”

To make matters worse, he was receiving chemotherapy for cancer after a CT scan revealed a tumor on his left lung. Dr. Raybuck chose to perform an aortic valvuloplasty, a procedure to open Lyon's aortic valve. "He said it was only good for six months, and I stretched it to nine," said Lyon, a gregarious man who laughs easily about challenging limits. "Then he did it again."

Personalized medicine is at the heart of care at Inova. Typically, patients with aortic stenosis are treated with open-heart surgery, but given Lyon's age and health concerns, Dr. Raybuck believed he would be a better candidate for CoreValve's clinical trial, which



Wired for Success

The CoreValve System consists of an intricately wired frame attached to an artificial aortic heart valve. The design of the frame offers properties that include low and high radial forces and high hoop strength that allow it to fit and function in the heart.

MEDICAL WONDER

Before the CoreValve System, options were limited for patients with aortic stenosis who were evaluated as too high-risk to withstand open-heart surgery, according to Inova Heart and Vascular Institute cardiac surgeon Alan Speir, MD.

"It's been thus far one of the most exciting adjunctive treatments that have been developed for decades," he added about the devices.

The CoreValve System, by Medtronic, is deemed investigative in the U.S. by the Food and Drug Administration. The FDA has mandated that it go through a safety period in this country in which about 1,300 people will receive the device over the next five years. IHVI was one of 45 U.S. hospitals — and the only one in Virginia — selected to take part in the investigation. Since April 2011, IHVI has performed more than 20 CoreValve transcatheter aortic valve implantations.

To perform the procedure, the physician opens an artery — frequently the femoral artery in the groin, but it could also be the subclavian artery near the collarbone or through an incision in the chest, as was the case with Harry Lyon. Doctors then advance a catheter with a prosthetic valve to reach the heart. The system is deployed by the cardiologist and surgeon to noninvasively replace the diseased aortic valve.

"The complexity of this procedure is significant and requires a great deal of careful orchestration among everyone involved," says Bryan Raybuck, MD, cardiologist.

enrolled patients at high or extreme risk for invasive surgery. The transcatheter aortic valve implantation involves making a small incision and manipulating the CoreValve device into the heart through a catheter, using imaging equipment to guide the doctors.

Heart surgeons Drs. Speir and Ad reviewed the case and agreed with Dr. Raybuck's assessment. "The TAVI clinical trial has given us an option for high-risk patients who otherwise would not be a candidate for any intervention," says Dr. Speir, adding that surgery remains the gold standard against which other heart procedures, such as the CoreValve System, are measured.

COMMON GROUND

One of the benefits of the collaboration is that the surgeons and cardiologists can bring their various viewpoints and skills to bear if any unexpected problems arise. "The cardiologists and surgeons certainly have started a whole new level of dialogue on what is in the best interest of the patient, as opposed to looking at it only for stents or only for bypass," Dr. Speir says.

The TAVI collaboration could be a springboard for future use of the hybrid operating room and all of its equipment.

"I think we're still in evolution as to how to utilize this great technology," says Dr. Speir. "There's some work being done with combined valvular and coronary artery disease. For example, the cardiologist could put a stent in one vessel while the surgeon replaces the valve. There can be treatment of, perhaps, multivessel coronary disease, where the cardiologist might stent one vessel and we do open-bypass on another vessel. We're evolving these technologies in both adults and children."

For Lyon, the procedure immediately gave him a brighter outlook on his future.

"It turned my life around," he says. "I was 25 years younger, bam, just like that! I got a new driver's license last year. It's good for 10 years, and I've got to be around

10 more years to get my money's worth out of it." ■



YOUNG AT HEART

What's your heart age? Find out at inovaheart.org/heart-risk-assessment.

Making a major philanthropic investment to healthcare is not only a very personal commitment to improve the lives of others; it is often the impetus to allow physicians, researchers and administrators the inspiration to think big about how they can ultimately optimize the health of a population.

When Carolyn and Milt Peterson and Dwight and Martha Schar became involved with Inova well over a decade ago and subsequently made significant gifts to Inova's Life with Cancer® and cancer research programs, they provided the spark to ignite that grand thinking.

Carolyn, a two-time cancer survivor, was the original Board Chair of Life with Cancer, a widely recognized Inova program that focuses on social and psychological quality of life for patients with cancer and their families. She and husband Milt, founder and Chairman of the Peterson Companies, and their four children remain staunch supporters of Life with Cancer.

For Carolyn, Life with Cancer addresses "the human side of cancer" and is a vital complement to the work of diagnosing, treating and researching the great variety of cancers. "What's so wonderful about the upcoming Inova Comprehensive Cancer and Research Institute

Community members Carolyn and Milt Peterson (above) and Martha and Dwight Schar (below) have been longtime supporters of Inova's Life with Cancer® program and research initiatives, providing inspiration for Inova's future Comprehensive Cancer and Research Institute.

**Early investments inspire
the vision to optimize
cancer care for our region**



(ICCRI) (see back page) is that it's large enough to make real research advances, bringing together the expertise and facilities," she says. "But it's still built around individual plans for every patient, just as Life with Cancer is an example of the full spectrum of personalized care for patients and families."

Dwight and Martha Schar are longtime supporters of Life with Cancer as well, sponsoring many special events and contributing a major gift in 2002 to support construction of the Life with Cancer Family Center and establish a cancer research fund at Inova. Dwight, founder and Chairman of NVR Inc., is also a part owner of the Washington Redskins. In 2003, George Mason University presented him with its highest honorary award, the George Mason Medal, which recognizes those whose record of service is consistent with that of George Mason's public service in his time.

"I'm so proud that our gift served as an inspiration to make ICCRI a reality," says Dwight. "Cancer has impacted so many lives. It is essential that Inova take this next step to provide a comprehensive system of cancer care to the Northern Virginia community and beyond." ■



A WORTHY INVESTMENT

Putting a landmark project like Inova Comprehensive Cancer and Research Institute on the map cannot happen without the support of the community. For questions, or to inquire about philanthropic investment opportunities, please contact Anthony T. Burchard, President, Inova Health Foundation, at **703.289.2051**.



LESS
IS
MORE

**Inova's surgical
and research
programs take
women's services
to a new level**

Women's surgery is not what it used to be. Thank goodness for that. Today, minimally invasive gynecologic surgery offers benefits that include less blood loss, fewer complications, a quicker recovery, less pain and discomfort and better long-term outcomes for patients compared to traditional open surgery.

Inova actually offers an entire women's care program that is ahead of its time, involving groundbreaking research and a mission that unites all the hospitals' women's departments.

"With the collective input from each Inova hospital OB-GYN department, we have unique opportunities to standardize the quality, initiatives and safety of women's care," says G. Larry Maxwell, MD, Chairman, Obstetrics and Gynecology, Inova Women's Hospital. "This means that wherever a woman turns within the Inova system, she receives the same high level of care."

The commitment has paid off in minimally invasive surgery and robotics, he notes. Inova has received two major accolades in recent months: *U.S. News & World Report* has ranked Inova Women's Hospital among the top in the nation for gynecologic care, and Inova Fair Oaks Hospital has recently been named a Center of Excellence for Minimally Invasive Gynecology — one of the first hospitals in the nation to receive this prestigious designation. Inova Women's Hospital is currently under consideration for this designation status, as well.

"Our patients are sitting in a chair 30 minutes post-op, they go home about four hours later and they're back to work in one to two weeks," explains Ray Wertheim, MD, Director, Minimally Invasive Gynecology at Inova Fair Oaks Hospital.

One of the reasons for the quicker rebound is that the surgery requires fewer incisions — typically two tiny ones, compared to the one large incision that is the norm in open surgery. This results in less stress on the body and quicker immediate recuperation.

"I always call my patients the night before surgery and two days later," Dr. Wertheim says. "And they're out to a movie, out to dinner. They took a couple of pain pills and they were on their way."

"Our patients are sitting in a chair 30 minutes post-op, they go home about four hours later and they're back to work in one to two weeks."

→ RAY WERTHEIM, MD

Inova Women's Services has moved ahead of the nation in this area of expertise. A total of 97.6 percent of the gynecologic surgeries performed in 2012 at Inova Fair Oaks Hospital were minimally invasive, and the Inova-wide average is not far behind. That compares to national averages between 25 and 32 percent. "Our knowledge and expertise in this area allow us to give our patients quicker recovery times, significantly reduced risk for complication, shorter hospital stays and much higher patient satisfaction," Dr. Wertheim says.

OPTIONS

Minimally invasive surgery can be used to treat a variety of conditions. These include uterine fibroids, abnormal bleeding, endometriosis, uterine prolapse, gynecologic cancer and chronic pelvic pain. Two of the more common minimally invasive procedures are hysterectomy (removal of the uterus) and sacrocolpopexy (a surgery for pelvic prolapse to restore pelvic organs to their normal position).

One reason for the increase in minimally invasive procedures is the introduction of the da Vinci® robot. Gynecologists, gynecologic oncologists and urogynecologists are able to use the device to enhance their vision, dexterity and surgical control when performing these complex procedures. Inova has da Vinci

NATIONALLY RANKED

Inova's GYN programs have attracted national attention over the last year. Last year, *U.S. News & World Report* ranked Inova Women's Hospital 23rd in the nation for gynecology. The magazine analyzed data on 4,793 hospitals to determine their rankings. It placed Inova Women's Hospital among the top 0.5 percent of hospitals across the United States in caring for women.

Also last year, the AAGL, the leading association promoting minimally invasive gynecologic surgery, named Inova Fair Oaks Hospital a Center of Excellence in Minimally Invasive Gynecology.

The designation means that both the hospital and the surgeons have undergone a review process and met standards to ensure the efficacy and safety of their minimally invasive gynecology abilities. Inova Women's Hospital is undergoing a review process by AAGL for this designation status currently, and other Inova hospitals are in various stages of the application process.



INOVA WOMEN'S HOSPITAL 2016

As physical evidence of Inova's dedication to women's health, a new 650,000-square-foot, 12-story Inova Women's Hospital is slated to open in early 2016. The hospital is designed to reflect the most positive patient experience possible, with all-private, family-centered rooms and a meditation garden. The hospital will feature 192 private rooms, eight women's surgery operating rooms, six Caesarean-section operating rooms, and will connect to the recently constructed Inova Fairfax Hospital South Tower. It will be the region's only dedicated Women's Hospital.

The new hospital will combine the best of Women's Services in one location, building on its united purpose.

FUTURE INVESTMENT

To find out more about the Women's Health Integrated Research Center at Inova, visit www.whirc.org.

Si HD robots at Inova Women's Hospital, Inova Loudoun Hospital and Inova Fair Oaks Hospital.

A WELL-ROUNDED PROGRAM

Thanks to Inova's commitment to a well-rounded program, Inova Alexandria, Inova Loudoun and Inova Mount Vernon hospitals also perform minimally invasive gynecologic surgeries for a variety of conditions, including gynecologic cancers. Inova Fairfax Medical Campus, with its nationally recognized Women's Hospital, treats more gynecologic cancer than any other hospital in the Washington Metropolitan Region.

"Minimally invasive surgery is happening at each hospital," explains Dr. Maxwell. "The complex cancer cases, the ones involving patients who require more extraordinary intensive care unit recovery, these cases will be treated at Inova Women's Hospital, where women will have access to a dedicated gynecologic surgery floor and the additional resources that Inova's nationally recognized, comprehensive women's hospital can offer."

INNOVATIVE RESEARCH

Another dimension to Inova is the practice of innovative research, which strives to strengthen outcomes and treatment, and to refine health delivery in the future. There are three highly regarded minimally invasive surgery fellowship programs, each sponsored by Inova Women's Hospital. One fellowship is specific to urogynecology, one focuses on gynecologic oncology and a third, slated for a 2013 debut, will provide new opportunities to research minimally invasive capabilities across a broad spectrum of



Not Your Average Robot

The da Vinci[®] surgical system enhances surgeons' vision, dexterity and surgical control. It is used in a variety of procedures.

specialties. "Educating tomorrow's physicians, surgeons, clinicians and specialists is something we're committed to. It's one more way we will improve the way in which all women receive medical care in the future," Dr. Maxwell stresses.

The centerpiece of the Inova Women's Research Program is the Women's Health Integrated Research Center (WHIRC) at Inova, where "-omic" technologies (e.g., genomics and proteomics) are applied toward identifying, characterizing and validating biomarkers and clinical applications for management of obstetrical and gynecologic disease. The hope is that the researchers and physicians at Inova, WHIRC and the Gynecologic Cancer Translational Research Center of Excellence (GYN-COE) will be able to uncover biomarkers that lead to personalized treatments for women.

"The WHIRC is uniquely positioned to enable clinical applications of state-of-the-art, systems-level molecular profiling that have a major impact on patient outcomes," says Dr. Maxwell, who co-directs WHIRC. "Within this context — genomics, transcriptomics and proteomics — are leading-edge research technologies that show promise for revolutionizing manifold applications in personalized medicine, including diagnosis, prognosis and patient satisfaction."

PERSONALIZED MEDICINE

Above all, the goal at Inova is to share a dedication to unparalleled medical care and personalized medicine. That includes everything from minimally invasive surgery to preventative health to the most complex medical cases.

"In the context of a collaborative system, we've been able to create an extraordinary level of care at each of Inova's five hospitals," Dr. Maxwell says. "That's not the goal; it's a reality. It's happening right now." ■



LADIES FIRST

Learn more about women's services at Inova at inova.org/women.



THE NEW FRONTIER

Institute to provide cancer treatment, research

Construction is scheduled to begin on Inova Comprehensive Cancer and Research Institute, a seven-story, freestanding cancer facility, next year.

“We currently don’t have any comprehensive freestanding cancer centers of this magnitude in Northern Virginia,” notes Susan Carroll, Vice President of Oncology Services at Inova. “I think what’s most important about this is it will be designed around the patient, to make the logistics of care as easy as possible for the cancer patient.”

The Institute will coordinate current cancer services across all five Inova hospitals and develop a national comprehensive program related to treatment and research. It will work in conjunction with Inova Translational Medicine Institute and clinical staff to provide unique,

patient-targeted therapies. The full-service Inova Comprehensive Cancer and Research Institute will house a radiology suite, an infusion center, state-of-the-art radiation oncology and teams of physicians, nurses and other healthcare providers all dedicated to cancer care.

Led by Medical Director John Niederhuber, MD, the Institute plans to build programs that not only focus on the cancers we treat today at Inova but also on rare and complex cancers.

“We have very strong cancer programs at the other Inova hospitals, and we hope that this new center will enrich all of the cancer care that is given across Inova. All services will be under the Institute model.” ■

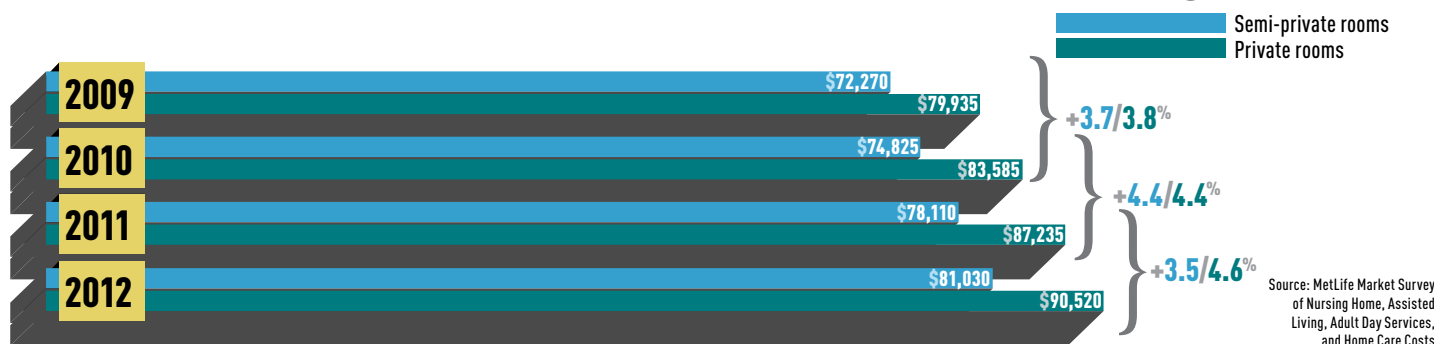
Future Plans
The upcoming Inova Comprehensive Cancer and Research Institute will be designed around the patient.



CARING FOR YOU

Learn more about cancer care at Inova at inova.org/cancer.

Four-year Increase in Annual Cost for Private Nursing Home Rooms



INDEPENDENT DAYS

InovaCares for Seniors PACE program allows frail, older adults to live independently

Benjamin Kim, 74, looks comfortable seated at the piano. And oh, the notes he so skillfully coaxes from the keyboard. An accomplished musician? Well, yes, his daughter Mia Trigg says, but sadly, his music had been silent for many years.

Born and raised in South Korea, Kim was a high school music teacher and choir director. After immigrating to the U.S., he turned to music as a personal passion rather than a professional path. About 15 years ago, however, he suffered his first stroke, lost his wife and son, and moved in with his daughter. “That’s also when his dementia crept in — and he lost all interest in music,” Trigg recalls.

During the next decade, Kim’s medical issues spiraled downward. His daughter needed help managing her father’s health and numerous doctors, along with navigating the complex medical system. In August 2012, she found InovaCares for Seniors (ICS), a Program of All-inclusive Care

for the Elderly (PACE)[®]. “Right off the bat, the PACE team conducted an intake interview, and they learned about his medical needs and that he liked music,” Trigg says. “Turns out there’s a piano in the center and they asked him to play. I didn’t think he would. But sure enough, now he entertains everyone with his music every day.”

THE COMFORT OF HOME

PACE is a comprehensive, coordinated health-care program and adult day health service that allows seniors to avoid nursing home admittance, decreases emergency room visits and allows them to live in the comfort of their home. The only program of its kind in Northern Virginia, ICS represents a three-way agreement between Inova, the Commonwealth of Virginia and the Centers for Medicare and Medicaid Services. Depending on an individual participant’s financial eligibility, payments come from Medicare, Medicaid and/or private pay, and may include a monthly premium based on income or assets.

The health plan is designed for participants who meet four overarching qualifications: at least 55 years old; live in the service area as defined by ZIP code; nursing home-eligible; and able to live safely in their home or in the community.

IN TUNE WITH INDIVIDUAL NEEDS

The program’s team sees the PACE program as a philosophy — a way of life, with the emphasis on *life*. “Our goal is to help our participants maintain as much independence and dignity as possible. Just as important, we help the participant’s family become part of a solution — rather than spend their time navigating fragmented sections of the health-care system,” explains Robert Hager, Assistant Vice

AT YOUR SERVICE

InovaCares for Seniors PACE[®] provides participants with a dedicated care team composed of physicians, nurses, physical therapists, nutritionists and other healthcare professionals. Services include, but are not limited to:

- On-site physician access, with personalized care tailored to individual needs
- Primary and specialty medical care, including dental, audiology, optometry and podiatry
- Nursing and social work
- Physical, occupational and speech therapy
- Hospital and emergency care
- Prescription drug coverage and management
- Lab tests and diagnostic procedures
- Meals and nutrition counseling
- Personal, home and adult day care
- Transportation to/from InovaCares for Seniors center and all medical appointments



Sweet Sounds
Benjamin Kim, a former music teacher, started playing the piano again after his daughter connected him with PACE, a program that helps seniors live independently.

President, Long Term Care Services and Executive Director, InovaCares for Seniors PACE.

Creating a personal, proactive health plan for each participant begins with the ICS interdisciplinary team. Working in concert, the team coordinates medical, vision, dental and nutritional needs as well as home health services, hospitalization, skilled nursing and assisted living. "We operate across the full spectrum of health activities. So instead of having providers and clinicians in different offices with limited or no coordination, you have one integrated healthcare team that tracks what's being accomplished," explains Terence McCormally, MD, Medical Director of InovaCares for Seniors PACE and a board-certified geriatric physician.

The program takes into account all the challenges of living independently. The transportation team, for example, drives participants to and from the center, where the participant receives medical care, physical therapy, meals and social activities.

PACE believes strongly in a personalized approach to healthcare. Prior to a participant joining the program, the Medical Director, along with the center's team of nurses, social workers, dietitians, physical therapists, activities coordinator and transportation specialists meet with the family and potential participant to discuss and develop a care plan tailored to the specific medical, nutritional and social needs of the individual, and then implement that plan in a coordinated, caring setting. Once enrolled in the program, participants receive care from the whole team, including a dedicated group of certified program assistants. ■

A PROGRAM THAT WORKS

Participants with Medicare and/or Medicaid do not lose their coverage, but rather authorize InovaCares for Seniors to administer their benefits. This means that you maintain benefits covered by Medicare and/or Medicaid and become eligible for additional benefits offered by InovaCares for Seniors. To receive these benefits, all services must be approved by the InovaCares for Seniors interdisciplinary team and must be administered exclusively through the InovaCares for Seniors program. Enrollment and disenrollment in the program is voluntary.



PACE YOURSELF

To find out more or to visit the PACE center, please call **703.239.5878**, Monday–Friday from 9 a.m.–4 p.m., or email **RoseAnn.Mario@inova.org**. Also, visit **inova.org/pace** and **pace4you.org**.



HOUSE CALL

REDUCING READMISSIONS

You know the story. An elderly patient is admitted into the hospital, then goes home only to return to the hospital a few days later.

This scenario happens too frequently, according to the federal government, and is the reason why healthcare reform aims to reduce its occurrence. In November, the Centers for Medicare & Medicaid Services (CMS) began levying financial penalties against hospitals it determines have too many readmissions. Some 1 in 5 Medicare patients return to the hospital within 30 days, costing the federal government billions each year.

Not all rehospitalizations are avoidable, but the law creates incentives and programs through CMS for hospitals to improve discharges and the transition from the hospital back to the community.

Inova is on board with the government's plan.

"Inova is improving coordination of care by providing patients with access to Transitional Care Management, follow-up and ongoing health maintenance with an Inova Medical Group primary care physician," explains Loring Flint, MD, Chief Medical Officer at Inova. "Inova's Transitional Care Management process improves hospital-based discharge planning and care coordination for each patient's post-hospital needs, including connecting patients with community resources."

Inova's response is about more than the healthcare reform law, he notes.

"Inova is continually improving our integrated care delivery system, not just because law mandates it, but because it's fundamental to our future-of-health vision," he explains. "Improving quality and patient outcomes is at the core of our mission to optimize the health and well-being of each individual we serve."

INOVA MEDICAL GROUP

Inova's physicians focus on the importance of living healthy on a daily basis. Patients discharged from an Inova facility without a primary care physician can now easily make follow-up appointments with a board-certified Inova Medical Group (IMG) physician who has access to the patient's electronic medical record, history, lab results and hospitalization records. "Inova Medical Group providers partner with each patient to create a personalized care plan for improving overall health — not just the condition that brings them to the physician's office," says Dr. Flint.

IMG is also addressing better care coordination through a Patient-Centered Medical Home (PCMH). "The PCMH care model improves coordination of individualized care and access to Inova's specialists, care navigators, health facilities, services, education and programs," says Dr. Flint. "Better patient outcomes also result from process improvements under way throughout our network of hospitals, urgent and emergency care facilities and Inova Medical Group practices," he adds.



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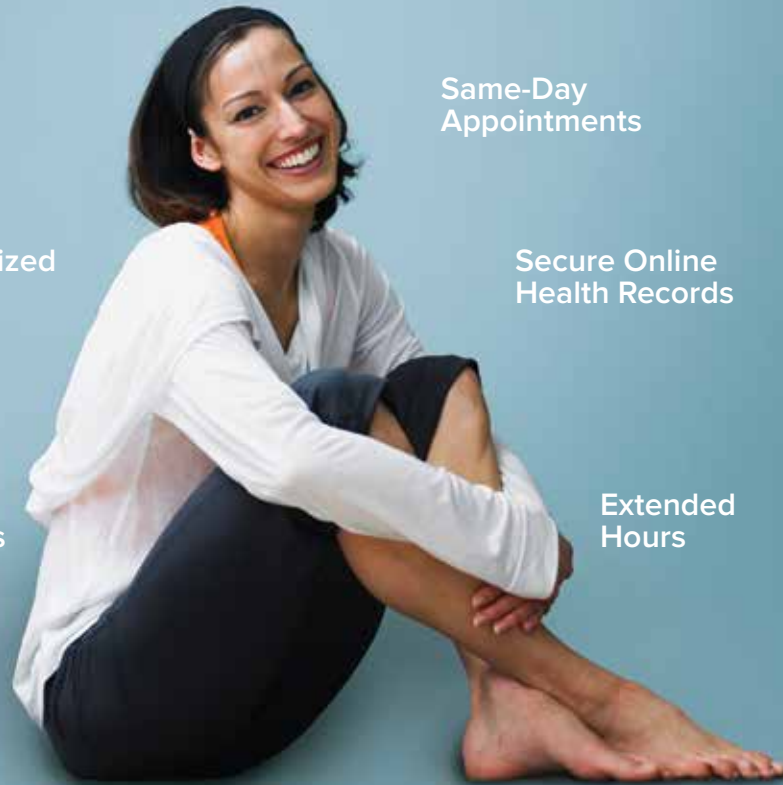
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