

VALLEY Healthlink

Winchester Medical Center | Fall 2011

- Clinical Research Today
Impacting Health Tomorrow
- The Basics
of Lyme Disease

**Heart & Vascular
Services**
Have a **New** Home

 **ValleyHealth**
**Winchester
Medical Center**

*Cardiologist Ajay Virmani, MD,
speaks with a patient's family in
the new Center's waiting area.*

News from Around the Valley

FACILITIES

New hospitals topped the list of priorities for our West Virginia hospitals when they affiliated with Valley Health in 2008 and 2010. Updated facilities support new technology, attract clinical staff and are a source of community pride, enabling residents to stay close to home for care.



■ The new **Hampshire Memorial Hospital** and medical office building opened June 4 on Sunrise Boulevard in Romney, WV. "Community response to the new facility has been phenomenal," says hospital president Neil McLaughlin. The 65,000-square-foot hospital offers greater efficiency, privacy, safety and convenience, from new digital imaging equipment to patient- and family-

focused amenities. It's fully wired for patient monitoring and the transition to the electronic medical record and other computerized applications. *For details and opening event photos, visit www.valleyhealthlink.com/hampshire.*



■ NEW SPACE FOR PAGE COUNTY PHYSICIANS

Page Healthcare Associates will move into a new 19,000-square-foot medical office building on the hospital campus by year's end. In the town of Shenandoah, ground was broken in September for a 5,000-square-foot health clinic (above). The new **Page Shenandoah Health Center** will have eight to 10 exam rooms and educational and conference room space and will open next spring. Page Memorial has operated a primary care practice there since 2006.

■ In neighboring Morgan County, a replacement facility for **War Memorial Hospital** has risen on an 80-acre site on Fairview Drive in Berkeley Springs. The 87,000-square-foot facility and medical office building will open in early 2012. *For details and photos, visit www.valleyhealthlink.com/war.*



■ CAMPUS EXPANSION AT WMC

A new entrance on the west side of Winchester Medical Center welcomes those seeking heart and vascular testing and treatment. The 22,000-square-foot **A Heart & Vascular Center** addition created a coordinated focus for 350 clinical providers and an array of services. The five-story **B North Tower** will have a phased opening from October (Emergency Department) to December (Critical Care and bridge to East Garage) and January 2012 (Labor & Delivery, Nursery & NICU).

SERVICES

HEALING WITH O₂ IN WINCHESTER

With the installation of two hyperbaric oxygen (HBO) chambers, the Center for Advanced Wound Care and Hyperbaric Medicine has a new name and more comprehensive services. Located behind Hurst Hospitality House, the Center's physician and nurse specialists offer options for resolving chronic non-healing and complicated wounds. HBO therapy uses 100 percent pressurized oxygen to promote blood flow and tissue growth to heal wounds such as chronic bone infections, late radiation tissue injury, diabetic foot wounds and compromised skin grafts. "Under increased atmospheric pressure, oxygen is a potent drug," notes Thai Nguyen, MD, HBO medicine specialist at WMC. "Getting a lingering wound to heal can be life-changing for a patient." *For more information about Center physicians and services, call (540) 536-6547 or visit www.valleyhealthlink.com.*



WMC RECEIVES HEART FAILURE ACCREDITATION

In July, Winchester Medical Center became the first facility in Virginia to be accredited as a Heart Failure Center by the Society of Chest Pain Centers. Reviewers scrutinized the multidisciplinary program from communication with EMS to patient education and disease management. WMC treats nearly 3,000 patients each year with the complex chronic disease. *Visit www.valleyhealthlink.com/heartfailure or call 1-877-SAV-AHRT.*



WHEN LESS (INVASIVE) IS MORE (EFFECTIVE)

Minimally invasive techniques continue to improve the options for treatment without open surgery. The last issue of *Healthlink* mentioned TIF, an incisionless procedure to resolve reflux. Other Winchester Surgical Clinic physicians offer innovative surgical approaches, including:

- Using new equipment at Winchester Medical Center, **Erich Bruhn, MD**, performs transanal endoscopic microsurgery (TEMS) to visualize and treat rectal lesions, polyps or early cancers.
- **James Dumont, MD**, pioneered an innovative endoscopic technique to harvest veins for dialysis, which cleans the blood when the kidneys no longer can. His work was



recognized at the spring meeting of the Virginia Surgical Society.

- Orthopedic surgeon **James Larson, MD**, Bone & Joint Specialists of Winchester, is the first in the area to offer hip arthroscopy, a very effective procedure for patients with labral tears or impingement causing pain in the hip joint.

OTHER NEWS

HEALTH COACH HITS THE ROAD

Valley Health's large, bright **Health Coach** has been making appearances at county fairs, special events, shopping centers and other community locations to promote health. The roomy, air-conditioned coach provides a comfortable, mobile space for personal exams, small group education and health screenings for conditions ranging from high blood pressure and asthma to diminished bone density and diabetic retinopathy. Watch your newspaper for news of upcoming visits. *To discuss a Health Coach stop in your community, call (540) 536-3001.*



MEDICAL STAFF & SERVICES DIRECTORY AVAILABLE

The 174-page book is a comprehensive guide to Valley Health facilities and programs and features photo listings for 475 physicians with admitting privileges at the system's six hospitals. Free directories are available in the lobby of each hospital and other Valley Health and community locations. *To request a copy by mail, call (540) 536-5325.*



CLINICAL UNIFORMS STANDARDIZED SYSTEMWIDE

Nursing and other staff throughout Valley Health are sporting scrubs of a solid color, with each hue corresponding to a specific role in patient care. The new color palette makes it easier for coworkers, patients and visitors to quickly distinguish the various nurses, technologists and therapists on the patient care team.



Great Expectations

Deena Lanham, executive director, and former NICU parent Lora Asbury tour the new Labor & Delivery area.

After an 18-month gestation, a comfortable new destination for expectant families and their babies is nearing its due date.

It will be a phased delivery: Mother-Baby, Well Nursery, High-risk Obstetrics and Pediatrics will relocate from the 4th floor to the 2nd floor of the existing building, and the Neonatal Intensive Care Unit (NICU) and Labor & Delivery suites will move to the 2nd floor of the adjacent six-story North Tower, still under construction.

“Moms and dads are going to love the new family-friendly space,” says Deena Lanham, RN, executive director of Women & Children’s Services at Valley Health. A nurse with Winchester Medical Center’s NICU when it opened in 1994, Lanham is excited to be back at Winchester Medical Center, looking to coordinate services throughout Valley Health’s region.

WHAT’S NEW?

Even when parents know that the NICU is the best place for their baby, it is a difficult, stressful time. The new NICU will have 30 private rooms, some designed for families of twins and triplets. In addition to individually controlled temperature and lighting, these rooms will afford

each family minimized interruptions and a more peaceful environment for the babies.

“Research is clear—pre-term babies need a quiet, low-stimulus environment in order to develop and thrive,” says Lanham. “We are thrilled that the new NICU will have not only a private room for each baby and family, but also a fantastic parent lounge with a small kitchen, laundry facilities and computer access to make staying in the unit more comfortable for those who choose to do so.”

Just steps from the hospital’s front door, Lanham notes, is the Winchester Medical Center Auxiliary’s Hurst Hospitality House, with courtesy overnight lodging for parents who may live a distance away and have limited resources.

Lanham credits the NICU Parent Advisory Council for their input and advocacy for the families of tomorrow.

“We are absolutely thrilled with the room design, which will give parents the ability to have privacy and be with their child 24 hours a day,” says Lora Asbury, leader of the Council. “Nothing makes us happier

than to have this dream come true for future NICU families!”

The current Labor & Delivery unit has frequently been stretched beyond capacity. The new unit will include 10 labor-delivery-recovery rooms, seven observation/triage rooms and two surgical suites. The space also includes future expansion for obstetric services.

Another welcome addition will be the new Women’s Conference and Education Center with state-of-the-art equipment, padded floors and comfortable seating for expectant mothers. The new space will also make it more convenient for clinical staff to keep their emergency skills fresh using computerized scenarios and high-tech mannequins Noelle and Baby Hal.

“Our certified childbirth educators can’t wait to kick off new programs such as a Mom-Share Support Group, Daddy Boot Camp, Happiest Baby class, more childbirth education classes and additional breastfeeding and lactation support,” Lanham says.

STAY TUNED for details about the grand opening in January!

New Heart & Vascular Center:

A Success With Patients and Physicians

A welcoming entrance just steps from the parking lot. A spacious waiting area flooded with natural light, Wi-fi and a view of the mountains. Photographs and prints by local artists. Restaurant-style pagers to help staff stay connected with patients and family while they wait. Private rooms with cardiac monitoring and flat screen TVs for pre- and post-procedure care.

The new Heart & Vascular Center offers a coordinated, reassuring entry to the region's largest heart program.



Cardiologist Trisha Nashed, MD, assesses Walter Lee Stephens Jr., of Falling Waters, WV, during a recent visit to the new Heart & Vascular Center.

The one-story addition on the hospital's west side has brought 350 heart and vascular specialists and sophisticated equipment together under one roof to improve clinical communication and the patient and family experience.

For more than 30 years, the Winchester Medical Center (WMC) heart program has drawn patients from northwest Virginia, northeast West Virginia and western Maryland for advanced cardiac services. As WMC attracted additional specialists, new treatment areas were created, though sometimes housed farther apart from one another than doctors preferred. While the clinical services earned recognition, the disjointed space was challenging for patients, families and staff.

Cardiologist John Quinn, MD, medical director of the Heart & Vascular Center, came to Winchester in 1979 to head the opening of the hospital's Cardiac Catheterization Lab. Dr. Quinn particularly appreciates the calm and optimism of the new patient-centered environment.

"The new space will improve the experience for patients as they enter and register, families while they wait, staff as they provide care before and after procedures, and physicians as they consult with other clinicians, patients and families," he says.

The \$16 million expansion added 22,000 square feet of new space, growing from 28 to 49 pre- and post-treatment rooms arranged around a central clinical support area to promote efficiency and improved workflow. A second phase of construction, scheduled for completion by year-end, will tie the existing non-invasive and invasive cardiology rooms into the new space and also create direct ambulance access for patients headed to the Cath Lab.

Last year, Heart & Vascular Center physicians and staff performed nearly 26,000 tests, catheterizations and surgical procedures to diagnose and treat heart and vascular conditions. The medical team includes 21 cardiologists, four cardiothoracic and vascular surgeons, four interventional radiologists, an electrophysiologist, and an interventional neurologist, all board certified in their particular specialty. Services include cardiovascular evaluations, electrophysiology procedures, cardiac catheterizations, device implants, and vascular and open heart surgery.

TO LEARN MORE about heart and vascular services, visit www.valleyhealthlink.com/heart or call 877-SAV-A-HRT (728-2478). For a new heart-healthy living guide, call (540) 536-5021.

Winchester Medical Center officials cut the ribbon April 15 on the new Center.



Uptick in Lyme Disease

Avoiding Big Trouble From the Tiny Bug



The most common tick-borne disease is on the rise in our area. With a little extra vigilance, you can enjoy outdoor activities and keep Lyme disease at bay.

Anna McKee of Berkeley Springs, WV, has struggled with Lyme disease for the last few years, with symptoms fluctuating from mild to debilitating. With help from Winchester infectious disease specialist Connie Smith, MD, the 10-year-old has regained her health and energy. Anna is pictured here with her two sisters and dog.

According to Connie Smith, MD, FAAP, infectious disease specialist at Valley Health, the rise in the incidence of Lyme disease in our region correlates with increased exposure to the tiny deer tick and a reduced awareness of the disease itself. Lyme disease is a bacterial infection transmitted by the bite of an infected tick embedded in the skin. The disease surfaces first on the skin and, if untreated, can progress to the joints, nervous system and heart.

WHAT TO LOOK FOR

Early symptoms of Lyme disease mimic flu: chills, fever, fatigue, headaches, and joint or muscle pain. A classic, but often absent, sign of Lyme disease is a "bull's eye" rash that develops around the tick bite

within three to 30 days. More subtle symptoms, such as slight memory loss, are also common.

"The challenge with Lyme disease is spotting a tick, typically so small it can go unnoticed," says Dr. Smith. "Half of those infected will not develop a rash. So they don't see the tick, don't have a rash and are unaware of their infection for weeks."

WHAT TO EXPECT

Diagnosing Lyme disease involves assessing symptoms, the likelihood of contact and the results of blood tests. Dr. Smith and her colleagues follow evidence-based treatment guidelines from the Centers for Disease Control and Prevention, which include an oral antibiotic for up to a month. Some patients require an intravenous antibiotic.

Your Outdoor Protection

Whether you're working or relaxing outdoors, try to avoid areas heavily inhabited by ticks, such as brush, high grass and wooded land. If you venture into tick territory, remember to:

- » Wear lightweight and light-colored clothing that covers the arms and legs.
- » Use tick repellent on clothes or skin.
- » Shower every day.
- » Perform diligent skin checks with close attention to the belly button, ears, hair and scalp, underarms, and waist line, as well as the back of the legs.

The goal is to prevent exposure, then find and remove ticks.



IF YOU SUSPECT you or a family member has Lyme disease, contact your primary care physician immediately. To find a physician in your area, visit www.valleyhealthlink.com/physicians.

“Amigo” Makes Friends

Clinical Research Brings New Treatments and Energy to Valley Health

Someday when cardiologists routinely use a robotic device to correct irregular heartbeats, 36 Winchester Medical Center (WMC) patients will know they played a part.

WMC is one of 13 U.S. hospitals participating in a clinical trial investigating the Amigo Remote Catheter System. Clinical trials are essential to Food & Drug Administration (FDA) approval, ensuring new devices and drugs are safe and effective before they are placed on the market.

Electrophysiologist Ejaz Khan, MD, diagnoses and repairs electrical disturbances of the heart, known as arrhythmias, which, untreated, can cause disabling symptoms and sudden cardiac death. Last year, Dr. Khan performed more than 200 ablation procedures using radio frequency to create new electrical pathways in the heart’s conduction system and restore a healthy heart rhythm.

“Ablation can cure their arrhythmias and give patients their lives back,” he says.

During ablation, short bursts of low-dose radiation are used to visualize the electrical conduction system of the heart. The Amigo allows Dr. Khan to control the catheter from up to 100 feet away, out of the radiation field. “The Amigo makes it quicker, easier, more precise and safer for the patient and for me,” he explains. This trial is for using Amigo only for the mapping portion of the procedure, but it may eventually be approved for the longer ablation phase.

PAYING IT FORWARD

The first Amigo enrollee was Pam Harper, 45, of Ranson, WV, who sought relief for frightening episodes

of rapid heartbeat, one as fast as 280 beats per minute. A pharmacy employee at Jefferson Memorial Hospital, she felt the trial benefits outweighed the risks and wanted help, plain and simple.

Thirty-year-old Heather Embrey, Amigo patient #33, collapsed at home in Luray, VA while getting ready for work. Two tests later, Dr. Khan confirmed that her heart “likes to send blood to my feet instead of my head,” she explains. “He figured it out, explained it clearly and said we need to fix it.” Embrey was happy to enroll in the Amigo trial. “If it makes life easier and safer for everyone, why not?”

Jennifer Stanford, RN, MSN, director of Clinical Research, says most enrollees hope not only that a new drug or device will benefit them, but that their experience will inform and improve care for future patients. “Patients have access to cutting-edge drugs and devices, which may or may not be approved by the FDA; our physicians have an opportunity to be involved in leading medical research; and future patients will benefit from the research data gathered. It’s a win-win.”

Research Is Key to Better Outcomes

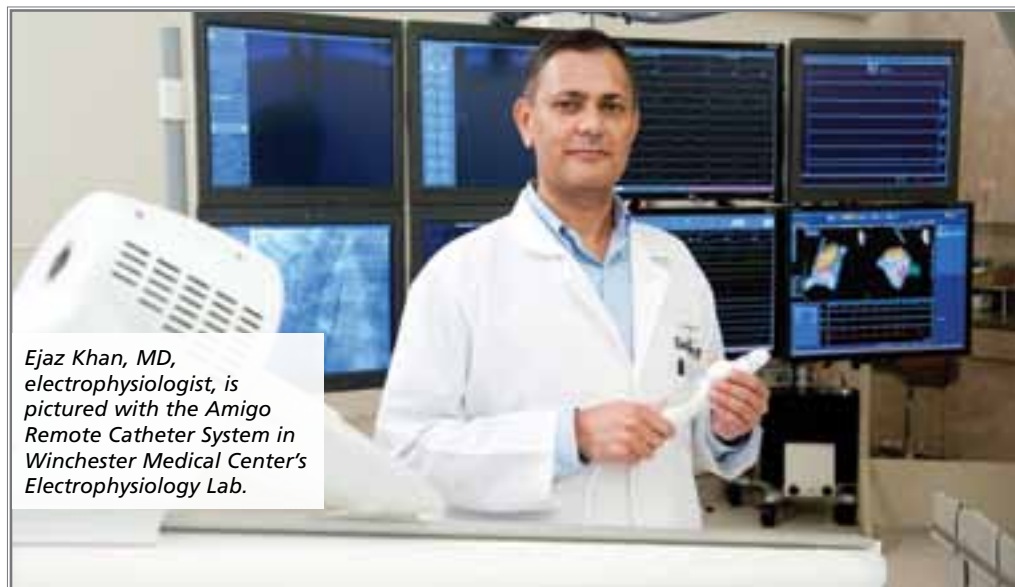
The Valley Health Clinical Research Department employs six research coordinators, all fluent in FDA regulations, and is currently managing more than 30 drug and device trials.

“The department is a big asset in coordinating the studies,” notes neurologist Patrick Capone, MD, PhD. Dr. Capone is the principal investigator on two acute stroke trials: DIAS 4 and NEST 3. NEST 3 is an innovative stroke treatment trial using laser light therapy to potentially improve outcomes.

WMC is a Primary Stroke Center with a tradition of leadership in stroke research. In 1987, the hospital and neurologists participated in a clinical trial for tPA, the clot-busting medication that revolutionized emergent treatment of stroke. “Research is energizing and helps us all stay on top of new developments,” Dr. Capone says.

TO LEARN MORE about arrhythmia services at Valley Health, visit www.valleyhealthlink.com.

For information about clinical trials, call (540) 536-8978.



Ejaz Khan, MD, electrophysiologist, is pictured with the Amigo Remote Catheter System in Winchester Medical Center's Electrophysiology Lab.



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206

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