

2015 Year in Review

Your support of Virginia Hospital Center Foundation in 2015 is at work now

2015 AT A GLANCE



22,465
patients were
admitted



15,755
surgeries were
performed



306,943
outpatient
visits



66,539
emergency room
visits



5,640
babies were
born

THANKS TO YOUR SUPPORT OF VIRGINIA HOSPITAL CENTER FOUNDATION, \$4.4 million was raised in 2015 to fund these significant programs and many other improvements. Your partnership is helping to save and change lives throughout our community!

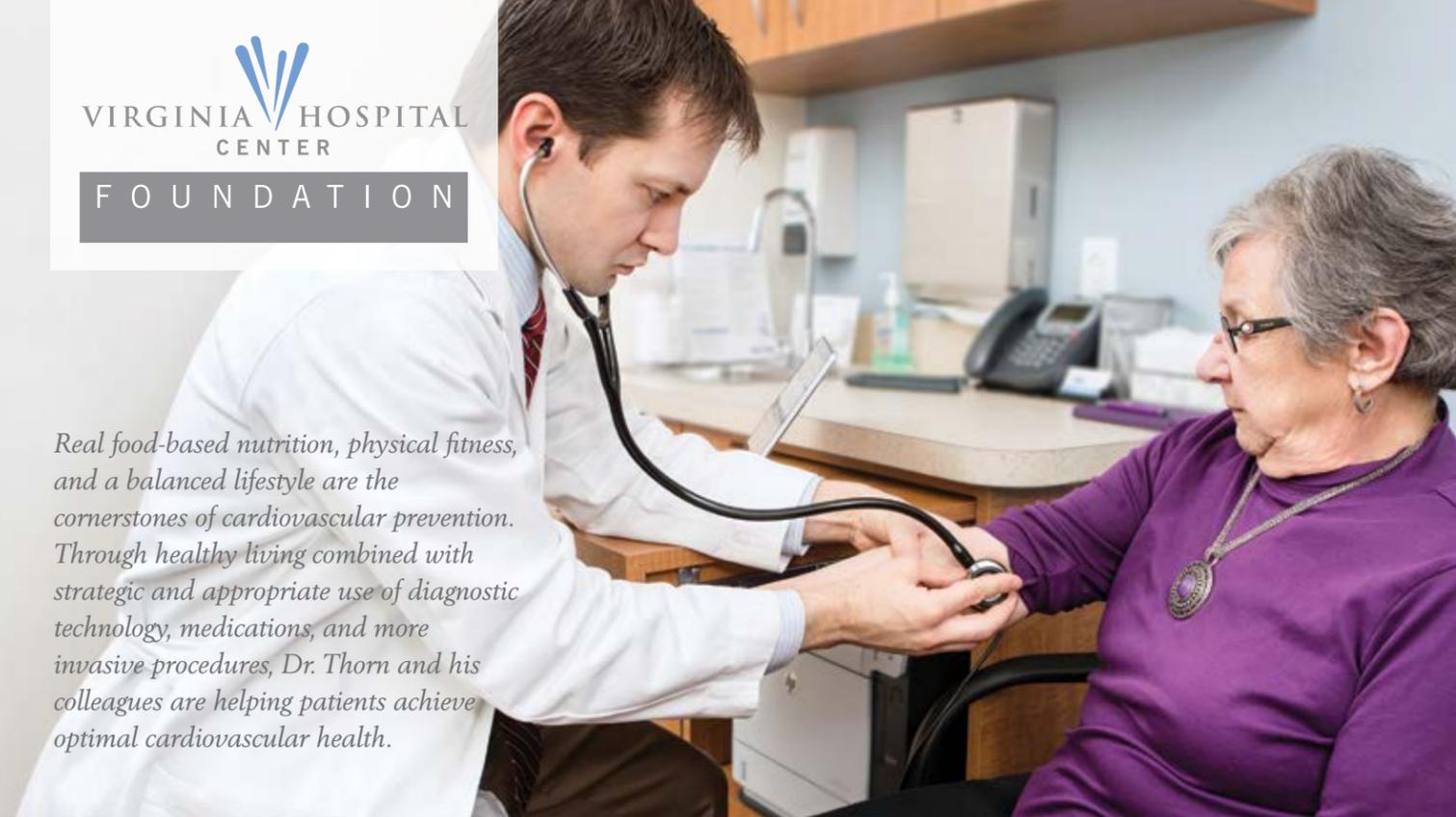
Thanks to ongoing support from friends and donors, Virginia Hospital Center has made these advancements and earned several prestigious awards for patient care and health care quality:

INVESTING IN STATE-OF-THE-ART MEDICAL CARE

- **2 State-of-the-Art Operating suites:** Virginia Hospital Center's 18 operating suites are being utilized at full capacity. With donor support, the Hospital has begun construction on two, new state-of-the-art operating suites, enabling the Hospital to provide surgical care for more patients and handle new and more complex surgical procedures.
- **Special beds and wheelchairs for bariatric patients**
- **Upgraded bladder scanners for use across the Hospital to improve patient comfort and outcomes**
- **Oxygen blenders and milk warmers specially designed for premature and micro premature babies in the Marjorie Sands Neonatal Intensive Care Unit**
- **Heart Lung Bypass machines that help ensure the safety of patients during complex cardiac surgeries.**
- **New ventilators for patients with respiratory illnesses**
- **Additional improvements and acquisition of new equipment throughout the Hospital**

EARNING AWARDS FOR EXCEPTIONAL PATIENT CARE

- ▶ **NAMED "ONE OF AMERICA'S 100 TOP HOSPITALS"**
For the third year in a row, the Truven Health 100 Top Hospitals™ study has identified Virginia Hospital Center as having the highest level of value to our community.
- ▶ **NAMED "ONE OF THE NATION'S 50 TOP CARDIOVASCULAR HOSPITALS"** for the second year in a row by Truven Health.
- ▶ **EARNED 2015 LEAPFROG TOP HOSPITAL AWARD**
The Leapfrog Group has named Virginia Hospital Center to its annual list of Top Hospitals. This elite distinction is awarded to hospitals that are committed to transparency and demonstrated excellence in hospital safety and quality.
- ▶ **AND MANY MORE**
(visit virginiahospitalcenter.com to learn more).



Real food-based nutrition, physical fitness, and a balanced lifestyle are the cornerstones of cardiovascular prevention. Through healthy living combined with strategic and appropriate use of diagnostic technology, medications, and more invasive procedures, Dr. Thorn and his colleagues are helping patients achieve optimal cardiovascular health.

Health Insider

Spring 2016

Heart Matters

Virginia Hospital Center is committed to your heart health!

Cardiologist Eric Thorn, MD, FACC, shares important information about how to prevent heart disease and how your support has made Virginia Hospital Center a premier destination for cardiac patients.

February is Heart Health Month, but heart matters are what concern cardiologist Eric Thorn, MD, FACC with the Virginia Hospital Center Physician Group — Cardiology practice, every single day.

Prevention of heart disease is Dr. Thorn's number one goal for everyone in the Washington, DC metro area. "A healthy lifestyle is the most important element in the prevention of heart disease," he says. "This includes having a healthy diet, keeping physically fit, getting adequate sleep, and keeping stress levels low."

"When people are able to implement healthy lifestyle changes, the effects are powerful and the improvements are measurable, especially in terms of cholesterol and blood sugar," says Dr. Thorn. "While there are certain genetic influences that we cannot

modify and aging is a factor, 80% of heart disease is preventable, and a healthy lifestyle can really minimize the impact of aging and other influences."

Maintaining healthy weight is a critical component to vascular health, which is why Virginia Hospital Center offers a full spectrum of services from counseling to surgical procedures that help patients overcome obesity and the many complications that stem from it.

When prevention isn't enough, Virginia Hospital Center is here to help with highly personalized, state-of-the-art treatment and care for cardiac patients. "Virginia Hospital Center is just the right size," says Dr. Thorn. "Big enough that we can offer services from counseling to lifestyle changes, to diagnostic testing and cardiac surgery."

"It's a big enough hospital to do what patients' need, but small enough that no one get lost in the shuffle. Patients know that when they come here, we are

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here and accessible," he says. "That is important. Because when someone has a potential heart-related problem, they don't want to wait around to get answers."

Since joining the Virginia Hospital Center Physician Group one year ago, Dr. Thorn has already made a huge contribution to our community through his commitment to heart disease prevention, wellness, and weight loss. "I wanted to be part of a great place that I knew and respected," says Dr. Thorn. "My daughter was born here, and I'd had other positive experiences, so I decided to join my local hospital in order to practice in the community where I live."

"Virginia Hospital Center is just the right size. Big enough that we can offer services from counseling to lifestyle changes, to diagnostic testing and cardiac surgery . . . small enough that no one gets lost in the shuffle."

—Dr. Eric Thorn, *Cardiologist*

Thank you for your ongoing support of Virginia Hospital Center Foundation. Your partnership is contributing to the improved heart health of people throughout Northern Virginia and the DC metro area and ensures world-class care is available to those in need of cardiac care.

Expanding Women & Infant Health to Meet the Needs of Our Growing Community



"Our work here is very rewarding," says Chief Nursing Officer, Darlene Vrotsos, MS, BSN, RN. "One of the smallest babies born at Virginia Hospital Center just graduated." Born at 23-weeks gestation, she spent several months in our NICU. She just went home with her parents without the need for support for her heart or lungs. What an incredible accomplishment."

In 2015, more than 5,600 babies were born at Virginia Hospital Center—making our obstetrics program one of the largest in Virginia. To keep up with this growth, plans are underway to expand the Women & Infant Health program with additional private rooms to provide for the best possible start in life for mom and baby.

"The growth we are experiencing is a reflection of what is happening in Northern Virginia. Young families are choosing to stay in Arlington County and Virginia Hospital Center is the Hospital of choice for the birth of their child," says Virginia Hospital Center's Senior Vice President and Chief Nursing Officer, Darlene Vrotsos, MS, BSN, RN. "Our commitment to our community is to provide exceptional healthcare in a comfortable, nurturing environment."

To meet the growing needs of our community, expansion plans are underway. "Our plans include adding up to 8 inpatient beds in Women & Infant Health and 5 inpatient beds dedicated to caring for patients with high risk pregnancies that need to be hospitalized in the last days or weeks leading up to

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delivery. We will also increase the Marjorie Sands Neonatal Intensive Care Unit (NICU) capacity to care for as many as 30 fragile newborns at one time," Darlene says.

All of the rooms in the NICU are private, which is a great comfort for families who are unable to take their newborn home right away. "At any given time, we have approximately 22 babies in the NICU, and but our volume has been as high as 31," Darlene

says. "Neonatal intensive care is a highly technical field and resource intensive. With the generosity of our donors, we have been able to advance the care we provide to our most fragile patients, and we are enormously grateful to our donors for their support."

Expansions are scheduled to be completed in 2016 and will not disrupt the compassionate and exceptional care that expectant mothers and families will receive at the Women & Infant Health Center.

Emergency Help—and Peace of Mind—for Everyone

For 25 years, Virginia Hospital Center and the Philips Lifeline Medical Alert System have served the Northern Virginia and DC Metro area, offering help when a fall or other health crisis threatens the well-being of seniors who subscribe to this lifesaving emergency service. Sadly, not everyone who is in need of this technology can afford it, leaving huge numbers of our community's elderly without access to a network that would allow them to live independently—and with confidence.

"One of the biggest programs we have is our Philips Lifeline Medical Alert program," says Cathy Turner, Director of Health Promotion and Senior Health at Virginia Hospital Center. "Lifeline is the button that people push when they experience a fall, medical issue, or other emergency."

The Lifeline System includes a small two-way speaker which is connected to the phone line, and a small lightweight pendant with a button that will activate a call to the monitoring center when pushed. A Lifeline operator will then communicate with the subscriber and contact a designated friend, family member, or local 911.

"We have over 1,000 subscribers and the purpose of the program is to provide peace of mind and enable people to stay in their home with the ability to have fast access to help. Yet more and more, we are finding that the people who are in need of this service are low-income, and their numbers are rising each year," Cathy says.

Give the gift of independence and confidence to senior and others through your support of Virginia Hospital Center Foundation's Lifeline Assistance Fund. Thank you for your valued partnership!



Virginia Hospital Center's Lifeline Assistance Fund makes it possible for those who are low-income or struggling financially to subscribe to the Lifeline Medical Alert program. This system allows seniors and others to get emergency help when they take a fall or experience a health scare.

Which is why, in 2009, Virginia Hospital Center established a Lifeline Assistance Fund, to provide a subsidy for the Lifeline service enabling seniors to remain in their homes with confidence and safety. "Our goal is to support those who are in need through the Lifeline Assistance Fund for as long as they need the service," Cathy says. "But it is only with financial support from our friends and partners that the Lifeline Assistance Fund can be there for the most vulnerable and at-risk members of our community who are unable to afford the service."