2011 Mary Washington Healthcare Annual Report

Excellence in Action
Here for You.

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Greetings from Mary Washington Healthcare,

Thank you for taking the time to review our 2011 report to our communities. Each year we produce this report to share information about your health system’s progress and plans for the future. In all of these efforts, our focus remains deeply rooted in our mission: to improve the health of the people in the communities we serve.

In pursuit of this mission during 2011, we touched the lives of more than 160,000 patients in our hospitals, Mary Washington and Stafford, and thousands more in many outpatient settings across the region. It is our privilege to care for you and your loved ones.

We continue to focus on providing some of the highest quality healthcare services available anywhere in the country. During 2011 there were many outside entities that recognized the success we’re having in providing high-quality services at Mary Washington Healthcare. A complete listing of these areas of recognition is included in this report, however, we are thrilled to highlight four here:

- **Mary Washington Hospital’s Cancer Program** received the Commission on Cancer’s three-year accreditation with eight of eight commendations. Mary Washington Hospital received a rating of 1, which is the best score possible.
- **Mary Washington Hospital Trauma Center** received recognition by the American College of Surgeons’ Committee on Trauma as a Level II Trauma Center. To date, Mary Washington Hospital is the only Level II trauma center in the state of Virginia to receive this prestigious verification. MWH joins an elite group of only two other Virginia trauma centers to receive ACS verification, Inova Fairfax Hospital and Virginia Commonwealth University’s Medical College of Virginia. The MWH trauma center has cared for 2,330 trauma patients through 2011.
- **Mary Washington Hospital** received the American Heart Association’s Get With the Guidelines Gold Quality Achievement Award. The recognition signifies that Mary Washington Hospital has reached aggressive goals treating heart failure patients for at least 24 months as outlined by the American Heart Association/American College of Cardiology.
- **Stafford Hospital** was granted accreditation by the American College of Radiology (ACR) for a period of three years. Accreditation by the ACR validates the quality of imaging performed as well as the knowledge and expertise of the physicians and technologists.

And we’re not going to stop pursuing advanced, high-quality healthcare. We do this not for the recognition, but rather because of our commitment to provide the very best healthcare to you. In fact, in 2012, Mary Washington Healthcare began using TrueBeam® stereotactic radiosurgery (SRS) to treat cancer. We are one of less than 50 hospitals in the world to use this state-of-the-art technology. We’re very pleased to bring this level of healthcare to our region.

As we pursue new frontiers in quality care, we also fulfill our commitment to provide this care for all members of our communities, regardless of ability to pay. In 2011, Mary Washington Healthcare was once again the region’s largest community charity contributor. We provided more than $57 million in community benefit for our region.

We look forward to continuing to provide the highest quality care and demonstrating unmatched charitable commitment to our communities. We thank you for the trust you place in us to care for you and your family. We wish you a healthy 2012.

Sincerely,

John F. Fick, III
Board Chair

Fred M. Rankin, III
President and CEO
Mary Washington Hospital’s Infection Control Staff shines against state and national benchmarks.
Infection Control in the Mary Washington Hospital Intensive Care Unit

When it comes to preventing central line associated bloodstream infections (CLABSI) in critically ill patients receiving intensive care, Mary Washington Hospital shines against state and national benchmarks.

A central line is an IV tube usually placed near the patient's collarbone or neck, through which the patient may receive medications. Central lines are sometimes also used as feeding tubes. It is possible for infection to gain access to a patient’s system through the tube or at the site where the tube is inserted. The longer the line stays in place, the risk of infection tends to increase.

The Centers for Disease Control and Prevention report that CLABSI rates have been steadily dropping in the U.S., from 43,000 in 2001 to 18,000 in 2009, but each infection is troubling because the mortality rate is 12-25 percent.

According to the U.S. Department of Health and Human Services’ website, Hospital Compare, a facility’s ultimate goal is an infection rate of 0.0, or no infections. MWH’s vigilant efforts are placing this achievement within sight. Our standardized infection rate is 0.28, compared to 0.60 for Virginia hospitals, and 1.00 for hospitals nationwide.

(Stafford Hospital was not included in the survey statistics because it has not yet had enough patients in its ICU.)
Mary Washington Hospital Intensive Care Unit nurses helped make a patient’s dream a reality.
When the Mary Washington Hospital Intensive Care Unit (ICU) nursing staff learned that their 22 year-old patient, Dennis Hundley, would be forced to miss his college graduation on the campus of Virginia Tech due to treatment for complications with Hodgkin’s lymphoma, they sprang into action by reaching out to Virginia Tech and Dennis’ family to arrange a graduation ceremony at the hospital.

The family quickly agreed to an appropriate location near the ICU, Virginia Tech staff agreed to officiate, the ICU staff consulted with Dennis’ physicians and alerted MWH Administration and the local media.

This swift and minimal preparation resulted in an event that came off as if it had been in the works for months.

One day before Virginia Tech’s actual ceremony, Dennis’ family and friends gathered just outside the ICU with balloons, cards, and other celebratory items. Nursing staff wheeled Dennis and his support equipment from his room.

Dressed in a traditional cap and gown (and Virginia Tech socks), Dennis was awarded his Bachelor of Arts diploma from Virginia Tech Assistant Dean, Rachel Holloway and Dean of Student Affairs, Tom Brown, graduating summa cum laude and in the top 20 percent of his class.

Ultimately Dennis would lose his fight with cancer, but not before he proudly held his diploma for friends and family to see. The ICU staff, physicians, and Administration appreciated Virginia Tech’s willing cooperation, and everyone felt deeply honored to help Dennis and his family make his graduation dream come true.
Thankful parents recognize Mary Washington Hospital’s Neonatal Intensive Care Unit
Mary Washington Hospital Neonatal Intensive Care Unit Receives $50,000 Gift

When Meagan and Joe Denette’s son, Bentley Austin, was discharged after spending his first four days of life in MWH’s Neonatal Intensive Care Unit (NICU) having his low blood sugar levels treated, the Denettes handed one of the nurses a $50,000 check.

Seven years ago, another son was born prematurely and spent three weeks in the NICU. And back in 2000, their now 11 year-old son was treated for seizures on MWH’s Pediatric Unit.

During her latest visit, Mrs. Denette recognized staff, and said, “It was very reassuring to see familiar faces still here.” She explained that the family decided to make the generous donation because, “Our experiences here have been so close and so real, we really felt we had to give back to the NICU.”

Imaging Center for Women – Service Excellence at Work

Increasing patient satisfaction has always been a priority for the Imaging Center for Women (ICW). In 2011, ICW leadership launched several initiatives to promote Associate development and engagement. The Passport to Recognition program rewards Associates for positive behaviors, reaching certain milestones, and community involvement.

The Director of Imaging personally meets and discusses with every employment candidate ICW’s culture and expectations to determine if the person will be a good fit for the organization.

These endeavors paid off in 2011. The Imaging Center for Women maintained service scores at or above the nation’s 95th percentile throughout the year.
"My heart blockage was so great, that if I fell on the street, I may have not have made it. I praise God that Dr. Na came to me at the right time, and everything happened at the right time."

Fernando Garnett
Cardiac Surgery Patient
Mary Washington Healthcare (MWHC) has brought the medical expertise of a highly regarded, university-based teaching hospital to our communities to help improve the level of care we provide to patients.

In 2011, our partnership with the University of Virginia (UVA) Health System was expanded to two of our Centers of Excellence — Virginia Heart and Vascular Institute and the Regional Cancer Center.

The partnership between MWHC and UVA Health System has brought to our community the new stereotactic radiosurgery (SRS) program, available for the first time in our region. Working together throughout 2011, we accomplished the build-out, installation, and clinical training that allowed us to perform the first SRS procedure in January 2012. Located on the Mary Washington Hospital medical campus, SRS is surgery without a scalpel. Experienced physicians are currently using this technology on hard-to-reach tumors of the brain and lung.

Through our ongoing partnership with UVA Health System for cardiac surgery, MWHC brought in nationally renowned heart surgeon, Alex Na, MD, from Baltimore, Maryland, in the fourth quarter of 2011. Dr. Na offers extensive knowledge in open-heart and groundbreaking minimally-invasive surgeries.

We continue to explore ways in which we can partner with UVA Health System to bring academic-level care to our region.
Children’s National Medical Center provides pediatric hospitalist care at Mary Washington Hospital.
Children’s National Medical Center – Partners with Purpose

Children’s National Medical Center’s (CNMC) board-certified, highly-skilled physicians and nurse practitioners have been providing pediatric hospitalist services to children and adolescents at Mary Washington Hospital since 2009, under the leadership of Dr. Francisco Alvarez to coordinate care and enhance pediatric services.

Since adding CNMC’s services, Mary Washington Hospital has seen pediatric patients’ average length of stay decline from 2.32 days in 2009 to 1.89 days in 2011. What’s even more encouraging, the children are staying healthier. Their rate of readmission to the hospital has declined 41% during the same period.

MWHC and CNMC look forward to more quality improvements with their expanded partnership that began in 2012, bringing neonatologists and additional pediatricians to Mary Washington and Stafford Hospitals.

Stafford Hospital Physicians’ Satisfaction Improves

Our physician partners play a vital role in the delivery of high-quality care to our patients, and we strive to maintain open lines of communication so we can continually enhance and streamline our processes.

In 2011, physicians at Stafford Hospital participated in our annual Press Ganey Physician Satisfaction Survey. The results indicated significant improvements in physicians’ sense of satisfaction with the quality of care and ease of practice at Stafford Hospital (81st percentile); engagement in communication and relationships (79th percentile); and their overall partnership with MWHC (81st percentile).
The MWHC Supply Chain Solutions team maximized financial resources and kept costs under control in impressive ways in 2011.

After a thorough sourcing and clinical quality value analysis, the team identified $12.2 million in potential savings and achieved $4.92 million in actual savings. A contracting strategy launched in January 2012 is projected to yield another $1.9 million in annual savings.

On another front, the team analyzed inventory and was able to reduce inventory on hand by $180,000. They also conducted an equipment disposal program to sell MWHC’s unneeded assets and realized $90,000 in sales.

In January 2011, MWHC joined with four other healthcare systems to form the Central Atlantic Health Network (CAHN) within VHA’s national network of not-for-profit healthcare organizations. CAHN’s first year of contracting with Novation for supplies resulted in implemental savings to MWHC of $775,000.

In addition, we increased GPO contract spending to net $1.3 million in dividends in 2011.

Another important Supply Chain accomplishment that made a positive, if indirect, contribution to MWHC’s long-term financial success was the implementation of the Risk And Safety Management Alert System. This initiative enables us to more promptly address product and equipment alerts and recalls, ensuring greater patient safety by reducing the risk of inadvertently using questionable or recalled products or equipment.

These actions to realize cost savings and improve safety are important in MWHC’s ongoing efforts to provide affordable, efficient safe healthcare for our region.
Our Community Benefit initiative continued with an active Citizen Advisory Council (CAC), which consists of approximately 120 residents from Caroline, King George, Spotsylvania, Stafford, Westmoreland, southern Prince William and eastern Orange counties and the city of Fredericksburg. Here are the highlights of our members’ activities:

- A Healthy Communities Partnership was formed with CAC members and local organizations to conduct the first comprehensive regional Community Health Needs Assessment.
- CAC representatives helped to prioritize the top ten needs the Assessment revealed and to identify community resources as potential partners to address them, particularly in underserved rural areas.
- Citizen Advisors served on seven steering subcommittees, which included Strategic Planning and Needs Assessment, Data Collection, Communications, Physician Engagement, Associate Engagement, Evaluation, and Financial Assistance. Their input was instrumental in shaping our financial assistance policy.
- Citizen Advisors participated in newly-formed Department Citizen Councils with our Centers of Excellence, providing feedback to clinical teams on service delivery and patient satisfaction, and learning about our Centers so they can help to raise community awareness of what we do.
- CAC got the first look at our Community Health Information Resource website, a new tool providing public access to reliable health information at chir.mwhc.com.

If you’d like to join the CAC, contact the MWHC Community Benefit Department at 540.741.2112 to request an application.

2011 Community Benefit
$57.5 Million

Note: Over $27.4 million in unreimbursed Medicare was also provided. While the IRS does not recognize this as Community Benefit, it is an additional contribution to the community by MWHC.

All financial information is pending final audit.
Community Benefit Program Receives Virginia Hospital & Healthcare Association’s 2011 Community Benefit Award

Virginia Hospital & Healthcare Association (VHHA) honored Mary Washington Healthcare (MWHC) with its 2011 Community Benefit Award. The coveted award was in recognition of the Heart Failure Clinic, a project of MWHC’s Virginia Heart and Vascular Institute (VHVI).

This annual award recognizes VHHA member organizations that have aided their communities in extraordinary ways.

Judges strongly felt that the Heart Failure Clinic embodied the spirit of collaboration and cooperation, and that it demonstrated exceptional commitment to the health and well-being of Virginians, particularly those in the communities MWHC serves.

“Mary Washington’s dedication to service not only brings well-deserved recognition to Mary Washington Healthcare but, by extension, to all Virginia hospitals and health systems,” said Laurens Sartoris, VHHA president.

The Heart Failure Clinic is the only one in our region. It was created to address a pressing community need to significantly improve heart failure patient outcomes and reduce unnecessary readmissions.

The Clinic provides comprehensive, integrated care for managing heart failure for our communities’ most vulnerable populations. Patients are seen regardless of ability to pay, and the Clinic makes rigorous efforts to help them gain access to transportation, primary care, and medications.
Mary Washington Healthcare, the Mary Washington Hospital Foundation, and the Rappahannock Area Health District took lead roles in developing the Healthy Communities Partnership (HCP) for our community in May 2011. Its mission is to establish a common base of understanding regarding community healthcare needs and resources, and to build upon and strengthen current collaborative efforts to improve the quality of life for area residents.

The initial goal of the partnership was to complete a Community Health Needs Assessment for Planning District 16, which includes the counties of Stafford, King George, Caroline, Spotsylvania, the city of Fredericksburg, and areas of Orange county. In addition, we completed an expanded assessment of our public service area including parts of Prince William and Westmoreland counties.

Volunteers representing regional hospitals, the health department, insurers, private businesses, community-based organizations, and healthcare and mental health services providers came together to share information and experiences, review relevant data, and consider community input to determine critical healthcare needs.

In 2011, the HCP reached its goal and is moving forward with the next phase of work. Specifically, the HCP accomplished the following:

- Actively engaged the community and stakeholders in assessing healthcare needs
- Established selection criteria for identifying healthcare priorities
- Established parameters for data collection and guided research efforts
- Identified high-priority unmet healthcare needs

Results established the identification of the top ten community health needs. (See page 18)

Through this process, the HCP determined that access to primary care providers closely ties to all of the healthcare conditions identified by the HCP, has impact on incidence and mortality rates, and affects area residents’ overall quality of life.

The primary issue the HCP will address in 2012 is to increase the number of indigent/uninsured people who have a medical home and/or access to a primary care provider (first contact care). Goals for 2012 include:

- Establishing mechanisms that strengthen current efforts to work together to improve healthcare outcomes for area residents
- Establishing a forum for further discussion and action addressing one of the highest priority needs
- Broadly communicating assessment and intervention results throughout the region

The Healthy Communities Partnership is financially supported by Mary Washington Healthcare, the Rappahannock United Way, Rappahannock Area Community Services Board, GEICO, the Free Lance-Star, Kaiser Permanente of the Mid Atlantic States, and the Mary Washington Hospital Foundation.
MWHC Launches Online Tool to Help with Community Need

Last summer, Mary Washington Healthcare launched a Web-based tool to serve as a resource to understand the health, environmental, and other quality-of-life indicators that affect our communities, and to create a resource for planning how to address the problems that we face.

This new tool, the Community Health Information Resource (CHIR), allows local communities like ours to collect important information on community health issues and to develop concrete actions to alleviate specific community health problems. There are over 100 health and quality-of-life indicators at the county and zip code level, as well as over 1,000 community-level interventions.

With CHIR, our region’s healthcare and government leaders are able to identify our strengths and weaknesses, and learn about best practices to address the high human and financial costs of poor health.

The benefits of CHIR are many. This tool provides:
- Information on more than 100 indicators with detail (constantly updated)
- Links to 1,000+ community best practices, local resources
- A community initiative platform so that we can start planning our own solutions to local health issues
- Best practice sharing from other regions
- Links to vital health services as well as free and low-cost preventive programs and classes

Elected officials, community benefit leaders such as MWHC, government agencies, not-for-profit organizations, and civic-minded members of the general public are able to:
- Increase the capacity for local government and health directors to meet national performance standards
- Assist in developing community assessment reports and strategic planning
- Bring stakeholders together, enabling traditional healthcare to partner with public health and the communities the hospitals serve

Log on to www.chir.mwhc.com to find out more.
Mary Washington Healthcare

2011 Financials

Patient Visits

<table>
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<tr>
<th>Service</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Inpatient Admissions</td>
<td>26,287</td>
</tr>
<tr>
<td>Emergency Department Visits</td>
<td>121,961</td>
</tr>
<tr>
<td>Surgical Cases Performed</td>
<td>17,601</td>
</tr>
<tr>
<td>Newborns Delivered</td>
<td>3,595</td>
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</tbody>
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Funds received by the organization for:

- Care provided to patients: $636.1
- Other sources: $25.6

Total Funds Received: $661.7

Funds expended by the organization for:

- Salaries and benefits to employees: $303.3
- Supplies: $110.4
- Professional services: $93.7
- Uncollectible accounts: $71.2
- Equipment & space occupancy: $56.5
- Interest on long-term borrowings: $14.0
- Other expenses: $8.1
- Shared with partners: $4.5

Total Funds Expended: $661.7

Dollars in Millions
Stafford Hospital is committed to ensuring that every person in the communities we serve has access to the best care available.
Taking Stafford’s Cardiovascular Services to the Next Level

Learning you have cardiovascular disease is tough, but having to seek treatment out of town further complicates a stressful time for patients and their families. Stafford Hospital now offers a wider range of cardiac services close to home.

“Implementing additional cardiac services is the next logical progression in our growth,” says cardiologist Ashok Prasad, MD. “Mary Washington Healthcare’s Virginia Heart and Vascular Institute’s leading-edge resources, academic strength, and multidisciplinary team are vital to our success because cardiovascular disease is systemic and requires diverse medical perspectives.”

Before Stafford’s expansion, Dr. Prasad and the cardiovascular team administered diagnostic services in an interventional cardiac catheterization lab for patients with symptoms such as irregular heartbeat or clogged cardiovascular arteries. If disease was found, patients were transferred to Mary Washington Hospital for advanced care.

Today, Stafford can also provide treatments such as angioplasty (threading a catheter through heart arteries to clear plaque deposits) and stenting (placing tiny scaffolding in arteries to keep them open).

“Angioplasty and stenting can save some patients’ lives,” says Dr. Prasad. “They can also improve symptoms for those who experience angina.”

Expanding Stafford’s interventional cardiac catheterization lab took months of planning based on strict clinical criteria. The finished product is a state-of-the-art facility poised for even further expansion. Currently, patients requiring open–heart surgery are transferred to Mary Washington Hospital.

“Our experienced team has the resources to address cardiovascular disease or acute coronary symptoms with the same high standards found at larger medical facilities in major cities,” says Dr. Prasad. “Patients and their loved ones now have advanced cardiac care available right here in Stafford.”

Ashok Prasad, MD, cardiologist, Mary Washington Healthcare’s Virginia Heart and Vascular Institute
“We’re thrilled that everything has worked out. We have quite a team here at Mary Washington.”

Evelyn Story with her husband, Jess
Lung Cancer Survivor
With the opening of our two new state-of-the-art radiation centers in 2011, patients can benefit from the most highly advanced radiation therapies right here. Our level of treatment is typically only found in large metropolitan areas.

Stafford Hospital Radiation Oncology opened in May. The Regional Cancer Center (RCC) site on the Mary Washington Hospital medical campus opened in August. Both offer the most sophisticated radiation treatment available anywhere.

Stafford Radiation Oncology has a new, highly advanced linear accelerator, RapidArc®. Our Stafford facility is among a limited number of cancer centers around the country to have RapidArc. It delivers powerful radiation very quickly, concentrating the dose on the tumor while minimizing exposure to other organs and tissues. Treatment is faster and helps reduce the chance of the tumor shifting during the procedure.

### Stafford Hospital Radiation Oncology
Press Ganey Patient Satisfaction Scores

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<tbody>
<tr>
<td>Facility</td>
<td>95.6%</td>
<td>95.8%</td>
<td>99%</td>
</tr>
<tr>
<td>Staff</td>
<td>98.7%</td>
<td>97.9%</td>
<td>99.5%</td>
</tr>
<tr>
<td>Overall Assessment</td>
<td>99.8%</td>
<td>98.9%</td>
<td>100%</td>
</tr>
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Expert surgeons partner with MWH, local OB/GYNs and oncologists.
Receiving a gynecologic cancer diagnosis is troubling enough, but having to juggle appointments in different parts of town to see a gynecologist, an oncologist, and a radiologist only multiplies the stress. Mary Washington Hospital now has gynecologic oncologists on staff to provide expert, comprehensive, and one-stop care for women diagnosed with cervical, uterine, ovarian, and endometrial cancer, in conjunction with their local OB/GYN.

Gynecologic oncologists are specially trained to treat the full range of gynecological cancers, including the most complex and challenging forms. They are proficient at determining how far a cancer has progressed so they can employ the most effective treatment.

Expert surgeons from Mid-Atlantic Pelvic Health partnered with Mary Washington Hospital, local OB/GYNs, and oncologists in spring 2011 to make complete gynecological cancer care easier for our community’s women. They have initiated regular office hours at Hematology–Oncology Associates of fredericksburg and requested more operating room time to accommodate the growing number of cases.

Many of these gynecologic oncology surgeries, including hysterectomies, are performed using a minimally-invasive laparoscopic approach. The advantages of laparoscopic surgery include shorter hospital stays (usually overnight), minimal scarring, lower chance of infection, and shortened recovery periods.
Women’s Health Institute is the region’s only program to serve women of all ages.
Mary Washington Healthcare is a member of Spirit of Women, an elite coalition of hospitals and healthcare systems adhering to high standards of excellence in healthcare, education, and community outreach for women. MWHC partnered with Spirit of Women in 2009 to help our newly-formed Women’s Health Institute achieve its goals:

- Promoting the Women’s Health Institute as the region’s only program to serve women of all ages
- Increasing awareness and utilization of the Women’s Health Institute for obstetrics, gynecology-oncology, urologic gynecology, and minimally-invasive surgery
- Building relationships with community OB/GYNs

Each year since 2009, MWHC has participated in annual Spirit signature events such as Girls Night Out and Day of Dance, which have become well-recognized throughout the community. In 2011, we registered 290 attendees and nearly 50 vendors for Girls Night Out, which represented a continued increase in attendance and required a larger venue.

MWHC Spirit of Women has a membership of more than 800 community members who receive monthly e-newsletters filled with relevant news, events, and health information. We’ve also participated in the Spirit of Women Awards program to recognize outstanding women in our community.
Where We Are

Chest Pain Observation Centers
Mary Washington Healthcare established outpatient Chest Pain Observation Centers to identify and treat the underlying causes of chest pain in patients who are otherwise stable.

Patients experiencing chest pain who arrive at any of Mary Washington Healthcare System’s emergency departments, including Mary Washington Hospital, Stafford Hospital, and the Emergency Department at Lee’s Hill, are treated in a dedicated area called the Chest Pain Observation Center. This unique unit is staffed around the clock by professionals who specialize in the evaluation of heart attack symptoms and their treatment. Physicians and registered nurses, as well as a CNA and/or a health unit coordinator comprise this patient-focused interdisciplinary team for patients requiring a 4:1 patient-to-nurse ratio. Patients requiring more individualized care are not admitted to the Chest Pain Observation Center.

Patients with the following symptoms may be appropriate candidates for referral to the Chest Pain Observation Center:
- Dizziness
- Shortness of breath
- Fast, irregular heartbeat

Patients may stay on the unit for up to 48 hours while their symptoms are being evaluated. If necessary, patients are admitted to the hospital for further testing, cardiac procedures, or surgery, if required.

One of our goals for this service is to enable heart failure patients to be able to return more quickly to self-care and avoid hospital readmission.

Mary Washington Healthcare Fuels the Fredericksburg Region’s Economy
According to the latest available figures, in 2010 Mary Washington Healthcare had significant positive economic impact within the Fredericksburg region, accounting for 3.9 percent of the region’s $18.1 billion gross regional product.

MWHC employs more than 4,000 Associates earning about $220 million, much of which is pumped back into the local economy because 91 percent of our Associates live locally. In addition, the $328.2 million generated by our local economic activities directly and indirectly supported 2,800 more jobs. Local physicians with privileges to provide services at MWHC facilities generated another $32 million and supported 262 additional jobs, of which 63 percent were held by local residents.

Regional Cancer Center Building Opens
With the opening of the new RCC building, stereotactic radiosurgery (SRS) arrived in our region. It’s the very latest advance in cancer treatment, and RCC is only one of only a handful of centers worldwide to have TrueBeam™ technology that enables SRS to be performed. TrueBeam is used with the RapidArc® linear accelerator.

SRS treats tumors that were previously difficult to reach or where invasive surgery poses too great a risk. It destroys tumors without the side effects of surgery and is currently used to treat brain tumors and lung cancer. Treatment sessions and the duration of sessions are shorter than with traditional treatments. RCC’s second linear accelerator delivers equally effective radiation to tumors that do not require SRS.

Our new technology and treatment breakthroughs offer real promise that didn’t exist a few years ago. At Mary Washington Healthcare, our patients have more reasons for hope than ever before.

We have partnered with UVA Health System to support the SRS program. UVA is a recognized leader in radiation therapy and allows us access to the resources of a highly regarded, university-based teaching hospital.
Mary Washington Healthcare
Mary Washington Healthcare works diligently to provide every patient and Associate with a healthy environment. This is evidenced by our awards, accreditations, certifications, and licenses, including:

- American Cancer Society South Atlantic Division Achievement in Workplace Tobacco Control Award

Mary Washington Hospital
Mary Washington Hospital works diligently to provide every patient with the highest quality care. This is evidenced by our many accreditations certifications, and licenses, including accreditations by:

- American Academy of Sleep Medicine (AASM)
- American Association of Blood Banks (AABB)
- American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
- American Board of Registration of Electroencephalographic and Evoked Potential Technologist (ABRET)
- American College of Radiology (ACR)
  - Special Accreditation for Magnetic Resonance Imaging (MRI)
  - Special Accreditation for Computed Tomography (CT)

The certifications, accreditations, and licenses above are a direct result of the quality initiatives managed by Mary Washington Hospital's patient safety, performance improvement, medical support, and nursing excellence departments as well as every Associate involved in patients’ care. Each Mary Washington Hospital Associate strives to provide excellent patient care with additional focus on those areas that have been identified to have a higher risk for medical error.
Stafford Hospital
Stafford Hospital works diligently to provide every patient with the highest quality care. This is evidenced by our many certifications and licensures, including accreditations by:
- American College of Radiology (ACR)
  - Special Accreditation for Computed Tomography (CT)
  - Special Accreditation for Mammography
  - Special Accreditation for Nuclear Medicine/PET
  - Special Accreditation for Ultrasound Services (ULT)
- The Joint Commission (TJC) Accreditation
- College of American Pathologists (CAP)
- American Association of Blood Banks (AABB)

The certifications, accreditations, and licensures above are a direct result of the quality initiatives managed by Stafford Hospital’s patient safety, performance improvement, medical support, and nursing excellence departments as well as every Associate involved in patients’ care. Each Stafford Hospital Associate strives to provide excellent patient care with additional focus on those areas that have been identified to have a higher risk for medical error.

Medical Imaging of Fredericksburg
- American College of Radiology Breast MRI

FASC
- Accreditation Association for Ambulatory Health Care - reaccreditation

Imaging Center for Women
- ACR Stereotactic Breast Biopsy - reaccreditation
- ACR Breast Ultrasound and Ultrasound Guided Breast Biopsy Accreditation
Where We’re Going

Children’s National Medical Center – Looking Ahead
In February 2012, physicians and nurse practitioners of Children’s National Medical Center began caring for patients in the newborn nurseries at Stafford and Mary Washington Hospitals.

In addition, highly trained Children’s National Medical Center physicians provide 24-hour coverage, consultations, assessments, and care to infants in Mary Washington’s NICU and Stafford’s Level II Nursery.

Previously, Children’s National Medical Center provided pediatric hospitalist services at MWH under the leadership of Dr. Francisco Alvarez. Its services have been credited with bringing the highest quality care and customer service to children and families in the region.

Expansion of Snowden at Fredericksburg
This year’s expansion and remodeling of Snowden at Fredericksburg is designed to increase inpatient occupancy and meet the region’s demand for in- and outpatient services. The first phase of the project will be completed in early 2012, and outpatient programs will relocate into the refurbished space by the summer.

The second phase of the project includes remodeling of the former outpatient space into an inpatient unit. The new unit provides a mix of private and semi-private rooms, allowing Snowden to increase occupancy, which stands at 76% in 2011, by removing barriers including gender, age, and diagnostic presentation.

The expansion will permit greater utilization of all 40 licensed beds, better accommodating inpatients, particularly adolescents. The project will also boost utilization through additional staff. Recruitment efforts are underway to add additional psychiatrists to accommodate expanded programs.

Snowden at Fredericksburg long has been among the few behavioral health centers in Virginia, offering a broad array of in- and outpatient treatment programs. Snowden treats a wide range of inpatients through individualized treatment plans for adults, teens, and children, as well outpatient treatment programs for adults and adolescents.

All services are provided with utmost confidentiality and discretion in a safe, caring, and comfortable environment. Snowden offers a private, dedicated facility with its own entrance, parking, and easy accessibility.

Stafford Hospital Imaging at Woodbridge
12731 Marblestone Drive, Suite 102
Woodbridge, VA 22192

Stafford Hospital Imaging at Woodbridge opened in February 2012, giving Northern Virginia patients easier access to high-quality imaging studies. This new facility offers:

- Ultrasound
- DEXA bone density scans
- Mammography
- Diagnostic x-ray

All images are interpreted by our dedicated and experienced physician group, Radiologic Associates of Fredericksburg.

This extension of Stafford Hospital into Prince William County will help physicians in our northern service area provide better and more convenient care to their patients.

Region’s First Stereotactic Radiosurgery Procedures
In January, 2012, the first stereotactic radiosurgeries (SRS) took place at the Regional Cancer Center (RCC). Dr. Jeffery Poffenbarger performed SRS on a brain tumor. Dr. Timothy Sherwood partnered with Dr. John C. Chinault for stereotactic body radiosurgery (SRBT) therapy on lung cancer. (SRBT is SRS on other areas of the body.)

SRS is a major advance in cancer treatment. RCC is among a few centers worldwide using the newest SRS technology available. RCC partners with UVA Health System on the SRS program.

Dr. Poffenbarger explains, “SRS is typically available in large cities, so it is an incredible leap forward for us to offer it right here.” Dr. Sherwood adds, “This is an exciting advance for our community.”
Mary Washington Healthcare exists to improve the health of the people in the communities we serve.

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