



VIRGINIA HEART

Excellence in Cardiovascular Care

Quality Report 2021



Trust Your Heart To The Very Best

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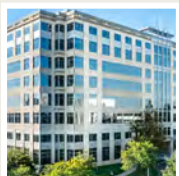


INOVA®

Heart and Vascular Institute



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Physicians

Tariq Aziz, MD, FACC
Subash B. Bazaz, MD, FACC
Casey R. Benton, MD, FACC
Rachel Berger, MD, FACC
Anthony Chang, MD, FACC, FACP, FAWM
Asad E. Chaudhry, MD
Nicholas Cossa, MD, FACC
Stephen Day, MD, FACC
James Duc, MD, FACC
Hazim El-Haddad, MD, FAC, FSCAI
Timothy P. Farrell, MD, FACC
Adam S. Fein, MD
Rajat Garg, MD, FACC, FSCAI
Nadim A. Geloo, MD, FACC, FSCAI
Tariq Haddad, MD, FACC
Edward W. Howard, MD, PhD, FACC, RPVI
Jeffrey Jackman, MD, FACC
Joseph M. Kiernan, MD, FACC, FSCAI
Joseph M. Krepp, MD, FACC, FASE
Sara Kulangara, MD
Jeff Lee, MD
Warren S. Levy, MD, FACC
Jeffrey S. Luy, MD, FACC
Alireza L. Maghsoudi, MD, FACC
Carey M. Marder, MD, FACC
Robert L. McSwain, MD
Seth N. Meltzer, MD, FACC

Lawrence A. Miller, MD, FACC, FSCAI
Pradeep R. Nayak, MD, FACC, FASE
Michael P. Notarianni, MD, FACC
Antonio Parente, MD, FACC
Amit V. Patel, MD, FCCP, ABIM Sleep Medicine
Dhaval R. Patel, MD, MPH, FACC
Eric D. Pauley, MD, FACC
Paula Pinell-Salles, MD, FACC
Dean M. Pollock, MD, FACC
Gautam Ramakrishna, MD, FACC
Haroon Rashid, MD, FACC
Jessica A. Riggs, MD, FCCP, ABIM Sleep Medicine
Stephen P. Rosenfeld, MD, FACC
Lawrence R. Rubin, MD, FACC
Ibrahim M. Saeed, MD, FACC
Anne M. Safko, MD, FACC
Chirag Sandesara, MD, FACC, FHRS
Jennifer A. Shea, MD, FACC
Stuart E. Sheifer, MD, FACC
Robert A. Shor, MD, FACC
Mark P. Tanenbaum, MD, FACC
Ketan K. Trivedi, MD, FACC
Alex G. Truesdell, MD, FACC, FSCAI, FSVM
Tajender S. Vasu, MD, MS
Mark C. Vives, MD, FACC
Raymond Vlacancich, DO
Timothy S. Welch, MD, FACC

Advanced Practice Providers

Angela Algire, PA-C
Andrew Allen, PA-C
Alexandra Bache, PA-C
Neil Bautista, FNP-C
Haena Bryant, FNP
Alicia Campbell, PA-C
Stephanie Cook, BSN, MSN, NP-C
Jennifer DoCampo, MSN, FNP-BC
Jennifer Durham, MSN, AGPCNP-BC
Sara L. Gillam, PA-C
Christine Jansen, MSN, ANP-BC
Jenny Kim, MSN, AGPCNP-BC
Ki Kim, MSN, FNP-BC
Gabrielle Leger, PA-C
Kari Manfredi, MSN, ANP-BC
Eve Mogadam, MSN, M.Ed., ANP-BC
Hannah Moon, MSN, FNP-BC
Laura Muntzer, MPA-C
Melissa Myers, MSN, ANP-BC, AGACNP-BC
James O'Hara, PA-C, DMSC
Erin Simon, MSN, AGACNP-BC
Lanna Smith, MSN, ANP-BC
Mary Tisch, PA-C
Daniel Valcicak, PA-C
Annette Vernail, MSN, FNP-BC
Rachel Yomtob, PA-C

MESSAGE FROM VIRGINIA HEART LEADERS



Robert A. Shor, MD, FACC

Quality Assurance Chairman

For more than 30 years, our mission at Virginia Heart has remained the same: *to deliver excellent cardiovascular care to people within our communities*. As part of our ongoing effort to improve performance and the patient experience, we have continued to collect and analyze our clinical data. This data has been assembled through leveraging our electronic health records and relying on relationships with our partner health systems.

Our sources are both internally collected data, in collaboration from the local health system, and externally collected data from national outpatient registries. COVID-19 has created both difficulties and opportunities in the delivery of care as well as opportunities for innovation. What follows in our Virginia Heart Quality Report is a summary of our continued efforts to deliver excellence in patient care underscored by our commitment to the “triple aim” of improved quality, cost, and patient access.

While we celebrate our successes, we recognize this is an ongoing process to pursue excellence and deliver the highest-quality, cost-effective, patient-centered care.



Warren S. Levy, MD, FACC

President & Chief Medical Officer

We are emerging from a very challenging period for healthcare delivery, and we remain committed to our mission which is “to improve the health and well-being of our community by providing world-class, patient-centered cardiovascular care”. Virginia Heart adapted rapidly to the COVID-19 pandemic allowing us to continue to provide the best possible care to our patients in a safe environment taking into consideration each patient’s individual needs. Our dedicated health care professionals strive every day to exceed expectations and provide our patients with the best possible patient experience, which is supported by our strong patient satisfaction survey results. Virginia Heart remains the preeminent cardiovascular practice in the region, providing care at our ten clinical offices and seven regional hospitals. Our 50 physicians and 25 advanced practice providers are highly trained and skilled practitioners recognized for their outstanding quality of care and technical expertise. We provide cutting-edge services in the areas of interventional and structural cardiology and electrophysiology. We work in close affiliation with the Inova Heart and Vascular Institute with sub-specialty service lines including Advanced Heart Failure, Cardio-Oncology, Cardio-Obstetrics and Women’s Heart Health. Our Outpatient Clinical Research Program, one of the largest in the country, has contributed significantly towards the emergence of newer and better medications and therapies for a variety of cardiovascular diseases. We are honored to be entrusted with the care of so many of you across Northern Virginia and the Washington, DC area. It is with great pride that we present this 2021 Quality Report for Virginia Heart as we strive every day to provide outstanding patient-centered care to our community.

Chief Executive Officer

Our commitment to clinical quality for each one of our patients is the foundation of everything we do at Virginia Heart. With more than 75 providers, we continue to provide comprehensive premier, cardiovascular care, and our team-based model ensures the best possible outcomes.

Whether it is a routine office visit or a complex interventional procedure in the hospital, our providers offer the most advanced treatments available, ensuring the best possible outcome and a healthy quality of life for our patients.

Expertise and technology are but two pillars in the success and growth of Virginia Heart. What differentiates us among other cardiovascular care providers is the individualized care our providers dedicate to each of their patients. Through patient surveys and unsolicited reviews, our team continually hits the highest marks for their personal touch. We believe this not only enhances the patient experience, but also benefits their physical health and wellness.

This report summarizes the results achieved through that commitment.



Audrey L. Fisher, MPH

INOVA PARTNERSHIP



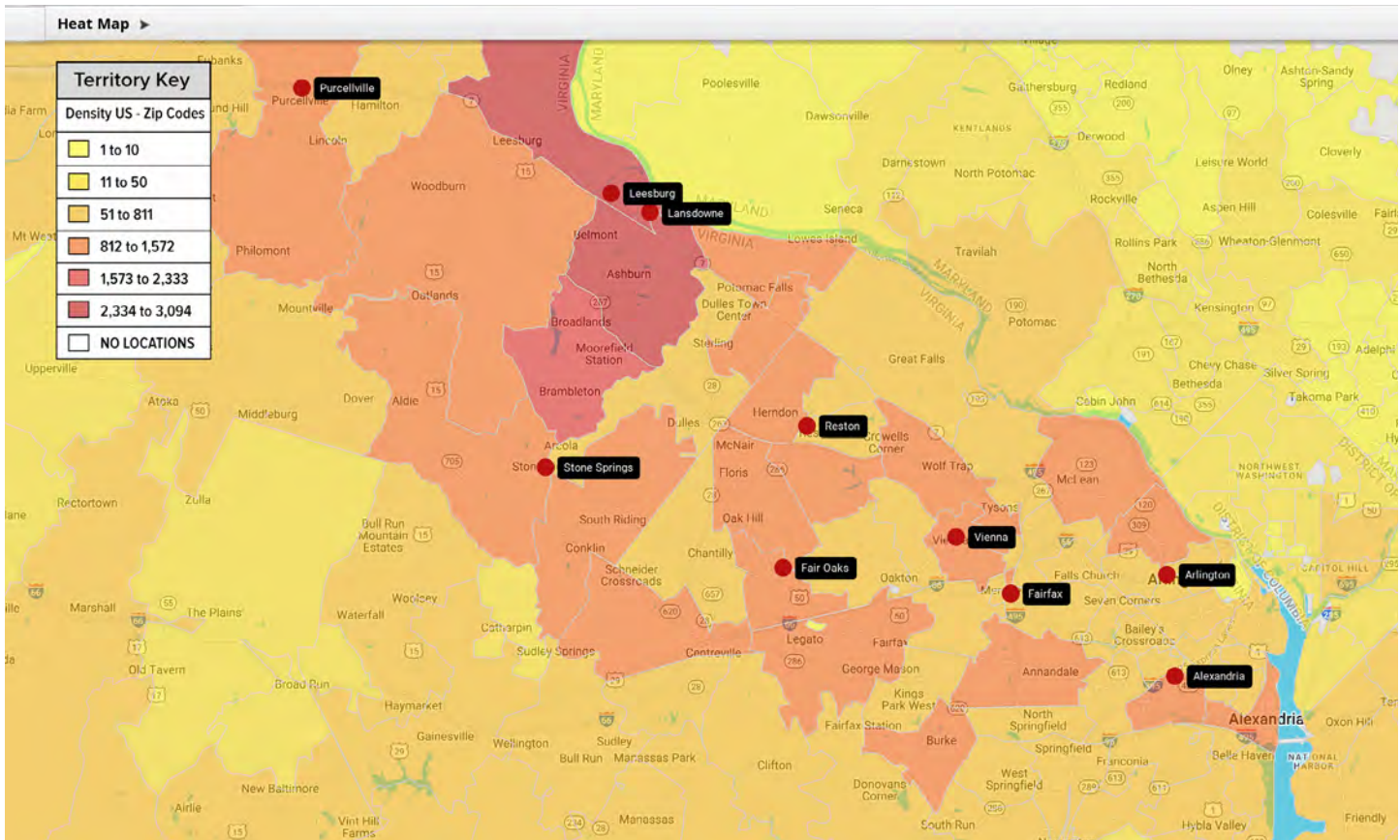
The Inova Heart and Vascular Institute (IHVI) is proud to be in a long-term affiliation relationship with Virginia Heart.

Inova is recognized as one of the nation's leading health systems in cardiovascular healthcare delivery with cutting-edge technologies and outstanding quality metrics. Virginia Heart's physicians, advanced practice professionals, and entire care team are an integral part of the world-class cardiovascular care provided through IHVI. Their physicians have contributed greatly to the growth and success of IHVI and have developed and led quality initiatives at Inova. The Virginia Heart physicians hold many important leadership positions throughout the Inova system providing care and leadership at four of our Northern Virginia hospitals. Their leadership, as you will see detailed in this report, extends both regionally and nationally. Their research program, together with IHVI's, is one of the finest in the nation among cardiovascular practices. It has been a pleasure and honor to work alongside the outstanding professionals of Virginia Heart, and I congratulate them on this report and the success that it demonstrates.

Christopher M. O'Connor, MD, MACC
President, Inova Heart and Vascular Institute



VIRGINIA HEART LOCATIONS AND HOSPITAL AFFILIATIONS



Virginia Heart's patients come from a wide area across the tri-state region, shown here by zip code. The darker orange and red indicate the greatest concentration of patients. Our 10 offices located throughout Northern Virginia are indicated on the map with red circles.

Alexandria Office

4660 Kenmore Avenue, Suite 1200
Alexandria, VA 22304

Arlington Office

1005 N. Glebe Road, Suite 750
Arlington, VA 22201

Fairfax Office

2901 Telestar Court, Suite 200
Sleep Center, Suite 100
Heart Rhythm Center, Suite 150
Falls Church, VA 22042

Fair Oaks Office

3580 Joseph Siewick Drive, Suite 305
Fairfax, VA 22033

Lansdowne Office

19450 Deerfield Avenue, Suite 100
Leesburg, VA 20176

Loudoun Office

44035 Riverside Parkway, Suite 400
Leesburg, VA 20176

Purcellville Office

205 East Hirst Road, Suite 101
Purcellville, VA 20132

Reston Office

1850 Town Center Drive
Pavilion 2 - Suite 550
Reston, VA 20190

Stone Springs Office

24430 Stone Springs Blvd, Suite 425
Dulles, VA 20166

Vienna Office

130 Park Street SE, Suite 100
Vienna, VA 22180

Hospital Affiliations

Virginia Heart cares for patients
at seven major hospitals in
Northern Virginia:

Inova Alexandria Hospital
Inova Fairfax Hospital
Inova Fair Oaks Hospital
Inova Loudoun Hospital
Reston Hospital (HCA)
Stone Springs Hospital (HCA)
Virginia Hospital Center

SERVICE VOLUMES

Inpatient Volumes

Virginia Heart physicians and advanced practice providers are available 24 hours a day, 365 days a year in the 7 area hospitals that we support, meeting the needs of our patients and providing the rapid response necessary in urgent or emergent situations.

The Virginia Heart interventional cardiologists work alongside teams of surgical and hospital experts in order to provide our patients with the best life-saving treatments of acute heart conditions.

Outpatient Volumes

In 2021, Virginia Heart's physicians and advanced practice providers completed more than 114,000 patient visits, making us the largest provider of cardiovascular services in the Washington, D.C. Metropolitan Area. Patient access and convenience remain paramount, and our 10 convenient office locations are dedicated to the growing needs of the communities we serve.

Hospital Services	2021	2019
Total Patient Encounters/Visits	37,167	35,981
Total Catherizations	2,306	2,827
Total Stents	907	995
Pacemakers/ICDs/Ablations	1,144	1,201

Office Services	2021	2019
New Patients	20,234	18,193
Follow-Ups	94,232	89,362
Echocardiograms	22,190	21,261
Sleep Studies	3,286	2,574
Myocardial Perfusion Imaging	5,999	6,109



Casey R. Benton, MD, FACC and team member

QUALITY AND VALUE

At Virginia Heart, we are committed to providing the highest quality care to our patients in a compassionate and efficient manner. In partnership with our patients, we achieve the best possible outcomes and improve overall quality of life. Our patients receive the most innovative treatments by using cutting-edge technology. All Virginia Heart diagnostic labs are accredited by the International Accreditation Commission.

We measure our quality of care and benchmark our success in that care through comparative analysis with national statistics.

What follows are the 2021 quality metrics compared with the published national data. Our goal is to provide the highest-quality, most cost-efficient cardiovascular care from diagnosis to treatment.

Quality and Cost Data from CMS

The Centers for Medicare and Medicaid Services (CMS) evaluate the value of the care participating physicians provide using a program called Merit-based Incentive Payment System (MIPS). For 2021, Virginia Heart scored quite favorably in this system. For the program's Quality Domain, our providers scored 97.3 out of a possible 100 points. For the program's composite score, Virginia Heart's providers score of 78.8 was well above the system's established standard for high-value care.

Virginia Heart also scored favorably in the domain of Promoting Interoperability, receiving 87.6 of a possible 100 points, which speaks to the optimal utilization of the electronic health record, and engagement of the patient therein. Finally, the practice received a perfect score of 100 in the Improvement Activity Domain, which addresses care processes, patient engagement, and access.

Total MIPS Score	Quality	Promoting Interoperability (PI)	Improvement Activities (IA)
78.8	97.3	87.6	100.0

Readmission Rates

Reducing early readmission following a hospitalization for either Congestive Heart Failure (CHF) or a Myocardial Infarction (MI) are published quality metrics that signify not only the quality of care provided to patients during their hospitalization, but also the transition of care back to the community.

Virginia Heart has staff dedicated to this important transition of care and the continued care our patients receive on an outpatient basis. We employ our long-established Heart Failure Clinic protocols to manage these complex patients, and we are currently working collaboratively with Inova Heart and Vascular

Institute colleagues to build a computer-driven checklist within the electronic medical record to enhance utilization of evidence-based medications and interventions. We have similar models for post-MI care. Through such efforts, Virginia Heart's readmission rates have consistently been well below published national averages.

Acute Myocardial Infarction Readmissions

Readmission Denominator	30-Day Readmission Rate	National Average
185	6.9%	16%

Chronic Heart Failure Readmissions

Readmission Denominator	30-Day Readmission Rate	National Average
577	14.5%	23%

Interventional Coronary Procedures

When patients present with acute heart attacks or ST Elevation Myocardial Infarction (STEMI), prompt management is critical to successfully limit heart muscle damage by restoring blood flow in the blocked arteries.

In 2021, Virginia Heart performed over 2,800 cardiac catheterization procedures. Virginia Heart has an excellent success rate with low complication and mortality rates.

Interventional Coronary Procedure Summary 2021

	Total
Percutaneous Coronary Interventions	914
Left Ventricular Assists	73
Chronic Total Occlusions	7

Electrophysiology Ablation Procedure Summary 2021

	Total
Atrial Fibrillation Ablations	400
Supraventricular Tachycardia Ablations	227
Ventricular Tachycardia Ablations	46

Electrophysiology Implantable Device Procedure Summary 2021

	Total
Pacemakers	326
Defibrillators	136
Leadless Pacemakers	27

QUALITY AND VALUE

Myocardial Perfusion Imaging

The evaluation of chest discomfort and shortness of breath for the presence of coronary artery disease is the backbone of all cardiovascular practices. This is often performed with stress myocardial perfusion imaging with nuclear scintigraphy. Virginia Heart has seven locations across Northern Virginia that provide nuclear cardiac imaging. All locations maintain accreditation through Intersocietal Accreditation Commission (IAC) in which we align our values of the highest standards for imaging and interpretation. At Virginia Heart, we offer both exercise and pharmacological nuclear stress testing, viability imaging, and MUGA scans. In 2020, we introduced technetium pyrophosphate (99mTc-PYP) scintigraphy for cardiac amyloidosis at our clinics.

Virginia Heart has exceeded each threshold of standard in test appropriateness, technical quality and safety of imaging, interpretive quality, and report completeness and timeliness.



Ibrahim M. Saeed, MD, FACC, Director, Nuclear Cardiology

Our advanced technology allows us to reduce imaging time by half of what older systems may use; this allows our patients a more comfortable and timely process while still maintaining excellent technical quality with advanced iterative reconstruction. Virginia Heart currently has 18 Nuclear Board-Certified physicians.

To ensure we are meeting high quality standards, Virginia Heart has a complex quality assurance program that uses direct correlation and quantitative analysis to measure our performance. We have exceeded each threshold of standard in test appropriateness, technical quality and safety of imaging, interpretive quality, and report completeness and timeliness.

Direct modality correlation is a way to measure our diagnostic accuracy. In 2021, we measured a 92% Positive Predictive Value (PPV) of our nuclear stress patients that subsequently went to cardiac catheterization. PPV reflects the percentage of

patients who have had an abnormal MPI study, undergone cardiac catheterization and are found to have blockages in their coronary arteries that match the perfusion defect identified by the study.

The Nuclear Cardiology Program at Virginia Heart is directed by Dr. Ibrahim M. Saeed. He continues to participate in many academic endeavors including serving as a peer reviewer for multiple journals on imaging, being on the planning committee for the American Society of Nuclear Cardiology (ASNC) Annual Scientific Session, writing questions for the Nuclear Cardiology Knowledge Self-Assessment Program (NCKSAP) and extensively contributing to the white paper *Quality Metrics for Single Photon Emission Computed Tomography Myocardial Perfusion Imaging: An ASNC Information Statement*.

SLEEP MEDICINE AND DURABLE MEDICAL EQUIPMENT

Obstructive sleep apnea (OSA) and other complex sleep-related breathing disorders have been strongly associated with cardiovascular disease. Patients with drug-resistant hypertension, atrial fibrillation, congestive heart failure and coronary artery disease have particularly high comorbid OSA with rates of 83%, 49%, 36% and 30% respectively. Treatment of sleep apnea has been noted to reduce negative cardiovascular outcomes in certain cardiovascular disease states and research is ongoing in this arena.

Virginia Heart offers a Comprehensive Sleep Medicine Program specializing in all sleep disorders in addition to sleep disordered breathing. Our treatment goals revolve around individualized and empathetic care focusing on improving sleep health and quality of life. Our three board certified sleep physicians and our two advanced practice providers are well experienced in treating sleep disorders ranging from sleep apnea and insomnia to narcolepsy, sleep walking, restless legs and beyond. Our practice also sets the standard in novel and innovative therapeutic modalities as we are a preferred center for management of the Inspire device for sleep apnea and are a center enrolling patients in the Inspire device research registry.

Our sleep medicine practice also include two American Academy of Sleep Medicine (AASM) accredited in-lab sleep testing centers, home sleep testing capabilities and a durable medical equipment (DME) program. We employ industry leading personal and technical support features resulting in CPAP compliance outcomes higher than the national average.



Thanks to the specialized care of Dr. Amit V. Patel in Virginia Heart's Sleep Center,

Barbara is finally sleeping soundly again, which is good news for her – and her 84-year-old heart. With Dr. Patel's conservative care plan that includes medication management and lifestyle changes, Barbara has put an end to restless nights and is able to fall asleep and stay asleep. Shortly after starting the medication, Barbara noted a newfound ability to fall asleep and stay asleep. She reported that the difference has been night and day. "I am doing wonderful now," she says. "Dr. Patel was so helpful. He really talked to me and listened to me. There are times now where I stay in bed until 8 a.m. And that is a blessing."



Amit V. Patel, MD, FCCP, ABIM Sleep Medicine,
Director, Sleep Medicine Program



Jessica A. Riggs, MD, FCCP, ABIM Sleep Medicine

COMPLEX CORONARY INTERVENTIONS



LeAnn Moore is a cancer survivor and no stranger to needles and hospitals.

So when the team at Virginia Heart determined she needed an angioplasty to address a severely blocked artery, she assumed she was in for another ordeal, similar to her cancer treatments. Instead, she discovered the procedure was “a piece of cake. I had no pain, no discomfort.”



Edward W. Howard, MD, FACC, RPVI, Director, Interventional Cardiology

The Virginia Heart Interventional Cardiology team offers new advanced and highly-specialized therapies for patients with complex coronary artery disease. In conjunction with our Cardiac Surgery, Structural Heart, and Heart Failure colleagues, care is tailored towards individual patient anatomy, underlying medical conditions, and treatment goals. New skills and technology increasingly facilitate less invasive therapies, often in lieu of open-heart surgery, and are currently only performed by a small number of US interventional cardiologists. One such procedure, chronic total occlusion (CTO) percutaneous coronary intervention (PCI) is a minimally invasive technique to open chronically completely blocked coronary arteries to relieve symptoms of chest pain or shortness of breath and to improve exercise capacity and restore quality of life. New miniaturized temporary heart pumps, also known as percutaneous

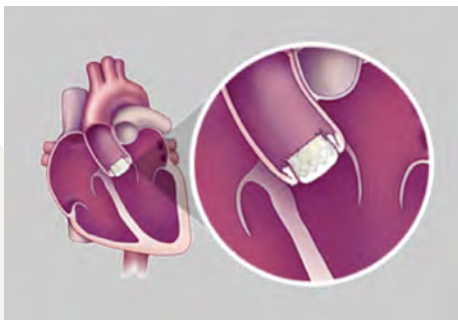
ventricular assist devices, are also employed as needed by our team to support heart pumping function in patients with extensive coronary artery disease, heart failure, or reduced ejection fraction (EF) – many of whom have been deemed either prohibitive risk for open-heart surgery or too ill to undergo other less invasive therapies.

In 2021, Virginia Heart performed 2,853 catheter-based procedures across the seven hospitals we serve in Northern Virginia.

STRUCTURAL HEART DISEASE

Structural Heart Disease (SHD) is an important discipline that uses cutting-edge technology to perform catheter-based procedures previously requiring open-heart surgery, including Transcatheter Aortic Valve Replacement (TAVR), as well as Transcatheter Mitral Valve Replacement (TMVR) and repair. Other structural heart procedures include valvuloplasty and closure of cardiac defects such as a Patent Foramen Ovale (PFO) or Atrial Septal Defect (ASD). SHD is a rapidly evolving and dynamic field. With continued research, it is likely a significant majority of heart valve disease will be treated with a minimally-invasive, catheter-based approach. This will allow for shorter hospital stays and rapid recovery. There are a multitude of new valves and devices under development, which could not only add years to patients' lives, but enhance the quality of those years.

Virginia Heart has been at the forefront in offering structural heart evaluations and therapies to our patients as an integral part of the Heart Valve Clinic at IHVI. In 2021, Virginia Heart's Structural Heart team performed over 175 hospital-based procedures including 157 TAVR/TMVR



TAVR Valve Device

cases and 18 MitraClip cases. Our expanding structural heart program consists of a structural heart physician, a nurse practitioner, a program coordinator, and heart imaging specialists. Our integrated team working with Inova Heart and Vascular Valve Clinic guides patients through the complex process, which begins with diagnosis and culminates in a successful procedure and rapid recovery. We take pride in our personalized approach, providing individualized care and performing detailed and thorough evaluations to ensure all variables are carefully studied as each case presents its own set of unique challenges.



The MitraClip device is a small clip that is attached to your mitral valve. It treats mitral regurgitation by allowing your mitral valve to close more completely, helping to restore normal blood flow through your heart.



Watchman: Left Atrial Appendage Closure Device



When Mary Gordon went into cardiac arrest, her life was saved by first responders who performed CPR for six minutes

and used an AED twice to shock her heart back into rhythm. Mary was immediately transferred to Inova Fairfax Hospital where Dr. Paula Pinell-Salles, a general cardiologist at Virginia Heart, diagnosed Mary with a rare condition called mitral annular disjunction which creates a higher risk for sudden death arrhythmias. She quickly underwent surgery to repair her mitral valve so it would close properly and also had a procedure to implant a subcutaneous defibrillator to regulate her heart's rhythms.

Having made the initial diagnosis, now Dr. Pinell-Salles is guiding Mary through her recovery by developing a treatment plan that includes medication management and cardiac rehab to rebuild her strength and confidence. "I remember meeting Dr. Pinell-Salles in the hospital and I immediately liked her," Mary recalls. "I have a lot of questions and she is very patient and very reassuring. I really appreciate that."

HEART FAILURE INITIATIVES

Congestive Heart Failure

Virginia Heart is a recognized leader in the care of patients with congestive heart failure (CHF). For more than a decade, the centerpiece of this effort has been our CHF Clinic. The clinic provides rapid access and protocol-driven, evidence-based care. It is supervised by our physicians and staffed by a talented pool of nurse practitioners and physician assistants at all Virginia Heart locations. In recent years, we have engaged in pioneering efforts to improve the care of patients hospitalized with CHF and to reduce readmissions. Through targeted efforts, Virginia Heart CHF patients have consistently charted lower rates of re-hospitalization, significantly below national benchmarks.

In 2021, Virginia Heart's Advanced Practice Providers were instrumental in opening the Urgent Heart Failure IV diuretic clinic at Inova Loudoun Hospital. This initiative was developed to reduce hospitalizations due to decompensated systolic or diastolic heart failure. It allows us to see patients in a timely matter for labs and IV therapies as well as early follow up. It has been successful in preventing readmissions as well as diverting ER CHF admissions, allowing us to get patients back on track and return to their homes on oral diuretics.

Advanced Heart Failure

The Advanced Heart Failure Team at Virginia Heart works as a multi-disciplinary team in conjunction with the local hospital systems to assist in the management of heart failure. This comprehensive program offers a personalized approach to caring for patients with heart failure, particularly when symptoms become more difficult to manage. The goal of treatment for Heart Failure is to prevent or slow progression of the disease, improve the patient's life, prevent sudden cardiac arrest, and prevent hospitalization.



Timothy S. Welch, MD, FACC, Director, Advanced Heart Failure Program

Dr. Timothy Welch is the Medical Director of the Virginia Heart Advanced Heart Failure Program. He is Board Certified in Advanced Heart Failure and Transplant Cardiology, one of only 225 physicians certified in this specialty worldwide. The Advanced Heart Failure team includes a dedicated Board-Certified Heart Failure Physician, Nurse Practitioner and Registered Nurse who provide medical care and education to the advanced heart failure patients.

Remote Heart Failure Monitoring

Virginia Heart monitors our heart failure patients in our Remote Heart Failure Clinic. Currently, this remote program monitors heart failure patients' thoracic impedance (Medtronic Optivolt Device), weight and blood pressure (Boston Scientific Latitude

Device), and pulmonary artery pressure (Abbott Cardiomems device). With remote monitoring we are able to more closely track our heart failure patients in order to assess signs of volume overload or changes in their medical condition. This allows our providers to intervene sooner when patients develop acute heart failure symptoms providing more prompt relief of those symptoms, reducing the need for hospitalization, and improving patients' overall quality of life. Our heart failure patients receive regular follow-up phone calls by our heart failure nurses in the comfort of their own home to provide ongoing education and support.

SPECIALTY PROGRAMS



Erin Simon, MSN, AGACNP-BC, Director, Advanced Practice Providers Program

Advanced Practice Provider Program

Virginia Heart is fortunate to have a group of 25 highly qualified Advanced Practice Providers (APPs). This group includes Nurse Practitioners (NP) and Physician Assistants (PA). Our NPs and PAs are an integral part of the medical team and practice both in the inpatient and outpatient setting. At Virginia Heart, we believe this team approach allows us to provide comprehensive care and offer extensive education to patients, as well as their caregivers and family members. In addition to providing general cardiology care, our APPs also serve our patient population in the areas of Electrophysiology, Structural Heart, Sleep Medicine, Advanced Heart Failure, and Risk Factor Modification. The APPs practice under the supervision of our doctors and provide exceptional, high-quality care.

Adult Congenital Heart Disease

Each year, the population of adults born with a structural heart abnormality grows as 90% of children born with significant defects now live to adulthood. Many of these individuals have undergone complex surgeries in infancy and childhood. Some

symptoms reappear, often dramatically, after a temporary absence from the ongoing care they received as children from a pediatric team. Others have had no knowledge of their congenital defect until symptoms present themselves in adulthood.

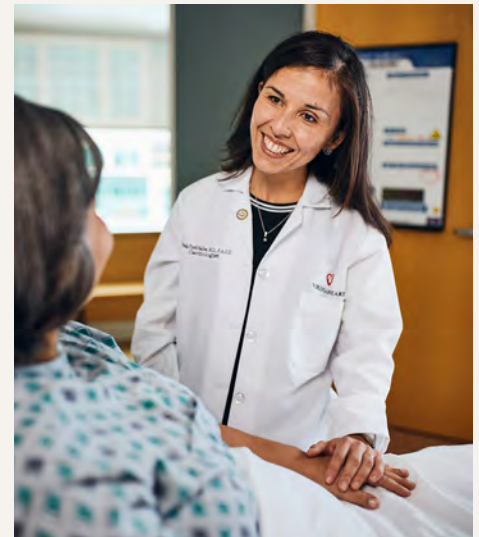
At Virginia Heart, we are committed to serving this unique group of patients within our community. Drs. Mark Tanenbaum and Pradeep Nayak were founding members of the Adult Congenital Heart Program at Inova Fairfax Hospital in 1994 and have collaborated with other local specialists through the years to provide outstanding care. We have created an environment for optimal outcomes as this challenging field has developed into a mainstream cardiology subspecialty.



Mark P. Tanenbaum, MD, FACC

We see patients with Adult Congenital Heart disease in our offices and collaboratively at the Inova Heart and Vascular Institute at Fairfax Hospital, where cardiac catheterization, electrophysiology procedures, as well as cardiac surgery can be performed.

Identifying disease indicators early is critical in providing the best possible care to women with heart disease.



Paula Pinell-Salles, MD, FACC

Women's Heart Health

Women frequently present with signs and symptoms of disease that are different than those found among men. Recognizing these differences and identifying disease indicators early is critical in providing the best possible care to women with heart disease. Virginia Heart is committed to the care and education of women in our communities.

Dr. Rachel Berger, Dr. Paula Pinell-Salles and Dr. Jennifer Shea have spearheaded our efforts to be proactive in this important area. Most recently, Virginia Heart has partnered with Inova Heart and Vascular Institute to develop Cardio-Oncology and Cardio-Obstetrics programs that will allow us to better serve patients within these areas.

IDEAL PROTEIN

POWERING *life* POSSIBLE



John appreciates the coordinated “one-stop” care he receives from Virginia Heart.

He has vastly improved his cardiovascular and sleep health by losing 80 pounds on the Ideal Protein weight loss program. Having his general cardiology, sleep apnea and weight loss care all provided to him by the Virginia Heart team makes it easy for him to continue on the path to good health.

Health and Wellness Program

Obesity remains a major risk factor for cardiovascular disease. Weight management continues to be a severe challenge for many of our patients, as well as for society. To combat this epidemic, Virginia Heart offers our patients the option to participate in the Ideal Protein Weight Loss Program, a low-fat, low-calorie, adequate protein meal replacement plan that offers a personalized approach to weight loss.

The plan is medically supervised and provides patients with weekly coaching sessions with our Health and Wellness Coaches. Our mission is to assist patients in not only reaching their weight loss goals, but to develop a plan for maintaining that weight loss and living a healthier lifestyle. The maintenance protocol is based on providing education, habit modification and following a heart-healthy Mediterranean diet.

Since we began the program in 2013, over 3,100 patients have enrolled and lost a total of 53,000 pounds. With Ideal Protein, the average weight loss for patients has been 35 pounds.

Cardio-Oncology

Cardio-Oncology is an emerging multi-disciplinary field that focuses on the cardiovascular management (prevention, diagnosis, and treatment) of patients with cancer. Radiation therapy can grossly affect any level of the cardiovascular system. Certain chemotherapy agents have been shown to have potential cardio-toxic side effects. The core objective of the program is to ensure that the cancer patient of today does not become the cardiology patient of tomorrow.

Dr. Jennifer Shea and Dr. Raymond Vlacancich of Virginia Heart have been co-leading the program along with their Inova colleagues. Since the program's



Jennifer Shea, MD, FACC



Raymond Vlacancich, DO

inception two years ago, it has grown to include over 500 patients. The goal of the program is to help facilitate patients getting life-saving cancer treatment based on a thorough evaluation of their cardiovascular health. The cardiologists and oncologists work closely together, and monitoring protocols have been put in place to help mitigate the patient's overall risk. Our primary focus thus far has been on breast cancer patients, but we plan to expand this year to include other types of cancers such as gynecology/oncology subtypes, gastro intestinal cancers, leukemias/lymphomas, and newer immunotherapies for lung cancer.

SPECIALTY PROGRAMS

Cardio-Obstetrics

The Inova Heart and Vascular Institute (IHVI) Cardio-Obstetrics program is a collaborative service line with Virginia Heart and Inova Heart and Vascular Institute. The program is designed to see high-risk obstetric patients who have established cardiovascular disease pre-partum (i.e., prior heart failure, valve disease or arrhythmias), in addition to those who develop cardiovascular symptoms during pregnancy (i.e., pre-eclampsia and peripartum cardiomyopathy).

The program combines the multidisciplinary expertise of cardiology and maternal-fetal medicine to provide care and expertise for women who are at risk of developing heart complications during pregnancy. Three Virginia Heart cardiologists, Dr. Rachel Berger, Dr. Sara Kulangara and Dr. Paula Pinell-Salles, together with their Inova colleagues, have been integral in growing the service line across a broad geographic area within Northern Virginia. The creation and standardization of inpatient and outpatient protocols has allowed for better management, education and treatment of these patients.

Cardiac Rehabilitation

Cardiac Rehabilitation remains an important part of the treatment and recovery of patients with cardiovascular illness. It enhances recovery, improves quality of life and outcomes. Patients with coronary artery disease, myocardial infarction, percutaneous coronary interventions with stents and angioplasty, CABG (coronary artery bypass surgery), heart failure and other forms of heart disease are candidates that would benefit from this service which is integral to the care and recovery of our heart patients.



Rachel L. Berger, MD, FACC



Sara Kulangara, MD

Inova Heart and Vascular Institute (IHVI) has four dedicated cardiac rehab programs and Virginia Heart physicians Drs. Robert Shor and Tariq Aziz are Medical Directors of Inova Fairfax Cardiac Rehab and Inova Loudoun Hospital Cardiac Rehab. The pandemic has created unforeseen stresses and disrupted delivery of these services. However, with the dedication of staff and through innovation, these services have continued to be offered throughout most of the pandemic. Currently a hybrid in-person and remote experience is being offered.

Despite the pandemic, we continue to see robust patient enrollment and excellent patient satisfaction. A recent Press Ganey survey of IHVI Cardiac Rehab participants reveals that nearly 90% of respondents improved daily activity and 99% would recommend Cardiac Rehab.

We continue to adapt to the environment and to innovate on behalf of our patients.



Robert A. Shor, MD, FACC, Co-Chair, Quality Committee

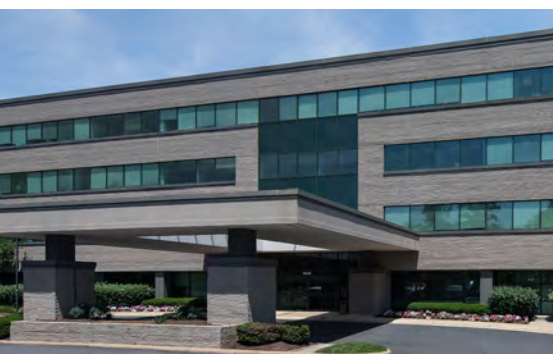
The pandemic has created unforeseen stresses and disrupted delivery of these services. However, with the dedication of staff and through innovation, these services have continued to be offered throughout most of the pandemic.

GROWTH AND EXPANSION

Locations

Virginia Heart has continued to evolve and open more availability for patients as the community we serve has grown. In 2019, our Fair Oaks office moved to a larger space to accommodate more providers to see additional patients. In 2020, due to an increased demand for Electrophysiology services, a new office was built for our Heart Rhythm Center in Fairfax and an expansion was done at the current Arlington Office. In May of 2021, a new office was built in Lansdowne, conveniently located across the street from our Loudoun Office, to focus solely on Electrophysiology and Sleep Medicine. This allowed the Loudoun Office the space needed to expand general cardiology services.

Looking forward in 2022, the Alexandria Office will move to a new office suite in the Mark Center that will have more space to provide cardiovascular services. Virginia Heart plans to expand the office facilities in Purcellville in 2022 or 2023.



Top: Lansdowne Office; Bottom: Alexandria Office



Alireza Maghsoudi, MD, FACC

Advanced Cardiovascular Imaging

Advanced Cardiovascular (CV) Imaging is critical to providing the best possible care for our patients and has been a growing and advancing service line for Virginia Heart and the Inova Heart and Vascular Institute (IHVI). Advanced CV imaging includes CT, PET and MRI based studies. These studies have been important in treating patients with heart failure, coronary disease, cardiomyopathies and COVID-related CV illness in ways that have not been available to us in the past.

In 2021, Virginia Heart has contributed significantly to propelling the Advanced Cardiovascular Imaging Program at IHVI to allow greater access to this critically important diagnostic tool for patients throughout Northern Virginia. Dr. Alireza Maghsoudi and Dr. Ibrahim M. Saeed, in partnership with Fairfax Radiology Consultants, have been instrumental in creating protocols and standardizations across the Inova Health System, and Virginia Heart.

Amyloid Clinic

Cardiac amyloidosis is an underdiagnosed cause of heart failure which predominantly comes in two forms. The more malignant, urgent version is the one associated with

a proliferation of light chains in the blood, often associated with a cancer known as multiple myeloma. A more chronic, insidious version is associated with a spread of transthyretin protein that has become abnormal due to either inherited changes or age-related changes.

Virginia Heart in partnership with Inova Heart and Vascular Institute, has recognized this specific population of patients and is continuing to bring together multiple specialties to help coordinate complex care. These include hematologists and oncologists, hand surgeons and neurologists, nephrologists, cardiovascular genomics and heart failure specialists, imaging specialists and pathologists, along with palliative care who are coming together to help promote earlier recognition, streamline diagnostic evaluation, discuss pathways of care and complex patient management including providing novel therapeutics.

At Virginia Heart, we introduced technetium pyrophosphate ($^{99m}\text{Tc-PYP}$) scintigraphy in 2020 to aid in the diagnosis of cardiac amyloidosis.

New Electrophysiology Technology

The field of Cardiac Electrophysiology has continued to offer technologic advancements that promote improved patient safety and care outcomes. Virginia Heart's electrophysiologists have been on the forefront of adopting cutting-edge techniques and participating in clinical research trials to enhance procedural safety and achieve meaningful improvements in patients' quality of life and survival.

Many exciting developments were offered in 2021 in the arrhythmia field. We have embraced new techniques in surgical pacemaker implantation to better mimic human physiology and new leadless pacemakers that offer improved functionality and a reduction of certain complications



Adam S. Fein, MD

seen in traditional systems. 2021 has seen a rapid expansion in the use of ablation procedures in the treatment of atrial fibrillation, with new data showing the superiority of cardiac ablation in early treatment of atrial fibrillation patients. Virginia Heart providers have participated in clinical trials using novel ablation tools and have been regional leaders in advanced surgical ablation strategies.

We have also been on the forefront in helping to reduce patients' stroke risk from atrial fibrillation. We are part of multiple international clinical trials surrounding new oral anticoagulants and strategies. For those patients who cannot be on needed blood thinning agents, we have seen increased safety in the use of the newest generation Left Atrial Appendage Occlusion technology and are looking to identify more patients who can benefit from Watchman atrial isolation via participation in clinical trials. We have been working hand-in-hand with our neurology colleagues in a streamlined care-pathway to help screen for atrial fibrillation in stroke patients.

The future continues to offer further advancements to improve arrhythmia care:

from the introduction of 4D imaging tools to better guide procedures, to high-density mapping systems that create more accurate maps of the electrical activity of the heart, to the introduction of artificial intelligence into EP systems, to the use of pulsed-field ablation to ablate cardiac tissue without damaging underlying structures. Virginia Heart providers will continue to provide state-of-the-art care for their patients in the years to come.



Virginia Heart Community Activities

In 2021, Virginia Heart held its annual Day of Service that benefited Food For Others, a local non-profit whose mission is to distribute food to people in Northern Virginia facing food insecurity. As a team, we collected, packed and donated over 1,200 pounds of food that will be given to children in Northern Virginia who face food insecurity on the weekends.

In addition to the Day of Service, Virginia Heart held multiple blood drives across their offices and fiscally supported multiple non-profit organizations within the community we serve.



Virginia Heart Community Foundation

In 2021, Virginia Heart announced the creation of the Virginia Heart Community Foundation. The focus is to support, via grants, organizations in Northern Virginia which run programs that serve our community. These would be programs that focus on healthcare access, health education, nutrition counselling, violence prevention, equity in healthcare delivery, among others. Additionally, the Foundation could create and manage its own projects to give back to our community.

Dr. Ketan Trivedi, President of the Virginia Heart Community Foundation says, "As President, one of my main goals is to create a foundation where the money we raise can go directly back to the community. With minimal overhead, I predict that we can make a big impact on our local area. I'm excited and optimistic to see where this Foundation will grow."



Ketan K. Trivedi, MD, FACC, Associate Chief Medical Officer

RESEARCH

Virginia Heart's Research Program is nationally recognized as a leader in cardiovascular research and is among the top enrollers in the U.S. in countless practice-changing cardiology trials over the past decade. Our national reputation for high-quality clinical research provides our patients the opportunity to participate in cutting-edge research and obtain therapies not otherwise available to them.

These cutting-edge therapies provided at the clinical trial stage are usually only tested at a limited number of high quality research programs in the country. Our reputation in the research community has allowed our involvement in these highly selective clinical trials to give our patients unique opportunities and access to new medications, devices, and therapies that are not available within other cardiology practices.

Principal Investigator (PI) oversight is a crucial predictor of research success. Dr. Tariq Haddad leads Virginia Heart's Research Division and has created strategies that expedite start-up and improve enrollment among our 75 providers.

Virginia Heart has long participated in innovative clinical trials and currently has seven in active-enrollment stage and ten in the follow-up, monitoring phase. Among these therapies are PCSK9 lipid inhibitor trials, anti-platelet trials for coronary artery disease, and novel coronary disease trials. Through our close collaboration with the research team at Inova Heart and Vascular Institute, we jointly offer a number of other inpatient heart failure, lipid, electrophysiology, and device trials to qualifying patients.



Tariq M. Haddad, MD, FACC, Director, Research Center

Current Studies include:

- Acute Myocardial Infarction (Post-AMI) – SOS-AMI
- Atrial Fibrillation, Not Caused by a Heart Valve Problem -APIXABAN
- High Cardiovascular Risk or Hypercholesterolemia – ORION 4 and ORION 10 (PCSK9 inhibitor)
- Chronic Heart Failure with Preserved Ejection Fraction – DELIVER (Dapagliflozin) and FINE Arts
- Chronic Heart Failure with Reduced Ejection Fraction – CardioMems device
- Artesia – Afib Eliquis in device detected AF

Future Research Initiatives/Studies under consideration:

- Lipid trials (trials to assess Lipoprotein(a), to lower LDL, lower triglycerides in diabetic patients and a trial assessing cognitive effects of marked LDL lowering)
- Antiplatelet trials and CAD and PAD
- Obesity trials
- Anticoagulation/ EP trials
- Registries
- Sleep disorder studies
- Sleep study/registry

PATIENT SATISFACTION SURVEY RESULTS

A patient's experience is a reflection of the care they receive from the moment they schedule an appointment to the ongoing care provided by their team of medical professionals. Virginia Heart desires every encounter to be a positive one.

Our 2021 patient satisfaction results are derived from patient surveys and include every Virginia Heart physician and Advanced Practice Provider. When compared with a national database of more than 12,000 physicians, Virginia Heart patients score the care and attention they receive in the top 20% of all other practices. The data from their scores on a scale of 1-5 (5 being the highest score reflecting the most satisfaction) for physician-centric questions is contained in the chart.



	Virginia Heart Score (Ranked 1-5)	National Database Score (Average)
Our Practice Overall	4.70	4.57
The quality of your medical care	4.76	4.57
Provider includes you in decision-making about your treatment plan	4.73	4.47
Overall rating of care from your provider or nurse	4.77	4.64
Would you recommend the provider to others?	4.84	4.78
Provider's willingness to listen carefully to you	4.80	4.55
Provider takes time to answer your questions	4.80	4.56
Amount of time provider spends with you	4.71	4.42



Timothy P. Farrell, MD, FACC

TEACHING AND LEADERSHIP POSITIONS

Virginia Heart physicians are not only premier providers of cardiovascular care within our communities, but also hold numerous leadership positions at many of our hospitals, as well as serving on various committees. Additionally, we have been active in several regional and national organizations.

Teaching Positions/ Faculty Appointments Held

Casey R. Benton, MD, FACC

- Assistant Professor of Medicine, University of Virginia School of Medicine

Edward W. Howard, MD, FACC, RPVI

- Clinical Instructor, Georgetown University
- CICU Faculty, Inova Fairfax Hospital
- Assistant Professor of Medicine, University of Virginia School of Medicine

Warren S. Levy, MD, FACC

- Assistant Professor of Medicine, University of Virginia School of Medicine
- Faculty, American College of Cardiology Cardiovascular Summit

Amit V. Patel, MD, FCCP, ABIM Sleep Medicine

- Assistant Professor of Medicine, University of Virginia School of Medicine

Gautam Ramakrishna, MD, FACC

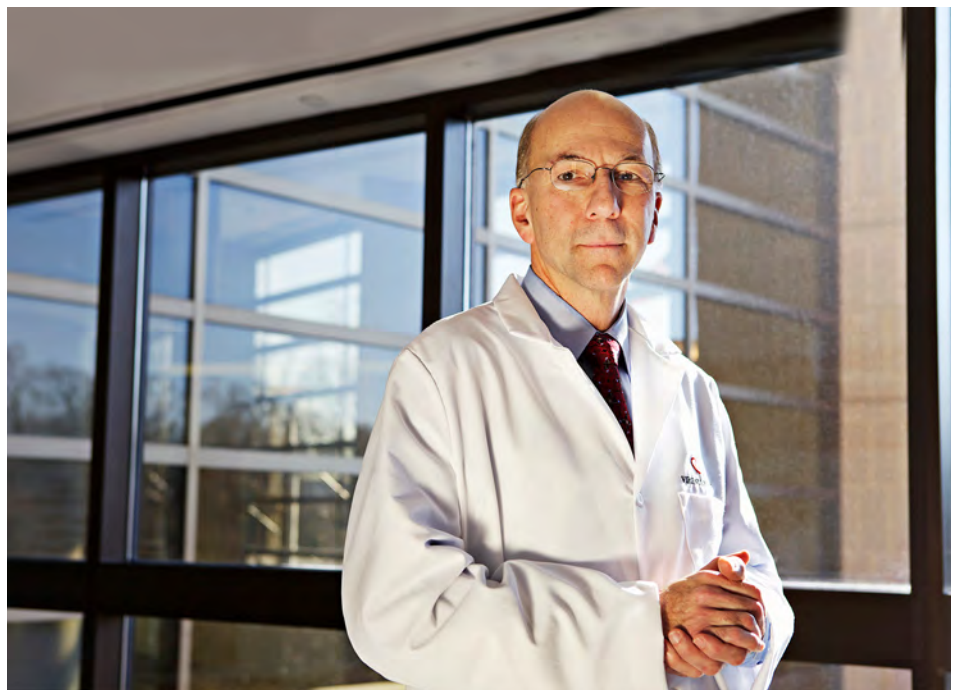
- Assistant Professor of Medicine, University of Virginia School of Medicine
- CV Fellow Fairfax Echo Teaching Faculty, Inova Fairfax Hospital

Jennifer Shea, MD, FACC

- Assistant Professor of Medicine, University of Virginia School of Medicine
- Faculty, Inova Fairfax Hospital

Alexander G. Truesdell, MD, FACC, FSCAI, FSVM

- Assistant Professor of Medicine, University of Virginia School of Medicine
- Assistant Professor of Medicine, Virginia Commonwealth University School of Medicine



Warren S. Levy, MD, FACC, President & Chief Medical Officer



Alexander G. Truesdell, MD, FACC, FSCAI, FSVM

Leadership Positions – Regional and National

Audrey L. Fisher, MPH

- Board of Directors: Virginia Medical Group Management Association

Warren S. Levy, MD, FACC

- Member, Board of Directors: Signature Partners
- Member, MedAxiom Advisory Council

Seth N. Meltzer, MD

- Committee Member, American College of Cardiology
- Subcommittee Member, NCDR Diabetes Collaborative Research Publications

Michael P. Notarianni, MD, FACC

- Team Cardiologist, DC United

Ibrahim M. Saeed, MD, FACC

- Member, Planning Committee, American Society of Nuclear Cardiology Annual Scientific Sessions
- Member, Planning Committee, Society of Cardiovascular Magnetic Resonance Annual Scientific Sessions
- Abstract Captain Chair, Multimodality Imaging, American College of Cardiology Annual Scientific Sessions
- Chair, US Advocacy Committee, Society of Cardiovascular Magnetic Resonance

Robert A. Shor, MD, FACC

- Member, Nominating Committee, American College of Cardiology
- Chair, VCSQI
- Member, Diversity and Inclusion Committee, American College of Cardiology
- Member, Population Health Management Committee, American College of Cardiology
- Member, Health Affairs Committee, American College of Cardiology

Alexander G. Truesdell, MD, FACC, FSCAI, FSVM

- Writing Group Member, American College of Cardiology
- Writing Group Member, Society for Cardiovascular Angiography and Interventions
- Co-Chair, SCAI- Shock Annual Conference
- Member, Interventional Section Leadership Council - American College of Cardiology



Erin Simon, MSN, AGACNP-BC and Ketan K. Trivedi, MD, FACC

Leadership Positions – Virginia Heart

Tariq M. Haddad, MD, FACC

- Director, Research Center

Audrey L. Fisher, MPH

- Member, Executive Leadership Team

Edward W. Howard, MD, FACC, RPVI

- Director, Interventional Cardiology

Warren S. Levy, MD, FACC

- President & Chief Medical Officer
- Member, Executive Leadership Team

Jeffrey S. Luy, MD, FACC

- Medical Director, Nuclear Studies

Alireza Maghsoudi, MD, FACC

- Chair, Innovation Committee

Amit V. Patel, MD, FCCP, ABIM Sleep Medicine

- Medical Director, Sleep Medicine

Darren Price

- Member, Executive Leadership Team

Gautam Ramakrishna, MD, FACC

- Chairman, Scheduling Committee

Ketan K. Trivedi, MD, FACC

- Chairman, Finance Committee
- Associate Chief Medical Officer

Ibrahim M. Saeed, MD, FACC

- Director, Nuclear Imaging

Jennifer Shea, MD, FACC

- Director, Echocardiography Lab

Stuart E. Sheifer, MD FACC

- Co-Chair, Quality Committee
- Chair, Rehospitalization Reduction Committee

Robert A. Shor, MD, FACC

- Co-Chair, Quality Committee

Erin Simon, MSN, AGACNP-BC

- Director, Advanced Practice Provider Program

Teresa C. Strausbaugh, MBA

- Member, Executive Leadership Team

Timothy S. Welch, MD, FACC

- Director, Advanced Heart Failure Program

Leadership Positions – Hospital

Tariq A. Aziz, MD, FACC

- Member, IHVI Leadership Council
- Medical Director, Cardiac Rehab, Inova Loudoun Hospital

Subash Bazaz, MD, FACC

- Medical Director, Non-invasive Studies, Inova Loudoun Hospital

Casey R. Benton, MD, FACC

- Chief of Cardiology, Inova Fair Oaks Hospital

Stephen M. Day, MD, FACC

- Medical Director, Inova Alexandria Cath Lab

James Duc, MD, FACC

- Director, EP Lab, Inova Alexandria Hospital

Rajat Garg, MD, FACC, FSCAI

- Medical Director, Inova Loudoun Cardiac Cath Lab

Edward W. Howard, MD, FACC

- Shock Team Member, Inova Health System
- Co-Director Cardiac Cath Lab, Virginia Hospital Center
- Chair, Quality Assurance Committee, Inova Fairfax Hospital

Jeffrey Jackman, MD, FACC

- Member, IHVI Leadership Council

Joseph Kiernan, MD, FACC, FSCAI

- Director of PCCU, Inova Fairfax Hospital
- Member, Medical Executive Committee, Inova Fairfax Hospital



Michael P. Notarianni, MD, FACC

Warren S. Levy, MD, FACC

- Director, INOVA/IHVI Physician Leadership Development Program
- Member, IHVI Leadership Council
- Member, IHVI Executive Leadership Council
- Member, Inova Eastern Region Steering Committee
- Member, Inova Eastern Region Public Support Workgroup
- Co-Chair, IHVI Ambulatory Strategy Council
- Member, Inova Guiding Coalition
- Co-Chair, IHVI Strategic Planning: CV Prevention, Ambulatory Care
- Member, Inova Smarter Care Virginia Leadership

Alireza Maghsoudi, MD, FACC

- Co-Director, Cardiac CT, Inova Heart and Vascular Institute
- Member, Advanced Cardiovascular Imaging Steering Committee

Carey Marder, MD, FACC

- Acute Care Safety Officer, Inova Fair Oaks Hospital
- Chairman, Bylaws Committee, Inova Fair Oaks Hospital
- Member, Medical Executive Committee, Inova Fair Oaks Hospital

Michael P. Notarianni, MD, FACC

- Member, Cardiac Care Collab Committee, Virginia Hospital Center

Dhaval R. Patel, MD, MPH, FACC

- Co-Lead, Heart Failure Committee, Reston Hospital Center

Dean M. Pollock, MD, FACC

- Member, Quality Committee, Inova Loudoun Hospital

Leadership Positions – Hospital, cont.

Gautam Ramakrishna, MD, FACC

- Chair, Department of Medicine, Inova Fair Oaks Hospital
- Member, Medicine Peer Review Committee, Inova Fair Oaks Hospital
- Member, Multidisciplinary Peer Review Committee, Inova Fair Oaks Hospital
- Chair, Patient Safety and Quality Committee, Inova Fair Oaks Hospital
- Member, Quality Management Council, Inova Fair Oaks Hospital
- Member, Medical Executive Committee, Inova Fair Oaks Hospital
- Member, Special Care/MSET Committee, Inova Fair Oaks Hospital
- Chair, Case Management Committee, Inova Fair Oaks Hospital

Haroon Rashid, MD, FACC

- Director, Atrial Fibrillation Ablation and Research, Inova Fairfax Hospital

Chirag Sandesara, MD, FACC, FHRS

- Chair, Cardiology Section, Inova Loudoun Hospital
- Medical Director, Electrophysiology, Inova Loudoun Hospital

Stuart E. Sheifer, MD, FACC

- Member, Inova Guiding Coalition
- Member, Medical Affairs Committee, Inova
- Member, Guiding Coalition on Our Drive to Excellence, Inova
- Member, Leadership Forum, Inova
- Member, Inova Patient Experience Workgroup
- Member, Inova Provider Well-Being Workgroup
- Member, Inova Team Member Well-Being Workgroup
- President, Inova Fair Oaks Hospital Medical Staff
- Physician Champion for Patient Experience, Inova Fair Oaks Hospital



Stuart E. Sheifer, MD FACC

Robert A. Shor, MD, FACC

- Director, Cardiac Rehab, Inova Fairfax Hospital
- Member, Diversity and Inclusion Committee, Inova Heart and Vascular Institute
- Co-Chair, Recruitment Sub-Committee of the Diversity and Inclusion Committee, Inova Heart and Vascular Institute

Ketan K. Trivedi, MD, FACC

- Member, Inova Physician Partnership Council
- Member, IHVI Executive Leadership Council
- Member, IHVI Leadership Council

Alexander G. Truesdell, MD, FACC, FSCAI, FSVM

- Member, Quality Improvement Committee, Inova Heart and Vascular Institute
- Co-Director, Cardiogenic Shock Service, Inova Heart and Vascular Institute

Timothy S. Welch, MD, FACC

- Associate Medical Director, Inova Fairfax Hospital CICU



VIRGINIA HEART

Excellence in Cardiovascular Care

2901 Telestar Court, Suite 300
Falls Church, VA 22042
703.621.4501

VirginiaHeart.com

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