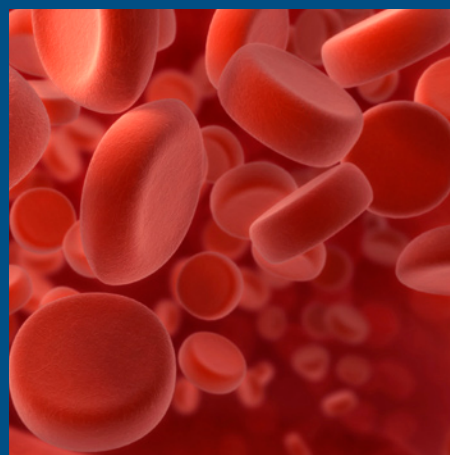
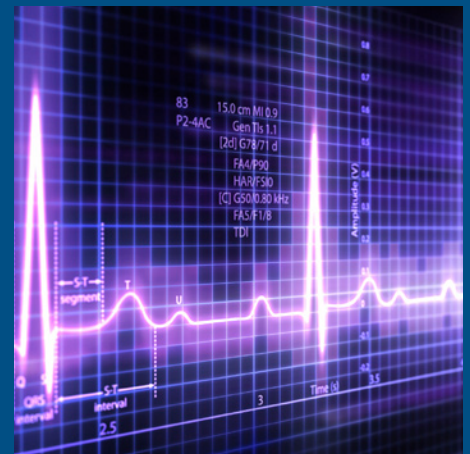
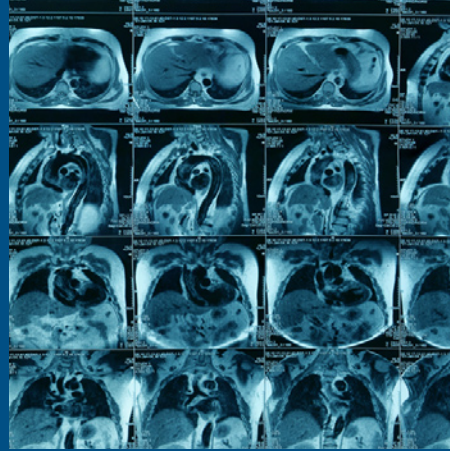


# SENTARA THORACIC SURGERY CENTER AT SENTARA HEART HOSPITAL

## 2009 Thoracic Surgery Outcomes Report



**W e l c o m e** The thoracic surgeons at Sentara Heart Hospital specialize in the diagnosis, treatment and management of all diseases of the lungs and chest, including lung cancer. Our multidisciplinary team of specialists collaborates to provide dedicated, quality care supported by our experience, outcomes and resources. All of our thoracic surgeons are specialty trained and board-certified to ensure thorough knowledge of their area of expertise. Our clinical outcomes and experience speak for themselves.

## Goals

*Our goal is to provide:*

- Top quality patient care and follow-up
- Centralized process for rapid, thorough and individualized evaluation
- Multidisciplinary integration of specialists in surgery, pulmonary, anesthesiology, oncology, radiology and nursing for comprehensive care
- Protocol-driven appointment and treatment pathways through our patient care coordinator and nurse practitioners with physician oversight
- Patient-friendly, family-focused education and support group sponsorship
- Efficient communication with referring doctors
- Innovative advances in thoracic care through participation in research initiatives



**M i s s i o n** Dedicated to the care of patients with thoracic diseases of the chest such as lung, trachea and bronchi, chest wall and mediastinum.

## Sentara Thoracic Surgery Center at Sentara Heart Hospital

includes a network of physicians and staff, along with innovative treatments and diagnostics, to care for simple and complex disease processes all integrated cohesively for the best patient outcomes.

I am pleased to share with you the 2009 Thoracic Surgery Outcomes Report for the Sentara Thoracic Surgery Center at Sentara Heart Hospital. Our focus continues to be on the patient with high quality care and thorough and expedient evaluation. Diseases of the chest, including but not limited to, lung cancer and other benign or non-cancerous processes are treated. A diverse multidisciplinary team of specialists in surgery, pulmonary medicine, anesthesiology, medical and radiation oncology, interventional radiology and nursing focus on the patient. Protocols ensure best practices treatment and multidisciplinary conferences allow discussion of either routine or complex cases to ensure the highest quality of care and best possible outcomes. Quality data is reviewed regularly and our annual report is on the following pages.

Thoracic surgeons operate at various hospitals throughout Sentara. Communication among the multidisciplinary teams is encouraged to achieve the highest possible care for our patients. In 2009, Sentara Leigh Hospital became the second hospital in the system to participate in data collection and will report results in the next Thoracic Surgery Outcomes Report. Enhanced data collaboration and participation within Sentara continues to be a focus area and will be expanded to include Sentara CarePlex Hospital and Sentara Virginia Beach General Hospital. The collection of data will be used to better evaluate the success of treatment and clinical outcomes.

Another innovation is the implementation of stereotactic radiosurgery technology at Sentara Norfolk General Hospital. Construction was completed in 2008 and treatment of patients was initiated in 2009. This has been an advance for some patients who could not undergo more traditional treatments for lung cancer.

We value our partnership with our patients and referring physicians. As always we communicate our plan and results with patients and referring physicians promptly so they understand and can participate in their care despite its highly specialized nature.

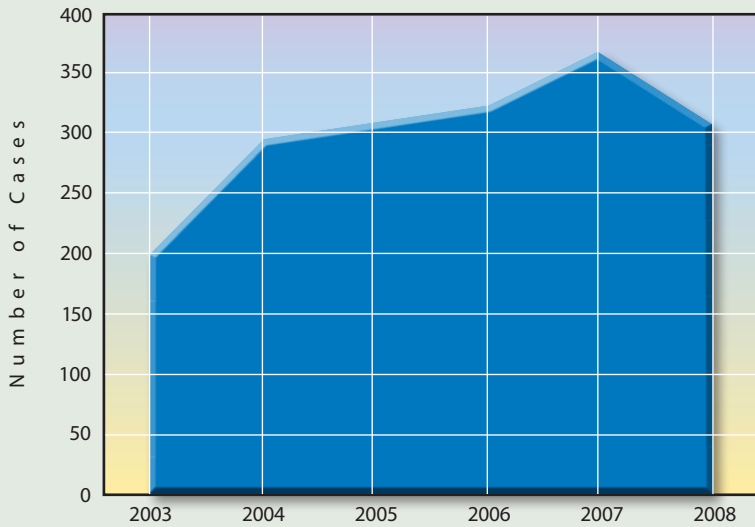
Joseph R. Newton Jr., MD  
*Director, Sentara Thoracic Surgery Center  
Sentara Heart Hospital*

# Sentara Thoracic Surgery Center at Sentara Heart Hospital

Although it is impossible to eliminate all risks of medical complications or death, especially for seriously ill patients, risks can be reduced by choosing a hospital with a lower mortality rate and/or a higher long-term survival or success rate.

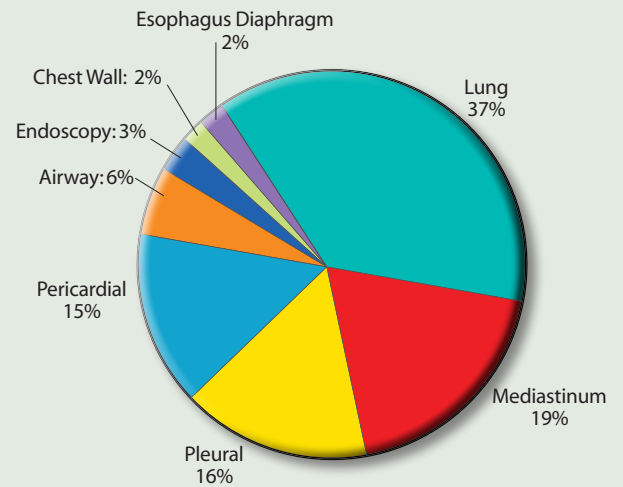
**Figure 1.**  
Sentara Thoracic Surgery Center at Sentara Heart Hospital  
Volumes

Volumes remain strong.



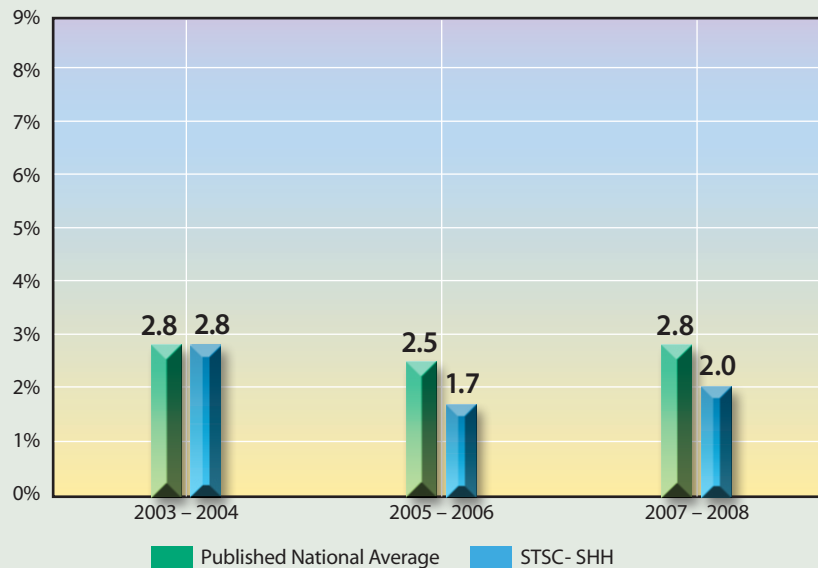
**Figure 2.**  
Sentara Thoracic Surgery Center at Sentara Heart  
Hospital Procedures 2007 – 2008

Percent reflects number conducted for each category of disease.



**Figure 3.**  
Sentara Thoracic Surgery Center at Sentara Heart Hospital In-Hospital Mortality  
January 2003 thru December 2008 – All Procedures

The lower the mortality, the better.

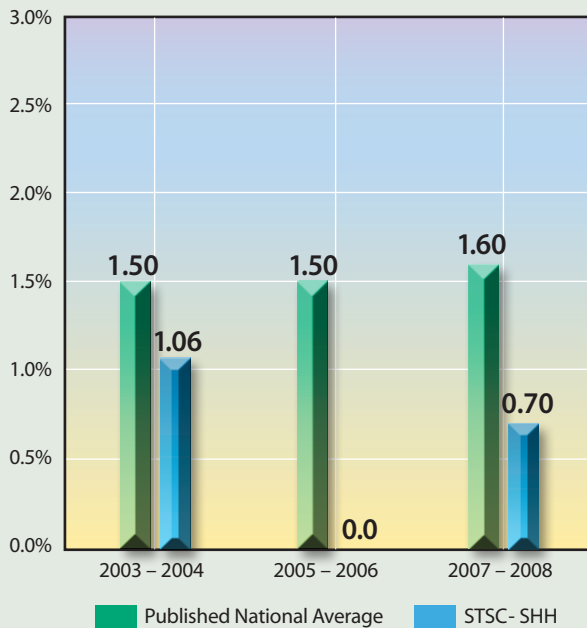


Source: The Society of Thoracic Surgeons (STS) General Thoracic Surgery Database

## The Sentara Thoracic Surgery Center performs the most thoracic surgeries annually in the region.

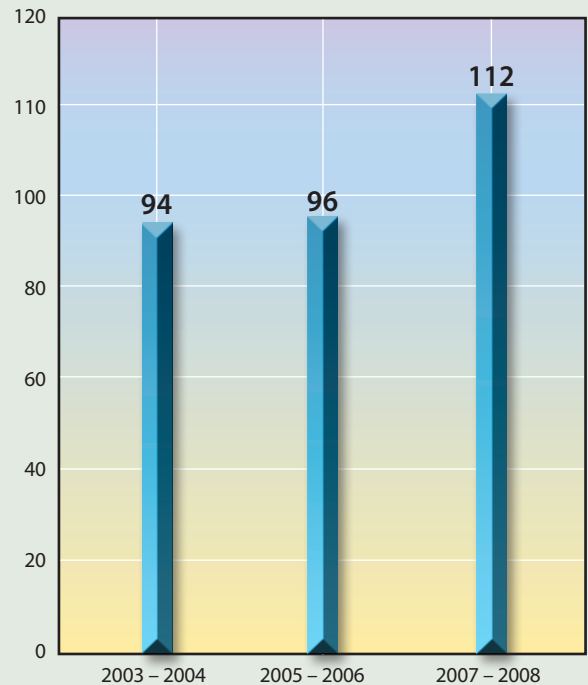
**Figure 4.**  
**Sentara Thoracic Surgery Center at Sentara Heart Hospital Lobectomy Mortality**

The mortality rate for lobectomy is lower, and therefore better, than the published national average. The lower the mortality, the better.



Source: The Society of Thoracic Surgeons (STS) General Thoracic Surgery Database

**Figure 5.**  
**Sentara Thoracic Surgery Center at Sentara Heart Hospital Lobectomy Volume**



**During 2007 and 2008,  
the mortality rate for lobectomy has been  
consistently lower compared with the  
national 1.6% mortality rate.**

# Sentara Thoracic Surgery Center Team

By seeing more than 400 thoracic patients annually, the multidisciplinary integration of specialists in surgery, pathology, pulmonology, anesthesiology, oncology, radiology and nursing is experienced in working together to diagnose and treat simple and complex thoracic diseases and conditions.

**Thoracic Surgery Specialists** are using the latest surgical techniques and minimally invasive procedures such as robotic and video-assisted thoracic surgery (VATS), lobectomy surgery and complex surgeries such as sleeve resection surgery.



## Mid-Atlantic Cardiothoracic Surgeons:

Sentara Heart Hospital  
600 Gresham Drive, Suite 8600  
Norfolk, VA 23507  
(757) 388-6005

**Joseph R. Newton Jr., MD**  
MEDICAL DIRECTOR

**Michael F. McGrath, MD**

**Kirk J. Fleischer, MD**

**Jonathan Philpott, MD**

## Multidisciplinary Team:

### **Pulmonary Medicine Sentara Pulmonary & Critical Care Specialists**

Two Locations:

#### **Sentara Heart Hospital**

600 Gresham Drive  
Suite 8630  
Norfolk, VA 23507  
(757) 388-6115  
Fax: (757) 388-6116

#### **NDC Medical Center**

850 Kempsville Road  
Norfolk, VA 23502-3979  
(757) 261-5977  
Fax: (757) 261-0711

### **Pulmonary Medicine of Virginia Beach**

Two Locations:

#### **Sentara Virginia Beach General Hospital**

1008 First Colonial Road  
Virginia Beach, VA 23454  
(757) 481-2515

#### **Sentara Princess Anne**

1975 Glenn Mitchell Drive  
Suite 302  
Virginia Beach, VA 23456  
(757) 481-2515

### **Eastern Virginia Medical School Division of Pulmonary Medicine**

400 Gresham Drive,  
Medical Tower, Suite 301  
Norfolk, VA 23507  
(757) 446-5758

### **Pathologists Pathology Sciences Medical Group**

600 Gresham Drive  
Norfolk, VA 23507  
(757) 388-3221

### **Anesthesiologists Anesthesia Specialists**

138 South Rosemont Road  
Suite 215  
Virginia Beach, VA 23452  
(757) 431-9551

### **Radiation Oncologists Eastern Virginia Medical School Department of Radiation Oncology & Biophysics**

600 Gresham Drive  
Norfolk, VA 23507  
(757) 388-2075

### **Medical Oncologists Virginia Oncology Associates**

5900 Lake Wright Drive  
Norfolk, VA 23502  
(757) 466-4683

### **Interventional Radiologists Medical Center Radiologists Inc.**

6330 North Center Drive  
Building #13, Suite 220  
Norfolk, VA 23502  
(757) 466-0089

### **Thoracic Nurses and Nurse Practitioners at Sentara Heart Hospital Mid-Atlantic Cardiothoracic Surgeons**

600 Gresham Drive, Suite 8600  
Norfolk, VA 23507  
(757) 388-8441

# Achievements

Through late 2007, the Sentara Thoracic Surgery Center at Sentara Heart Hospital was one of only two programs in Virginia, and the only one in Hampton Roads, that tracked its quality thoracic outcomes against data from the national database.

## 1990s

- First in region to perform induction chemotherapy followed by resection for advanced lung cancer
- First in region to perform Pulmonary Volume Reduction (PVR) for emphysema

## 2000s

- One of the first two in Virginia to track results through the Society of Thoracic Surgeons database
- First in region to perform ablative procedures of lung lesions (radiofrequency ablation, cryotherapy)
- First in region to perform a da Vinci robotic-assisted thoracic surgery
- First in region to use Endobronchial Ultrasound (EBUS)\*
- First in region to use CyberKnife® Radiosurgery for minimally invasive treatment of cancerous and non-cancerous tumors of the lung

\* (Note: EBUS is also performed at Sentara Virginia Beach General Hospital)

# Research Studies

(Studies open to enrollment as of January 2008)

## Use of Harmonic Scalpel to Decrease Lymphatic and Chest Tube Drainage After Lymph Node Dissection With Lobectomy.

In an effort to elucidate whether the Harmonic Scalpel will improve sealing lymphatics and decrease lymphatic drainage thereby decreasing the length of time that chest tubes are required, increasing patient comfort and minimizing length of stay; the Harmonic Scalpel will be compared to a control group which uses electrocautery. This study will assess these two different methods to determine if there is a notable decrease in the amount of drainage with one versus the other.

**Joseph R. Newton Jr., MD**, Principal Investigator (757) 388-5864

## EASE Trial: Exhale Airway Stents for Emphysema.\*\*

\*\* (The trial closed in Spring 2009 and is undergoing data analysis)

This is an international clinical research study evaluating the safety and effectiveness of a new procedure called airway bypass. The goal of this research is to see if airway bypass can relieve hyperinflation (overfilling) of the lungs, thereby improving lung function and reducing shortness of breath in patients with severe homogeneous (diffuse) emphysema. "EASE" stands for Exhale Airway Stents for Emphysema.

**Joseph R. Newton Jr., MD**, Principal Investigator (757) 388-5864

**Kirk J. Fleischer, MD**, Co-Investigator

**Catherine A. Brisland, DO**, Co-Investigator

**Carolyn F. Fruci, MD**, Co-Investigator

**Nadeem Inayat, MD**, Co-Investigator

# Advancements in 2009

The highly accurate, non-invasive CyberKnife® radiosurgery system became available January 2009 at the Sentara Advanced Radiosurgery Center at Sentara Norfolk General Hospital and is offering cancer patients a new option. This technology, combined with the multidisciplinary team approach of the Sentara Cancer Network, provides the most advanced system of its kind in Hampton Roads.

In addition to being highly accurate, the CyberKnife® offers many other patient benefits:

- Pain-free, non-invasive (no surgical incision) and no anesthesia required;
- No breath-holding required during the procedure and no invasive head or body frame.
- Outpatient procedure with limited side effects and typically a rapid return to normal activities;
- An effective treatment for lung cancer patients who have limited options due to multiple or advanced associated medical conditions.



## Referring a Patient

You can refer a patient into the Sentara Thoracic Surgery Center during any stage in the patient's continuum of care. Once referred, rest assured that your patient will



have access to the full resources and experience of our multidisciplinary team of physician experts. Our approach to patient care is simple – rapid patient intake, thorough assessment of presenting condition and creation of a comprehensive treatment plan while continually educating and maintaining the lines of communication with the patient, family members and primary care or referral physician.

From the start, our patient care coordinator, nurse practitioners and physicians work as a team to expedite a patient's care throughout the process by collecting information from the patient and referring physician that includes results from any diagnostic testing or scans. Our thoracic surgery center team evaluates the information and immediately schedules any additional tests that may be required for the proper assessment of a patient's condition. As a result, our team will coordinate appointments with the appropriate physician, surgeon or specialist for consultations to determine the best customized plan for managing and treating a patient's individual situation for all types of thoracic diseases and conditions.

**To access the  
Sentara Thoracic  
Surgery Center  
at Sentara Heart  
Hospital, call  
(757) 388-LUNG (5864)  
or toll-free  
1 (866) 448-LUNG (5864).**

## SENTARA THORACIC SURGERY CENTER AT SENTARA HEART HOSPITAL

600 Gresham Drive, Suite 8600  
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(757) 388-5864 ■ (866) 448-5864



[www.sentara.com/thoracic](http://www.sentara.com/thoracic)

*Your community, not-for-profit health partner*