

Provider Referral Guide

Center for Scoliosis and Spinal Deformity



**Center for Scoliosis
and Spinal Deformity**
at Reston Hospital Center
HCA*Va*

Referring Your Patients to the Center for Scoliosis and Spinal Deformity

The Center for Scoliosis and Spinal Deformity at Reston Hospital Center is an award-winning destination for patients who need complex spinal care. Conveniently located in Northern Virginia with great access to Washington Dulles International Airport, we treat a wide range of spinal conditions for patients throughout the mid-Atlantic region and beyond. From diagnosis to treatment to rehabilitation, patients can receive all of their care in one place. Our team will be with them every step of the way.



Why You Should Be Confident Referring Your Patients to Us

Nationally Recognized Spine Care and Patient Safety

Reston Hospital Center's spine program is certified by the Joint Commission. Reston Hospital Center also received the 2019 Patient Safety Excellence Award™ from Healthgrades. This award recognizes the nation's top hospitals for patient safety because they provide excellent performance in safeguarding patients from serious, potentially preventable complications during their hospital stay. Reston has been honored with this award for four years in a row from 2016 to 2019. Further, Reston Hospital Center has been 5-Star rated for Spinal Fusion Surgery by Healthgrades for the last six years (2014-2019).

Reston Hospital Center Recognitions



**National Gold Seal
of Approval from the
Joint Commission**



**2019 Patient Safety
Excellence Award**



**2019 5-Star
Recipient for Spinal
Fusion Surgery**

Surgical Experience for Complex Spine Care

Our Spine Team is comprised of nationally recognized spine surgeons who excel in implementing the latest in surgical advancements for spinal procedures. Our expert spine surgeons perform more than 1,600 spine surgeries each year and have the experience to oversee complex cases, including patients with scoliosis and spinal deformities.

Advanced Technology – Mazor X Stealth™ Edition

We have access to the latest and most innovative technology at Reston Hospital Center, including the Mazor X Stealth™ Edition System for robotic assisted spine surgery.

Mazor X Stealth™ Edition System's new technology combines 3D surgical planning, robotic guidance, and intraoperative navigation confirmation to improve accuracy and precision in spine surgery. This revolutionary technology seamlessly incorporates Stealth™ software into the existing Mazor X™ robotic-assisted surgery platform. It delivers procedural predictability and flexibility through real-time image guidance, visualization, and navigation informed by interactive 3D planning and information systems.

One of the first in the country to acquire and use the original Mazor™ Technology platform in 2012, Reston Hospital Center, in collaboration with its surgeons, has been a pioneer in using advanced technology and procedures in the operating room to benefit spine surgery patients. Reston Hospital Center was the nation's first hospital to acquire the Mazor X Stealth™ Edition and performed the world's first spinal fusion using Mazor X Stealth™ Edition. Reston Hospital Center has also acquired a second Mazor X Stealth™ Edition for our rapidly growing spine program, making us the first in the nation to have two of these robotic systems at one hospital location.



Overall, more than 1,600 spine surgeries are performed annually at Reston Hospital Center, with over 600 of these procedures utilizing the advanced technology of the Mazor X™ system, offering patients an advanced, minimally invasive surgical option for the spine.

Coordinated Access and Patient Care – Spine Program Navigator

For your convenience we have a dedicated Spine Program Navigator.

To talk with our navigator about referring a patient, please call 703-481-2415.

Meet our Spine Program Navigator:

Ashly Malliarakis, BSN, RN

Ashly Malliarakis is an experienced registered nurse (RN) and serves as the Spine Program Navigator for Reston Hospital Center. In this role, she works in close contact with patients and our spine surgeons.

Ashly helps maintain the connection and communication between patients, nursing, and medical staff. She is both an advocate and a resource to help our patients navigate a successful spine surgery journey:

- Educates patients on what to expect before, during, and after surgery.
- Leads the education of nursing staff and internal team members on spine-specific care.
- Tracks and trends quality and surgical performance data.
- Collaborates with our care team to implement continuous process improvement initiatives to ensure that we are offering the best care to our patients and referring physician community.



Visiting Clinician Programs (VCP)



Reston Hospital Center boasts the most comprehensive robotic surgery program in the Mid-Atlantic and is now one of only nine Visiting Clinician Programs (VCP) in the United States where surgeons from around the world come to train on the latest in Mazor technology. The VCP gives surgeons the opportunity to learn about the latest in robotic-assisted spine surgery capabilities from our proctoring surgeons.

Enhanced Surgical Recovery (ESR)

Enhanced Surgical Recovery (ESR), also known as Enhanced Recovery After Surgery or ERAS, is a patient-centered and evidence-based approach to care that improves surgical outcomes. Every patient who receives spinal surgery at Reston Hospital Center goes through ESR.



The ESR protocol includes:

- Giving the patient a multimodal oral pain regimen that starts in pre-op
- Giving the patient a carb loading pre-surgery drink
- Limiting fluids during surgery
- Limiting IV pain medications
- Starting oral medications in the post-anesthesia care unit (PACU)
- Having the patient walk the day of surgery

ESR improves patient outcomes and well-being, while reducing opioid use, infection rates, and the length of stay in the hospital.



Treatment Options

Our spine program offers a full range of treatment options, including noninvasive treatments, traditional surgery, minimally invasive surgery, and robotic-assisted techniques including:

- Digital biplane angiography
- Disc replacement surgery
- Endoscopic spine procedures
- Interventional spine procedures
- Kyphoplasty
- Nerve stimulation techniques
- Physical therapy and rehabilitation
- Spinal fusion
- Spinal injections
- Vertebroplasty
- Surgery

Conditions We Treat

Our advanced spine program can help treat patients with the following conditions:

- Degenerative disc disease
- Herniated disc
- Osteoarthritis
- Sciatica
- Scoliosis and kyphosis
- Spinal deformities
- Spinal stenosis and myelopathy
- Spinal tumors and cancer
- Spine fractures
- Spine infections
- Spondylolisthesis





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