

Dear Patient,

Gadsden Regional has a firm foundation – a history of more than 100 years of providing excellent health care to this region.

We plan to build on that foundation of excellence to be the best hospital in Alabama, in all the health care services we provide. Whether we're helping deliver your baby or delivering intensive care and comfort when serious illness or injury strikes, our goal is to provide you with the best care possible.

GRMC's philosophy – as a health care provider and employer – rests on excellence in five pillars: Service, Quality/Safety, People, Finance, and Growth. We are committed to showing you and your family the kind of Service we would expect for our families. We are committed to Safety and providing Quality health care to the people of northeast Alabama and to giving our People – our medical staff and all employees – the tools and the support they need to do so. We are committed to maintaining the Financial stability needed to provide Growth in technology and services so that GRMC can meet these commitments.

During your stay at GRMC, please let our staff members know of any assistance you may need.

Thank you for choosing Gadsden Regional Medical Center.

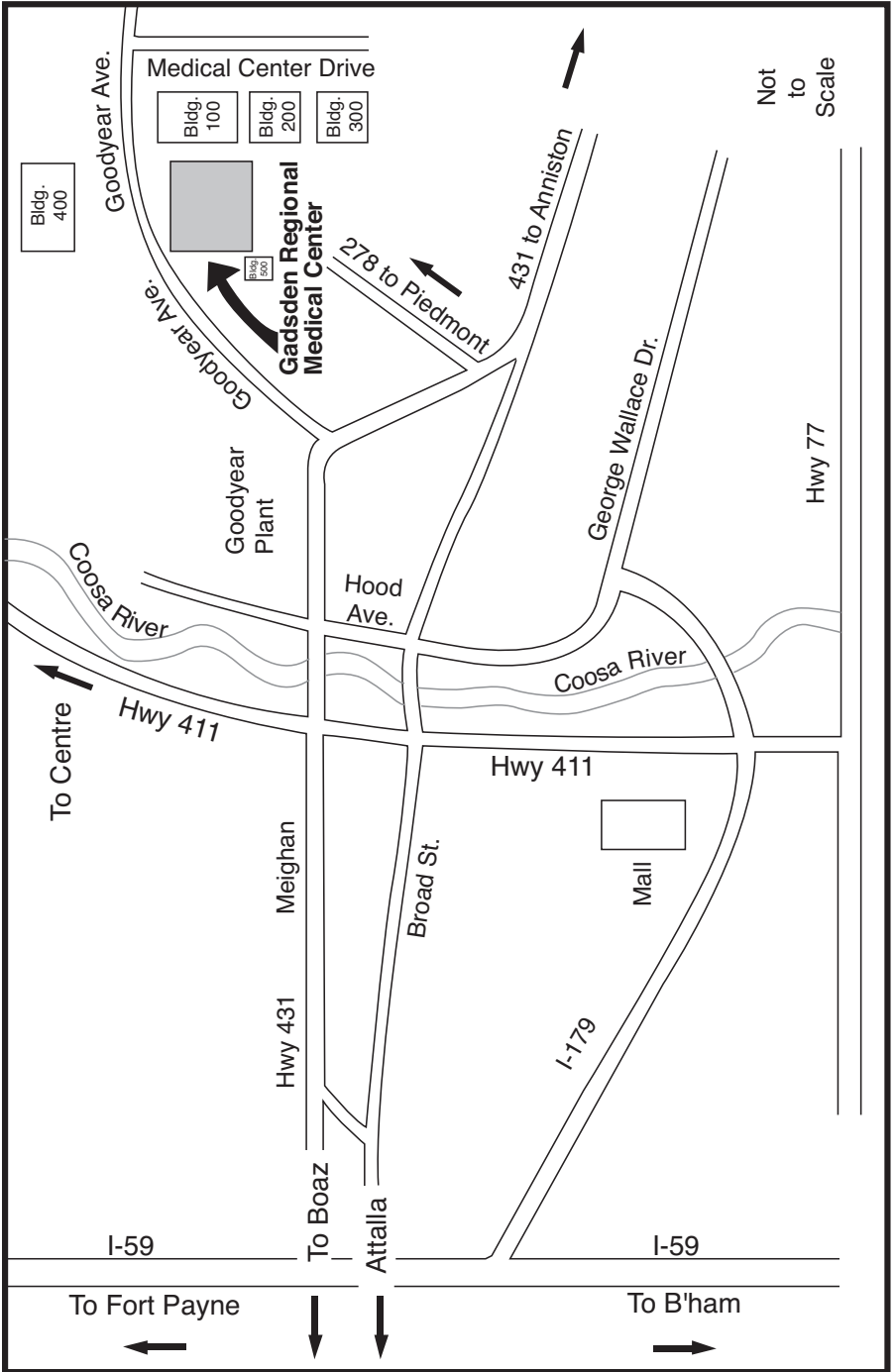
Sincerely,



Stephen Pennington,
Chief Executive Officer
Gadsden Regional Medical Center



GADSDEN REGIONAL MEDICAL CENTER MAP



**Welcome to Gadsden
Regional Medical Center . 1
Hospital Map 2**

AS OUR GUEST

Admission Policy 4
Advance Directives 6
Condition HELP 14
Education 13
Evaluating GRMC 8
Fire and Disaster Drills 5
For the Hearing Impaired 5
Gift Shop 12
Healthy Woman 12
Patient Rights
and Responsibilities 9
Safety & Convenience 4
Senior Circle Program 12
Telephone 5
Television & Nurse Call System 5
Visitor Policy 11
Volunteers 12

AT YOUR SERVICE

Blood Bank 29
Cancer Center 25
Cancer Registry 25
Cardiac Rehabilitation 19
Cardiology 19
Case Management 34
Catering To You 28
Credentials 16
Crossword 23
Diagnostic Imaging 25
Emergency Department 18
Food and Nutrition Services . . 27
Gadsden Regional
Medical Center Services 30
Gadsden Regional Home
Health 26
Gadsden Regional Hospice . . . 26
GRMC Rehabilitation
Services 26
Health Information
Management 26

Hospitalist Program 17
Laboratory 29
Medical Staff 16
Neuroscience
Department/EEG 28
Nursing Staff 16
Organ Donation 15
Outpatient Care Center 18
Physician Listings 31
Post Hospital
Care Services 34
Respiratory Care
Department 28
Sleep Disorders Center 28
Special Nursing Units and
Critical Care Units 25
Sudoku 24
Surgery and Recovery 25
TV Listing 22
Women's and
Children's Services 20
Word Search 21
Wound Care Services 29

HEALTH CARE

CHECKLIST 36

YOUR HEALTH 37

Q&A Influenza Vaccinations . 37
Q&A Pneumococcal
Vaccinations 38
Medication Safety Tips 39
You CAN Quit Smoking 41

NOTES 43

Table of Contents

ADMISSION POLICY

- A. Patient Admission:** Patients are admitted to GRMC without regard to race, national/ethnic origin, sex, age, or handicap. GRMC fully complies with Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975.
- B. Pre-Admission Certification:** Patients who have insurance plans requiring pre-admission certification must, with the assistance of their physician, obtain pre-certification prior to any scheduled or non-emergent admission to the hospital.
- C. Room Assignment:** Factors considered in selection of a room for a new admission are: sex, age, medical diagnosis, and physician request. Selection is based on the patient's medical needs and space availability. All beds are equipped with a remote control unit which operates the nurse call system and the television.
- D. Check-In:** Patient admission is requested by a member of the GRMC medical staff, who will supervise every detail of the patient's treatment. Upon arrival, each patient will be asked a number of questions regarding your health care history. It is extremely important that you share all of your medical history at this time so that your care team can plan your treatment appropriately. This confidential information is extremely important. We appreciate patients' cooperation in providing detailed answers to these questions.
- E. Financial Arrangements:** Hospitalization coverage is a contract between the patient and the patient's insurance company. GRMC will cooperate to the fullest in expediting a claim. However, the ultimate responsibility for payment rests with the patient. Remember, pre-paid insurance plans seldom cover the full amount of a hospital bill. The balance of a patient's hospital expense, above the deposit or confirmed insurance coverage, is payable at time of admission to GRMC. Each patient is requested to present their Medicare card, Medicaid card, other insurance cards, and valid identification upon admission. You will be billed separately from the hospital for professional services of anesthesiology, pathology, radiology, and emergency physicians.
- F. Room Transfer:** Patients may ask for transfer, however, requests will be honored according to bed availability and service needed.

SAFETY & CONVENIENCE

Smoking Policy: GRMC is a non-smoking facility. Smoking is strictly prohibited throughout the medical center. Smoking is allowed only in the designated visitor smoking area.

Personal Valuables: GRMC urges patients to leave valuables at home. GRMC cannot assume responsibility for patients' valuables. It is suggested that patients keep no more than \$5 on hand. If desired, patients may secure valuables in the GRMC safe for a brief period. Arrangements should be made as soon as possible for family or trusted friends to retrieve any valuables.

TELEVISION & NURSE CALL SYSTEM

All patient beds are equipped with a remote control unit which operates both the nurse call system and television. You will receive instructions in its use and are encouraged to call your nurse whenever you need assistance.

TELEPHONE

TTD Calls For the Hearing Impaired

A telecommunications device is available to help hearing impaired patients or for patients who want to communicate with a hearing impaired relative or friend. Arrangements can also be made to have a person who uses sign language help a hearing impaired or deaf patient.

Non-English Speakers

Patients who do not speak English are provided assistance through interpretation services and other methods.

Telephones

All patient rooms are equipped with a private line, touch-tone phone. Public telephones are located in the lobby and in visitor waiting areas.

Hospital Operator

Dial "0".

Local Calls

Dial 9 + number.

Long Distance Calls

Use calling card or dial "0" for assistance.

To Call AT& T Customer Service

Dial "9," then press 1-800-243-1288. You may write to AT& T at P.O. Box 723, Basking Ridge, NJ 07920.

Direct complaints to: Enforcement Division, Common Carrier Bureau/FCC, 2025 M Street, NW, Washington, DC 20544.

FIRE AND DISASTER DRILLS

Periodic drills are conducted within our hospital to test our readiness in emergency situations such as fire or disaster. Please do not be disturbed by any drills which may occur while you are a patient, as they are necessary to ensure everyone's safety.

ADVANCE DIRECTIVES

Deciding What You Want

If you are 19 or older, the law says you have a right to decide about your medical care. If you are sick or badly hurt, you may not be able to choose what medical care you want. If you have an advance directive, your doctor and family will know what medical care you would want if you are too sick or hurt to talk or make decisions.

What is an Advance Directive?

An advance directive is used to tell your doctor and family what kind of medical care you want if you are too sick or hurt to talk or make decisions. If you do not have one, certain members of your family will have to decide on your care.

You must be at least 19 years old, able to think clearly and to make decisions for yourself when you set up an advance directive. You do not need a lawyer to create one, but you may want to talk with a lawyer before you take this important step. Whether or not you have an advance directive, you may have the same right to get the care you need.

Types of Advance Directives

In Alabama you can set up an advance directive for health care. The choices you have include:

A living will is used to write down ahead of time what kind of care you do or do not want if you are too sick to speak for yourself.

A proxy can be part of a living will. You can pick a proxy to speak for you and make the choices you would make if you could. If you pick a proxy, you should talk to that person ahead of time. Be sure that your proxy knows how you feel about different kinds of medical treatments.

Another way to pick a proxy is to sign a durable power of attorney for health care. The person you pick does not need to be a lawyer. You can choose to have any or all of these three advance directives: living will, proxy, and/or durable power of attorney for health care.

Hospitals, home health agencies, hospices, and nursing homes usually have forms you can fill out if you want to set up a living will, pick a proxy, or set up durable power of attorney for health care. If you have any questions, you should ask your own lawyer or call your local Council on Aging for help. (see Resource Information below)

What do I need to decide?

With an advance directive, you decide what medical care you want. An example of this is a machine that breathes for you. Some people do not want machines or treatments if they cannot get better. They may want food and water through a tube or pain medicine.

Talk to your doctor and family now

Before you set up an advance directive, talk to your doctor. Find out if your doctor is willing to go along with your wishes. If your doctor does not feel he or she can carry out your wishes, you can ask to go to another doctor, hospital, or nursing home.

Once you decide on the care you want or do not want, talk to your family. Explain the reasons that you made the health care decisions you made. Find out if they are willing to let your wishes be carried out.

Family members do not always want to go along with an advance directive. This often happens when family members do not know about the patient's wishes ahead of time or if they are not sure about what has been decided. Talking with your family ahead of time can prevent this problem.

You can change your mind any time

As long as you can speak for yourself, you can change your mind any time about what you have written down. If you make changes, tear up your old papers and give copies of any new forms or changes to everyone who needs to know.

For help or more information:

Speak with your nurse or call the GRMC Case Management Department 256-494-4284.

Other resources:	Alabama Council on Aging	800-243-5463
	Alabama Hospital Association	www.alaha.org
	Choice in Dying	800-989-9455

As Our Guest

Visiting hours end at 9 p.m. For your safety, after normal visiting hours, all visitors will be required to sign in at the Security Desk located on the first floor.

EVALUATING GRMC

The staff and management of Gadsden Regional Medical Center welcome your evaluation of our services and personnel. We appreciate your comments as it aids us in improving the quality of our health care services. Registration of a complaint will in no way jeopardize the further availability of your care and services. Patients can freely voice complaints and recommend changes without being subject to coercion, discrimination, reprisal, or unreasonable interruption of care, treatment or services.

To express concern, we encourage you to communicate to any of the following GRMC Personnel:

- Your Nurse or Caregiver
- The Charge Nurse, Patient Care Coordinator, Nurse Director or Director of the service involved
- The Clinical Supervisor (Dial “0” and ask the operator to page the Clinical Supervisor)

Having taken these steps, should you still not be satisfied that your concern has been addressed, you may request a written response.

Other resources available to you include:

1. The Ethics and Compliance Officer
Gadsden Regional Medical Center
1007 Goodyear Avenue
Gadsden, AL 35903
256-494-4686
2. The Joint Commission
Office of Quality Monitoring, Joint Commission
One Renaissance Blvd.
Oakbrook Terrace, IL 60181
800-994-6610
3. Alabama Department of Public Health
P.O. Box 303017
Montgomery, AL 36130-3017
334-206-5300
4. Alabama Quality Assurance Foundation
Two Perimeter Park South
Suite 200 W
Birmingham, AL 35243
205-970-1600

PATIENT RIGHTS AND RESPONSIBILITIES

We believe that patients who understand and participate in their treatment achieve better results. Please take a moment and familiarize yourself with your rights and responsibilities as a patient.

You have the right to:

- Know the risks, benefits and alternatives to proposed treatments or procedures
- Choose the physicians or other clinicians who will be providing care or treatment, as well as have information about them
- Receive information in easy to understand terms that will allow for an informed consent
- Privacy regarding medical care
- Participate in the plan of care, including your treatment plan, notifying your family or physician of admission and discharge planning
- Pain management
- Refuse care, treatment, and services in accordance with law and regulation
- Be informed about the outcomes of care, treatment, and services
- Receive information and communication in an understandable manner and preferred language including provision of interpreter and translation services
- Receive information and communication to accommodate vision, speech, hearing, or cognitive impairments
- Formulate advanced directives and have staff and practitioners comply with those directives
- Reasonable responses to reasonable requests of service
- Leave the medical center against the advice of the physician
- Examine and receive an explanation of the bill for services regardless of the source of payment
- Select providers of goods and services after discharge
- Receive a Notice of Privacy Practices
- Request privacy protection
- Access protected health information in a reasonable time frame
- Amend protected health information
- Request an accounting of disclosures of protected health information
- Be free from any forms of restraint or seclusion as a means of convenience, discipline, coercion, or retaliation
- The least restrictive restraint or seclusion should be used only when necessary to ensure patient safety
- Care regardless of your race, color, religion, sex, national origin, age, ability to pay, or disability and any other legally prohibited reasons
- Receive care in a safe and dignified environment, free from all forms of abuse, neglect, harassment and/or exploitation
- Protection and respect of your rights if you are participating in a human research clinical trial

- Have a support person during care, provided it does not interfere with the rights of other patients or the care process
- Consent to receive the visitors who you designate, including but not limited to a spouse, a domestic partner (including a same sex domestic partner), another family member, or a friend. You may withdraw your consent to receive any visitor at any time. To the extent this hospital places limitations or restrictions on visitation, you have the right to set any preference of order or priority for your visitors to satisfy those limitations or restrictions. This hospital does not and will not restrict, limit, or otherwise deny visitation privileges on the basis of race, color, national origin, religion, sex, gender identity, sexual orientation, or disability. This hospital will ensure that the visitors chosen by you will be able to enjoy full and equal visitation privileges, consistent with your preferences.

You have the responsibility to:

- Provide accurate and complete information concerning your present medical condition, past illnesses or hospitalization and any other matters concerning your health
- Tell your caregivers if you do not completely understand your plan of care
- Follow the caregivers' instructions
- Follow all medical center policies and procedures while being considerate of the rights of other patients, medical center employees, and medical center properties

You also have the right to:

Lodge a concern with the state, whether you have used the hospital's grievance process or not. If you have concerns regarding the quality of your care, coverage decisions, or want to appeal a premature discharge, contact the State Quality Improvement Organization (QIO). Contact information for the state and our QIO is located on the insert at the back of this booklet.

Regarding problem resolution, you have the right to:

Express your concerns about patient care and safety to hospital personnel and/or management (see inserted sheet at the back of this booklet).

If your concerns and questions can not be resolved at this level, contact The Joint Commission at 1-800-994-6610, by Fax at 630-792-5636, by e-mail at complaint@jointcommission.org, or by mail at:

Office of Quality Monitoring

The Joint Commission

One Renaissance Boulevard

Oakbrook Terrace, IL 60181

VISITOR POLICY

- A.** Unless otherwise specified, visitors are limited to four per patient. Unless otherwise specified, visiting hours are 6 a.m. to 9 p.m., daily.
- B.** Visiting hours and guidelines are unit specific for the following speciality areas: Women's & Children's Unit, Labor & Delivery, Critical Care Units, Outpatient Areas, Emergency Department, and Surgery Waiting.
- C.** Visitors are prohibited from bringing personal comfort items (i.e.; bedding, pillows, blankets or linens) into the hospital. GRMC will provide these items upon request.
- D.** Children visiting GRMC under the age of 12 should remain in the 1st or 2nd Floor waiting areas accompanied by an adult. They are not to be unattended in any waiting room.

As Our Guest

HEALTHY WOMAN

If you're like most women, incredible demands are placed on you every day. Work, home, family – sometimes it seems that everyone wants your attention. There are ways to help make your life more balanced, more fun, and healthier. Become a Healthy Woman member, attend our free monthly events, and find out how!

- Open to women of all ages
- Free monthly seminars and interactive events
- Information about health, communication, relationships, and life balance issues
- Networking opportunities

With all of your obligations, you might have forgotten someone special: YOU. But we haven't. Our free monthly events are designed to help you maintain a healthy body, mind, and spirit. Join the Healthy Woman community today. Membership is free, and the benefits last a lifetime. To join, and to learn more about upcoming events:

- Log on to www.gadsdenregional.com; or
- Call us at 256-494-4895.

VOLUNTEERS

Our volunteers perform a great variety of services. Their presence adds a special touch to total patient care. These individuals are dedicated to providing excellent customer service, and their reward is the satisfaction they gain from helping you. GRMC encourages community participation and new volunteers are always welcome. To find out more about our volunteer program, call 256-494-4179.

SENIOR CIRCLE PROGRAM

Senior Circle is a health and wellness program sponsored by Gadsden Regional Medical Center. The program is open to all individuals 50+ years. Senior Circle provides adults with a wide array of healthy living programs and discount opportunities. Benefits offered to members include, but are not limited to: free cafeteria meal voucher for a family member or caregiver each day member is hospitalized, health screenings, health seminars, medication management program, social events, and exercise classes at reasonable prices. If you would like further information about Senior Circle please call 256-494-4895.

GIFT SHOP

Raspberry's Gifts and Such is conveniently located in the Main Lobby of GRMC. Gift items, flowers, balloons, toiletries, collectibles, and novelty items for all ages are available. The hours are from 9 a.m. to 7 p.m. Monday through Saturday. You may reach the gift shop by calling 256-494-1111.

EDUCATION

Gadsden Regional Medical Center is committed to the quality of your life and offers a wide variety of classes, programs, and support groups to help you reach your optimal level of health. Complete information is available by calling 256-494-4112. The following services are offered:

INPATIENT/FAMILY EDUCATION

GRMC Education Department provides patient and family teaching utilizing a variety of methods:

- **Wi-Fi Internet** access is available on the hospital campus. If you need health and wellness information, please visit www.gadsdenregional.com.
- **The Patient Channel at GRMC on Channel 98**
The Patient Channel is a patient education TV channel for GE Healthcare and NBC. This web site (ThePatientChannel.com) provides patient care information and resources to patients and their friends and family members.

Programming on the channel covers a wide spectrum of topics including heart disease, diabetes, high blood pressure, arthritis, cancer, asthma, smoking cessation, parenting, health/wellness, and other health care topics. The goal of the channel is to educate patients and their families and to increase their awareness of medical issues and treatment options. The Patient Channel provides the following:

- Over 40 educational programs
- Broadcasts 24 hours a day, 7 days a week
- Spanish and English closed captioning available on all programs
- Provides reliable and focused patient education content
- Covers health and wellness topics selected with input from patient educators in our hospital network.
- All content is developed according to the standard set and maintained by an external advisory board
- A web site for staff and patients, family and friends with applicable information before, during, and after hospital stays.
- **Childbirth Education Classes** includes Childbirth Preparation Classes, Infant Care Classes, Infant CPR Classes, Delivery Room Tour, and Sibling Classes. Classes are scheduled on an ongoing basis through Women's and Children's Services by calling 256-494-4650.
- **Support Groups** are available to meet individual needs in the following areas: Head Injury Support Group, TOUCH group for cancer patients, CVA, Diabetes Support Group, and Woman-to-Woman (Breast Cancer). Call 256-494-4112 for more information.

As Our Guest

STAFF/PROFESSIONAL EDUCATION

Staff/Professional Education is a high priority at Gadsden Regional Medical Center.

- **Continuing Education Programs** to maintain certifications and foster professional growth are offered to both GRMC staff and area professionals.
- **Inservice Education** for staff on new treatment modalities, products, and health care standards are presented year-round.
- **Orientation and On-the-Job Training Programs** for new or transferred associates provide staff with job skills necessary to deliver safe, quality care.

CONDITION HELP

Family-Initiated Rapid Response

GRMC has a Rapid Response Team available 24/7 to bring critical care expertise to a patient's bedside. If you witness a sudden worsening of a patient's condition or feel a patient's condition is not being recognized, Condition HELP gives you a resource to call critical care personnel immediately for help. GRMC is dedicated to providing high-quality patient care for your loved one. We value you – patient family members and friends – as a vital partner in your loved one's care.

To call Condition HELP:

From a room phone: 4778 (4RRT)

From outside the hospital: 256-494-4778 (4RRT)

KNOW THE 3 R'S OF STROKE AWARENESS

According to the American Heart Association, stroke is the number 3 cause of death and a leading cause of serious, long-term disability in America. Stroke occurs when a blood vessel bringing blood and oxygen to the brain gets locked or ruptures and brain cells don't get the flow of blood that they need. Deprived of oxygen, nerve cells can't function and die within minutes. The devastating effects of stroke are often permanent because dead brain cells can't be replaced. The good news about stroke is that it's largely preventable.

- Reduce the risk of stroke
- Recognize the warning signs of stroke
- Respond immediately to stroke

Stroke Warning Signs

Call 911 immediately if you or someone you know experiences these signs of stroke:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

KNOW THE SIGNS OF HEART ATTACK

Some heart attacks are sudden and intense but most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:



Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath with or without chest discomfort. Other signs may include breaking out in a cold sweat, nausea, or light-headedness.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 911 or your emergency response number. For more information, visit the American Heart Association's Web site – www.heart.org.

ORGAN DONATION

It is very important to share your donation decision with your family so your wishes can be properly respected. There are several resources located at GRMC and on www.alabamaorgancenter.com that can address your specific needs and concerns regarding organ and tissue donation procedures and processes.

Get informed about donation.

Register to become a donor.

Indicate your “Donor” status on your driver's license by saying “yes” when asked “Do you want to be an organ donor?” when you obtain or renew your license.

Tell your family and loved ones of your donation wishes.

CREDENTIALS/CERTIFICATIONS/ACCREDITATIONS

The hospital also has received certification from the Joint Commission for hip and knee replacement surgery, making GRMC the first and only hospital in Alabama to reach such an achievement.

In addition, Gadsden Regional's Cancer Center as received reaccreditation with commendation from the American College of Surgeon's Commission on Cancer and the hospital's Sleep Disorders Center has also received reaccreditation from the American Academy of Sleep Medicine. Furthermore, the hospital holds certification in chest pain with PCI from the Society of Chest Pain Centers and is working toward achieving stroke certification in early 2013. The hospital's laboratory was reaccredited by the Joint Commission in early October.

MEDICAL STAFF

The medical staff of Gadsden Regional Medical Center consists of more than 200 highly qualified physicians.

In order for a physician to obtain privileges to practice at Gadsden Regional, they must first undergo a stringent credentialing process whereby the physician's education, training, experience, clinical and technical skills are carefully screened. We take great pride in the fact that over 80% of the physicians on our medical staff are Board Certified by the American Boards of their specialties.

NURSING STAFF

Continuous professional nursing care is provided to our patients by both registered nurses and licensed professional nurses under the direction of a Registered Nurse (RN) Department Director and the Chief Nursing Officer. Nurses are selected and assigned to specialty areas on the basis of education, experience, and continuing education in order to provide our patients with the highest level of nursing care.

Each nursing department is supervised by a RN Department Director. The RN Director, Patient Care Coordinators, and charge nurses prepare assignments based on the needs of the patients and the qualifications of the nursing staff members. Your assigned nurse will coordinate all routine care and activities, diagnostic tests, and special treatments prescribed by your physician and assist in planning and preparing you for your discharge. Nurses are assisted in caring for your needs by Patient Care Assistants and technicians. You will be able to identify your nurse through our "red badge" system. Only RNs and LPNs have a red bar at the bottom of their name badge. This will assist you in communicating with your nurse. Should you have a concern related to your care, please do not hesitate to contact the charge nurse, department director, or dial "0" and ask for the clinical supervisor who is available to you 24 hours per day.

Continuing in-service education is conducted internally on a regular basis, enabling our nursing staff to maintain and update their professional knowledge and skills. Additionally, nursing associates are encouraged to participate in external educational programs, workshops, and seminars which are partially provided by Gadsden Regional Medical Center. GRMC is also an approved provider of continuing nursing education by the Alabama Board of Nursing.

Nurses are included in health care decisions at Gadsden Regional Medical Center through the Nurse Leadership Group. This group of nurses meets with the Chief Nursing Officer each month to discuss ways that we can continuously improve patient care. The NLG also works with the Physician Leadership Group on special projects throughout the year.

HOSPITALIST PROGRAM

What is a Hospitalist?

Specializing in the management of hospitalized patients, a Hospitalist is an acute care physician who focuses on a patient's hospital care from admission until discharge. During that time, the Hospitalist supervises a plan of coordinated care among physicians, nurses, and support staff. In addition, the Hospitalist keeps in close contact with your Primary Care physician.

Some benefits to our patients with the GRMC Hospitalist program include shorter stays of half-day or less; mortality and readmission risks are comparable to those of family physicians, or general internists; doctors who practice at the hospital all day, every day, are in an excellent position to tackle complex problems such as improving patient safety and outcomes; nearly three-quarters of primary care physicians say Hospitalists provide them a "valuable service"; and the Hospitalist program supports primary care physicians by allowing them to focus on seeing patients in their offices.

If you have any questions about our Hospitalist program, see your caregiver.

OUTPATIENT CARE CENTER

The Outpatient Care Center is open Monday through Friday 5:30 a.m. until 6 p.m. The Center is located in the atrium on the second floor of the hospital. Parking is available for patients at the entrance of the Outpatient Care Center.

Services offered at Outpatient Care Center are:

Day Surgery - Patients who are admitted and discharged in the same day.

Early A.M. Admissions - Patients who come to the hospital the morning of their procedure and are admitted afterwards.

Endoscopy Laboratory - Provides diagnostic information concerning the digestive tract through the use of fiber optic scopes, which are used to view and treat disorders of the esophagus, stomach, and intestine.

Pre-Admission Testing - Patients who require testing prior to admission or surgery.

EMERGENCY DEPARTMENT

Gadsden Regional Medical Center Emergency Department is fully staffed with a complement of physicians, nurses, and ancillary personnel, 24 hours a day, seven days a week, to meet the needs of our community in the event you experience a medical emergency. As of October 2012, GRMC's Emergency Department had served more than 40,000 patients in 2012.

Physicians who provide medical treatment to you in the Emergency Department are not employees of the hospital. They are in the private practice of medicine, and you will be billed separately by them for their services.

We strive to provide our community with quality, timely treatment in the Emergency Department. We must see patients according to the severity of the illness or injury that they are experiencing. For this reason, it may seem that the waiting time in the Emergency Department is longer than you had anticipated. Our goal is to keep you informed of the waiting time that you may have, and please do not hesitate to ask any of the staff in the Department any concerns or questions you may have concerning your care.

CARDIOVASCULAR SERVICES

Invasive Cardiology Department

Invasive Cardiology offers many services for diagnosis and treatment of cardiac and peripheral conditions. The diagnosis of conditions is made by injecting a dye through catheters that are placed within the blood vessels and then viewing the outline of the vessel on X-ray. This allows the physician to define narrowing of a vessel. The amount of narrowing assists in determining what treatment is needed to resupply blood flow through the vessel. Some of the treatments available through the Invasive Cardiology Department are medications (clot busters), Balloon Angioplasty, STENT, and Atherectomy. These treatments work in different ways to reduce the narrowing within the blood vessel. The same procedure is used to determine valve function except that the dye is injected into a heart chamber. Permanent pacemaker procedures are performed in the Invasive Cardiology Department.

Non-Invasive Cardiology Department

The Non-Invasive Cardiology Department provides testing for the diagnosis of cardiovascular disease. Echocardiograms and cardiac dopplers use ultrasound to provide information about the structure and function of the heart. Carotid, venous, and arterial dopplers also use ultrasound to provide pictures and flow signals from the arteries and veins. A Cardiac Stress Test or GXT gives information about heart activity during exercise.

These tests are safe, effective, and usually take less than an hour to perform and require no preparation. They provide a great deal of valuable information to your doctor about the health of your cardiovascular system.

GRMC CARDIAC REHABILITATION

Cardiac Rehabilitation is a program designed to assist cardiac patients in becoming psychologically and physically fit through education and personalized exercise activities.

All activities are monitored by ACLS Certified staff. The program is directed by a board certified Cardiologist. Patients are referred by their physicians while in the hospital or during a follow-up visit. Self referral is accepted.

You are eligible to participate in the program based on certain cardiac conditions and by referral from your physician.

Scheduling is provided Monday through Friday. Cardiac Rehab is located on the 8th floor of Gadsden Regional Medical Center.

For further information on the Cardiac Rehab Program at Gadsden Regional, please call 256-494-4550.

At Your Service

WOMEN AND CHILDREN'S SERVICES

Women's and Children's Services are a combination of services designed with women's special needs in mind. From family-centered maternity services to community education seminars, this program offers women of all ages the quality medical care backed by Gadsden Regional Medical Center professionals and the information needed for healthier, happier lifestyles.

Maternity Services

A pleasant home-like environment with medical equipment at no more than an arm's length away presents an atmosphere where families can be together during the birthing process. Giving birth in a Labor-Delivery-Recovery Suite is a caring and exciting experience that will be the source of many cherished memories. For more information on childbirth classes, please call 256-494-4650.

Pediatric Services

Even a short hospital stay can be a fearful time for children and their parents. Our specially trained pediatric nurses strive to give the special care and personal attention needed by young patients and their families.

Mammography and Breast Health

GRMC has Digital Mammography as part of its lineup of women's services. Digital Mammography allows our radiologist the ability to view electronic images of the breast, using special high-resolution monitors. GRMC takes pride in providing every woman with a softer, warmer mammogram by using MammoPad™, a soft foam pad that serves as a cushion between you and the most sophisticated digital mammography equipment. For more information, call the Women's Imaging Center at GRMC located in Building 400 on the hospital campus at 256-492-0337 or visit www.gadsdenregional.com.

Osteoporosis Screening

A valuable service available for women is screening for osteoporosis, a disease of porous bones that affects 20 million women annually. We offer the latest technology in diagnosing this crippling disease.

For more information concerning breast health or osteoporosis screening, call 256-494-4996.

“It is not the ship so much as the skillful sailing that assures the prosperous voyage.”

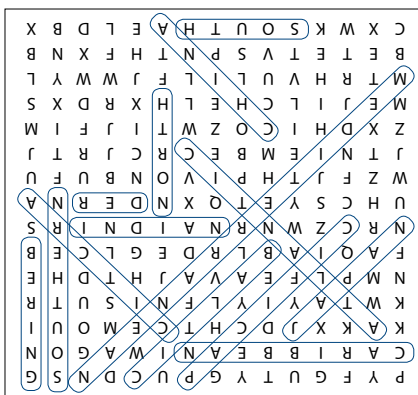
Word Search

Sail the Seven Seas

P Y F G U T Y G P U C D N S G
 C A R I B B E A N I W A G O N
 K A K X J D C H T C E M O U I
 K W T A Y I Y L F N I S U T R
 N M P L F E A V A J H T D H E
 F A Q I A B L R D E G L C E B
 N R C Z W N R N A I D N I R S
 U H C S Y E T Q X N D E R N A
 W Z F J T H P I V O N B U F U
 J T N I E M B E C R C J R T J
 Z X D H I C O Z W T I J F I M
 M E J I L C H E L H X R D X S
 M T R H V U L I L F J W W Y L
 B E T E T V S P N T H F X N B
 C X W K S O U T H A E L D B X

- ARCTIC
- ATLANTIC
- BALTIC
- BERING
- CARIBBEAN
- CHINA
- INDIAN
- JAPAN
- MEDITERRANEAN
- NORTH
- PACIFIC
- RED
- SOUTH
- SOUTHERN

ANSWER KEY



TV LISTING

2	WPXH	27	Lifetime
3	WABM	28	VH1
4	WAFF	29	USA
6	FOX	31	ESPN
9	WHNT – CBS	32	ESPN NEWS
10	BVOV – Christian Television	35	CNBC
11	CW21	36	Food Network
12	ABC33/40	37	FSPT – Fox Sports
13	NBC WVTM	39	TLC – The Learning Channel
14	QVC	41	SPIKE
15	(HSN) Home Shopping Network	43	The Weather Channel
16	ABCF	44	AMC
17	CSPAN	45	TBS
18	Sports South	49	TV Land
19	TV Guide	51	Golf Channel
20	E!	53	HGTV
21	Comedy Central	60	OWN – Oprah Winfrey Network
23	CMT (Country Music Television)	98	The Patient Channel
26	Nickelodeon	99	Gadsden Information

“The more you use your brain,
the more brain you will have to use.”

What famous
North American
landmark is constantly
moving backward?

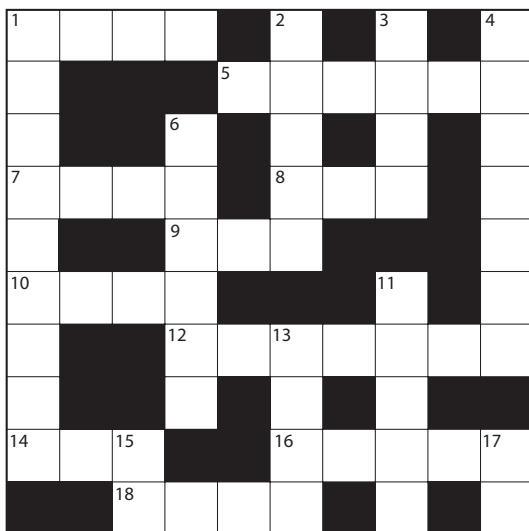
(Answer Below)

Crossword

Animal World

ACROSS

- 1 Fish with pink or red flesh
- 5 The biggest lizard/dragon in the world
- 7 Asian birds that mimic speech
- 8 What dodo birds do with their eggs
- 9 Anaconda is a species of a _____
- 10 Famous Pixar clown fish
- 12 Largest and heaviest bird
- 14 Slang name for a horse
- 16 Spotted; giggling or laughing
- 18 One who apes



DOWN

- 1 Devil that exists in more than cartoons
- 2 Has a pouch that opens towards hind legs
- 3 Baby kangaroo
- 4 Largest frog in the world, ask David
- 6 Largest Monkey
- 11 Offspring of male lion and female tiger
- 13 A wild goat
- 15 The brown thrasher is the state bird of ____ (abbr.)
- 17 Dog mushing is the state sport of ____ (abbr.)

ANSWER KEY



Niagara Falls.
The rim is worn down about
2 1/2 feet each year because of
millions of gallons of water that
rush over it every minute.

“It is impossible to travel faster than the speed of light, and certainly not desirable, as one’s hat keeps blowing off.”

Sudoku

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

			5			4		3
			9	8	3			
		6		4		9	1	
9		3	2			7	6	8
4	5						9	2
6	7	2			9	1		4
	8	5		2		6		
			3	9	5			
7		9			8			

©2008 KrazyDad

MIND TEASER

WINEEEEE

ANSWER: WIN WITH EASE

ANSWER KEY

7	2	7	9	4	6	8	5	3	1
1	6	4	3	9	5	8	2	7	
3	8	5	1	2	7	6	4	9	
6	7	2	8	3	9	1	5	4	
4	5	8	6	7	1	3	9	2	
9	1	3	2	5	4	7	6	8	
8	3	6	7	4	2	9	1	5	
5	4	1	9	8	3	2	7	6	
2	9	7	5	1	6	4	8	3	

CANCER REGISTRY

The Cancer Registry provides physicians, administrators, researchers, and other health professionals support in monitoring cancer treatment and diagnosis. Information is collected for the state of Alabama Cancer Registry for incidence reporting. Gadsden Regional Medical Center's Cancer Program has been accredited by the American College of Surgeons Commission on Cancer.

SPECIAL NURSING UNITS AND CRITICAL CARE UNITS

The Medical Intensive Care Unit (MICU, located on the third floor of Centennial Tower) and Surgical Intensive Care Unit (SICU, located on the fourth floor of Centennial Tower) serve the immediate special needs of our critically ill patients. Specialized nursing personnel provide intensive, highly skilled care and supervision with continuous electronic monitoring and observation of the patients.

SURGERY AND RECOVERY

Our surgical suites feature the most advanced equipment and instruments available with a spacious, fully equipped Post Anesthesia Care Unit (PACU). Following surgery, patients are attended by specially trained and qualified nursing personnel. Our Anesthesia Department provides coverage for all surgical and obstetrical patients.

Except for an emergency, you will visit with an Anesthesiologist before surgery to discuss your personalized anesthesia management plan.

DIAGNOSTIC IMAGING

The Diagnostic Imaging Department includes Radiology (or X-Ray), 64 Slice, CT, Nuclear Medicine, Ultrasound, Arteriography, MRI, Stereotactic, Digital Mammography, and Bone Densitometry.

These departments are under the professional direction of radiologists who, as medical doctors, perform special examinations, treatments, and interpret films taken by registered radiologic technologists.

CANCER CENTER

Gadsden Regional Cancer Center offers full-service cancer care, including IMRT, close to home for the people of Northeast Alabama. The cancer center provides both inpatient and outpatient radiation therapy, chemotherapy, and magnetic resonance imaging (MRI) services in a comfortable, caring environment. The radiation therapy and medical oncology departments work side by side not only in location but also as a team in the fight against cancer. The MRI department is conveniently located within the cancer center to help aid in the diagnosis of cancer and other illnesses. The cancer center staff is committed to providing an environment where quality of care is a way of life. GRMC's Cancer Center received notification of full three-year accreditation with commendation from the American College of

Surgeons Commission on Cancer as a Community Hospital Cancer Program – an accomplishment shared by only 19 other facilities in the state of Alabama. For more information, please call Gadsden Regional Cancer Center at 256-494-4965.

HEALTH INFORMATION MANAGEMENT

The Health Information Management Department manages health care data and information resources by planning, collecting, aggregating, and disseminating individual patient and clinical data. Our patients' medical records are protected and maintained by dedicated and professional staff who understand how vital our patients' health information is to their continued care and treatment. For this reason, your medical records are confidentially kept in accordance with regulatory requirements, state and federal laws. Should you need to receive or disclose your personal health information, you may contact us Monday through Friday, 8 a.m. to 4 p.m. at 256-494-4077. HIM is located on the second floor of the hospital.

GADSDEN REGIONAL HOME HEALTH

Gadsden Regional Home Health is a Medicare/Medicaid Certified and CHAP accredited home health agency providing intermittent skilled care in the home under the direct orders of the patient's physician. Anyone may make referral for these services. Registered nurses, physical and occupational therapists, medical social workers, and home health aides are available seven days per week. Gadsden Regional Home Health bills Medicare, Medicaid, and commercial insurance directly for patients. Private payment is also accepted.

Service area: Etowah, Marshall, St. Clair, Calhoun, Cherokee, DeKalb, and Blount counties. GRMC Home Health professionals can be reached at 256-538-2273, 24 hours a day, seven days a week.

GADSDEN REGIONAL HOSPICE

Hospice is a special kind of care which addresses the physical, emotional and spiritual needs of terminally ill patients and their families. Hospice care is provided by a team of professionals and volunteers trained in the specialized area of symptom control in terminal care. Hospice care is provided primarily in the home to promote the best quality of life for the patient and family. Gadsden Regional Hospice is Medicare/Medicaid certified and CHAP accredited.

Service Area: Etowah, Marshall, St. Clair, Calhoun, Cherokee, DeKalb, and Blount counties. For questions or referrals, please call the GRMC Hospice representative at 256-538-7460, 24 hours a day, seven days a week.

GRMC REHABILITATION SERVICES

Gadsden Regional Medical Center offers three therapeutic disciplines. Both inpatient and outpatient services are provided. The Rehab office is located in our outpatient clinic, The Rehab Center, located at 3102 Rainbow Drive, Rainbow City. Please call 256-413-7422 for more information about the services offered or to schedule an appointment.

Physical Therapy

Licensed skilled professionals are employed by GRMC to ensure you will receive the highest level of care and attention possible. The therapist will address altered function of the neurological and musculoskeletal system. Both acute and chronic conditions are treated. Neck/arm/leg and back injury, stroke, Parkinson's, multiple sclerosis, and cerebral palsy include a very small range of the diagnoses treated by the therapists. Industrial Medicine, Sports Medicine, Aquatic Therapy, Stroke Survivors, and Arthritis are just a few of the specialist programs in place at the Rehab Department.

Occupational Therapy

The licensed and specialized Occupational Therapy professionals offer hand therapy, splinting services, as well as specialized task training for a wide range of neurological and musculoskeletal diagnoses ranging from cerebral palsy to acute stroke. Therapy is provided for the inpatient psychiatric program with emphases on improving social skills and through graded task activity involvement.

Speech Therapy

A wide range of diagnoses ranging from pediatric to geriatric autism to dysfunction with swallowing/speaking employ these comprehensive services of our speech therapist. Examining articulation, voice and fluency are but a few of the highly-specialized areas the therapist may address.

FOOD AND NUTRITION SERVICES

Food and Nutrition Services provides food service to inpatients and outpatients according to physician's orders, with emphasis on individual food preferences and satisfaction. Specialized clinical nutrition services are provided to inpatients by registered/licensed dietitians, and include assessment, monitoring, evaluation, and education.

Food services to our inpatients are provided during closing hours through the cooperation of Patient Care Services. The clinical dietitians are available from 7:30 a.m. to 4:30 p.m. on Monday through Friday. The dietitians rotate (On Call) holidays and weekends.

The management and clinical staff are always on standby for disasters, emergencies, and inclement weather conditions.

Cafeteria food service is available to staff and visitors for breakfast, lunch, and dinner Monday through Friday and for breakfast and lunch on weekends. Vending services are available 24 hours a day.

Cafeteria Food Service Schedule is as follows:

	<u>Monday - Friday</u>		<u>Weekends</u>
Breakfast	6 a.m. to 10:30 a.m.	Breakfast	7 a.m. to 10 a.m.
Lunch	11 a.m. to 2:30 p.m.	Lunch	11 a.m. to 2 p.m.
Dinner	3 p.m. to 7 p.m.		

CATERING TO YOU

Catering To You serves as the food service host to our patients. *Catering To You Associates* from the Food and Nutrition Department provide tray and food item assistance, menu assistance, and hospitality rounds. Our goal is to serve our patients as efficiently as possible during their stay.

CAFÉ 500

Café 500 is located on the hospital campus in Building 500. Open Monday through Friday, the café offers Starbucks coffee, light meals and snacks. Seating is limited.

NEUROSCIENCE DEPARTMENT/EEG

The Neuroscience Department performs EEGs, or electroencephalograms, and related studies to provide information regarding the function of the brain. Services also include 24-hour ambulatory monitoring and a two-bed longterm epilepsy monitoring unit. Studies are performed by a registered EEG technologist and interpreted by a neurologist.

SLEEP DISORDERS CENTER

The Sleep Disorders Center at Gadsden Regional Medical Center provides comprehensive care for sleep problems. Studies for the evaluation and treatment of sleep apnea, snoring, insomnia, excessive daytime sleepiness, and other sleep problems are performed by registered technologists and trained technicians. Results of the studies are interpreted by a physician with specialized training in sleep medicine who has a background in neurology or pulmonology.

The Sleep Center is an accredited Center Member of the American Academy of Sleep Medicine. For further information, please call 256-494-4551.

RESPIRATORY CARE DEPARTMENT

Respiratory Care is an allied health specialty which provides treatment, diagnosis, management and control of lung problems and abnormalities associated with breathing. The respiratory care department is staffed by licensed, credentialed respiratory therapists. Services include patient assessment, mechanical ventilation, pulmonary function studies, and administration of various types of oxygen/medication therapies.

An EKG (electrocardiogram) is a recording of the heart's activity. This test is interpreted by a cardiologist.

LABORATORY

Our clinical laboratory is staffed to conduct a full spectrum of tests as ordered by your physician. Procedures range from routine blood and urinalysis to the complex examination of specimens removed during surgery.

Laboratory personnel may obtain blood samples to assist in identifying your illness. Your physician will then select the most effective means of treatment, based upon the results of these tests.

BLOOD BANK

Gadsden Regional Medical Center's Blood Bank is located within the Laboratory. Blood products are provided by volunteer blood donors through the American Red Cross Blood Center. Although there is no charge for blood itself, charges are incurred to cover the cost of its procurement, processing, and administration.

WOUND CARE SERVICES

Wound Care Services at GRMC are provided for all patients with wounds and skin problems, incontinence related problems, and management of specialty tubes. Assessment, treatment, and education is provided by the nursing staff in consultation with Wound Care Nurses. Printed materials are also available. Please notify your immediate nurse or the Clinical Supervisor (Dial "0" and ask the operator to page the Clinical Supervisor) if you have any questions.

GADSDEN REGIONAL

MEDICAL CENTER SERVICES

- Angioplasty/Athrectomy
- Birthing Room/LDR
- Blood Bank
- Bone Densitometer
- CT Scanner
- Cancer Center
- Cardiac Catheterization Laboratory
- Cardiac Intensive Care Unit
- Cardiac Rehabilitation Program
- Chaplaincy/Pastoral Care
- Chemotherapy
- Chronic Obstructive Pulmonary Disease Service
- Community Health Programs
- Coronary Care Unit
- Customer Service Representatives
- Day Surgery
- Diagnostic Imaging
- Diagnostic Radioisotope Facility
- Early Return-To-Work Rehabilitation Services
- Emergency Department
- Emergency Department Social Work Services
- Emergency Response System (Lifeline)
- Enterostomal Therapy Services
- General Surgery
- Health Sciences Library
- Healthy Woman Program
- Histopathology Laboratory
- Home Health Care Services
- Hospice
- Intensive Care Unit
- Laparoscopic Surgery
- Laser Surgery
- Lithotripsy
- Magnetic Resonance Imaging (MRI)
- Mammography Center (including Digital Mammography)
- Neuroscience Department/EEG
- Neurosurgery
- Non-Invasive Cardiac Assessment Program
- Nuclear Medicine
- Obstetrics Unit
- Occupational Health Center
- Occupational Therapy Services
- Oncology Services
- Open-Heart Surgery
- Organized Social Work Services
- Orthopedic Surgery
- Outpatient Services
- Outpatient Social Work Services
- Patient Education
- Pediatric Acute Inpatient Unit
- Pediatric Therapy
- Physical Therapy Services
- Plastic/Reconstructive Surgery
- Psychiatric Inpatient Unit
- Psychiatric Services
- Radiation Oncology
- Radioactive Implants
- Rehabilitation Outpatient Unit
- Respiratory Care Services
- Rotoblator/Cardiology
- Senior Circle Program
- Single Photon Emission Computerized Tomography
- Sleep Diagnostics
- Speech-Language Pathology
- Support Group-Cancer
- Support Group-Diabetes
- Support Group-Grief
- Support Group-Trauma
- Surgical Intensive Care
- Therapeutic Radioisotope Facility
- Ultrasound (including 4D)
- Vascular Surgery
- Volunteer Services
- Women's Health Services
- Worksite Health Promotions

PHYSICIAN LISTINGS

CARDIOLOGY

Head, G. Bruce III, M.D.	256-492-9924
Korn, Chaihan, M.D.	256-543-3047
McGwier, Bryan W., M.D.	256-492-9924
Narayan, Virenjan, M.D.	256-546-6200
Patel, Bankimchandra J., M.D.	256-546-6200
Patel, Ghanshyam, M.D.	256-543-3047
Prime, Darryl, M.D.	256-492-9924
Sirna, Charles T., M.D.	256-492-6982
Szeto, Peter M., M.D.	256-492-9924
Walker, Lewis P. III, M.D.	256-492-9924
Whitaker, Russell, M.D.	256-492-9924

CARDIOVASCULAR/THORACIC SURGERY

Ferguson, Edward R., Jr., M.D.	256-456-0226
Robinson, George C., M.D.	256-456-0226

DERMATOLOGY

Peterson, Thomas C., M.D.	256-546-4236
--------------------------------	--------------

EAR, NOSE, THROAT

Caldwell, Richard K., M.D.	256-543-9302
Dowling, Thomas F. IV, M.D.	256-543-9302
Kantzler, Kurt W., D.O.	256-543-2867
Ostendorf, Robert E., III, M.D.	256-438-5821

FAMILY PRACTICE

Ayres, Jason, M.D.	256-442-4141
Babbino, Stephen, M.D.	256-891-1460
Born, Henry M., M.D.	256-492-0544
Buck, Roger S., M.D.	256-543-2273
Carpenter, Sandra, M.D.	256-546-1011
Goodwin, Jeremy, M.D.	256-547-0433
Haynes, Sharon, M.D.	256-442-7683
Holley, Hilmon D., M.D.	256-547-2153
Iyer, Sathyan, M.D.	256-413-6000
Junkins, Jason, M.D.	256-459-4987
Kelly, F. Wayne, M.D.	256-459-4987
Lau Yoyen A., D.O.	256-526-6926
Lowe, Courtney, M.D.	256-544-4868
Morgan, Stephanie, M.D.	256-543-2273
Oguntuyo, Jimmy A., M.D.	256-546-0073
Page, Thomas A., M.D.	256-543-2273
Perry, Terry, M.D.	256-543-0353
Peyton, Erwin Jr., M.D.	256-547-6969
Quilon, Judith, M.D.	256-546-9907
Reiland, Andrew W., D.O.	256-538-7273
Reiland, Debora S., D.O.	256-538-7273
Robinson, James D., M.D.	256-442-2022
Rowe, Clay C., M.D.	256-442-7683
Sanders, Steven M., M.D.	256-492-8250
Saxon, Juan W., M.D.	256-543-2273
Sledge, Wm. Webb, M.D.	256-543-3496
Taherbhai, Akil M., M.D.	256-547-2153
Vann, Allison, M.D.	256-413-6000
Wren, Layla, M.D.	256-413-6000
Ware, Lawrence R., M.D.	256-546-9231
Wilcox, Dallas C., M.D.	256-543-2273

At Your Service

PHYSICIAN LISTINGS

GASTROENTEROLOGY

Amin, Vipul T., M.D.	256-492-3220
Fernandez, Cesar T., M.D.	256-492-3220
Kaplan, Jed L., M.D.	256-492-0773
Pugliese, Thomas A., M.D.	256-492-3220
Tummala, Vijaya P., M.D.	256-492-3220

GENERAL SURGERY

Campbell, John H., M.D.	256-546-6038
Davenport, Ken, M.D.	256-492-0020
Echeverri, Alberto, M.D.	256-492-0020
Jackson, Steven, M.D.	256-547-6331
Naughton, Michael J., M.D.	256-547-8680
Newman, Charles L., M.D.	256-547-6331
Newman, Lucian III, M.D.	256-547-6331
Newman, Lucian Jr., M.D.	256-547-6331
Sierra, Rafael, M.D.	256-492-0020

GYNECOLOGY

Christenberry, Kyle P., M.D.	256-492-5002
--------------------------------------	--------------

HOSPITALIST

Ceneus, Frantzcy, M.D.	256-494-4000
Gandhi, Anurag, M.D.	256-494-4000
Gandhi, Mamath, M.D.	256-494-4000
Narla, Sunil, M.D.	256-494-4000
Warren, Jarrod, M.D.	256-494-4000

INFECTIOUS DISEASE

Jaiswal, Sunil, M.D.	256-524-4788
------------------------------	--------------

INTERNAL MEDICINE

Akinsanya, Olajide, M.D.	256-543-3072
Akisanya, Oluwole S., M.D.	256-543-9955
Corley, Thomas R., M.D.	256-546-2838
Gandhi, Anurag, M.D.	256-492-5600
Keithan, John F., II, M.D.	256-413-1095
McCain, James A., M.D.	256-546-4606
Mishra, Pranav K., M.D.	256-547-2153
Morgan, Sabrina, M.D.	256-494-4862
Osuji, Ferdinand, M.D.	256-438-5107
Patel, Harshad S., M.D.	256-413-1333
Sancheti, Suraj, M.D.	256-442-8380
Sinha, Hemant K., M.D.	256-594-5950
Smith, Kenny E., M.D.	256-543-1100
Tariq, Mohammad, M.D.	256-492-0131
Thompson, H.B., M.D.	256-492-4001
Torregosa, Vicente S.J., M.D.	256-546-3345
Tummala, Jyothi, M.D.	256-492-8250
Wesley, Ralph N. Jr., M.D.	256-543-3930
Wilborn, Johnny R., M.D.	256-492-4001

NEPHROLOGY

Ghafary, Elias M., M.D.	256-543-3508
Hwang, Edward F., M.D.	256-543-3508
Kabir, Mohammad, M.D.	256-543-3508
Kwan, Wan-Fung "Gary", M.D.	256-543-3508

NEUROLOGY

Bogdanova, Olga, M.D.	256-492-3571
Chin, Richard, M.D.	256-492-3571
Spotnitz, Seth G., M.D.	256-492-3571

PHYSICIAN LISTINGS

NEUROSURGERY

Andrade, Terry M., M.D.	256-546-3400
Ruiz, Henry, M.D.	256-494-3033
White, James G., III, M.D.	256-492-2145

OBSTETRICS/GYNECOLOGY

Frederick, Lindsay, M.D.	256-543-3977
Gilliland, M. Suzanne, M.D.	256-492-7830
Godfree, William N., Jr., M.D.	256-543-3977
Manning, Mark, M.D.	256-543-3977
Phillips, James R., M.D.	256-543-3977
Smith, Xavier, M.D.	256-492-7830

ONCOLOGY

Castillo, Elquis M., M.D.	256-492-0375
Parmar, Dinesh C., M.D.	256-547-0536

OPHTHALMOLOGY

Catanzaro, Tony J., M.D.	256-547-8634
Dabbs, Charles B., M.D.	256-547-8634
Judge, David A., M.D.	256-547-2025
McEwen, Michael A., M.D.	256-492-7158

ORAL SURGERY

Dorsett, Cecil R., D.M.D.	256-492-6363
Orr, Frank, D.D.S.	256-492-6363

ORTHOPEDICS

Blackstock, Stephen F., M.D.	256-492-2663
Douthit, George J., Jr., M.D.	256-547-7417
Haller, William N., III, M.D.	256-492-8590
Hartzog, Carl Wm., M.D.	256-492-8590
Kelley, Christopher G., M.D.	256-547-7417
Ryan, Daniel O., M.D.	256-547-7417
Stewart, William R., M.D.	256-547-7417
Wilson, Lee, M.D.	256-492-8590

PAIN MANAGEMENT

Muratta, Paul M., D.O.	256-492-7246
--------------------------------	--------------

PATHOLOGY

Chandler, Donald, M.D.	256-494-4205
Klemm, Katrin M., M.D.	256-494-4205
Priest, John B., M.D.	256-494-4025

PEDIATRICS

Dennis, Maurice E., Jr., M.D.	256-543-2894
Dragsten, Ellen, M.D.	256-546-4611
Hester, Benjamin, M.D.	256-546-4611
Lockridge, Daniel, M.D.	256-543-2894
Lovato, Matthew, M.D.	256-546-4611
McCorkle, Nancy, M.D.	256-543-2894
Nagji, Noorkarim, M.D.	256-543-2894
Quizon, Armando J., M.D.	256-543-2894
Rutland, Richard O., III, M.D.	256-543-2894
Skelton, Kenneth E., M.D.	256-546-4611
Smith, Deborah, M.D.	256-494-6006
Snell, Billie K., M.D.	256-543-2894
Yother, Claire, M.D.	256-543-2894

At Your Service

PHYSICIAN LISTINGS

PLASTIC, COSMETIC & RECONSTRUCTIVE SURGERY

Rumley, Thomas O., Jr., M.D. 256-494-0888

PSYCHIATRY

Feist, Fredric W., Sr., M.D. 256-547-4351

Morton, David, M.D. 256-494-4260

Pruett, Adam, M.D. 256-494-4260

PULMONARY MEDICINE

Bennett-Venner, Arianne, M.D. 256-494-4646

Hakim, Mazen, M.D. 256-543-3877

Kaleem, M., Asif, M.D. 256-494-4646

Masood, Shahana, M.D. 256-494-4646

Shah, K. J., M.D. 256-547-4931

RADIOLOGY

Herring, Calvin W., M.D. 256-494-4033

Spencer, Homer A., M.D. 256-494-4033

Valentine, Brian, M.D. 256-494-4033

RADIATION ONCOLOGY

Harrison, G. Lowndes, M.D. 256-494-4965

UROLOGY

Hicks, Chester C., Jr., M.D. 256-492-4040

Pirani, John F., M.D. 256-492-4040

Shah, Manish, M.D. 256-492-4040

Stephens, Dawon, D.O. 256-492-4040

Wade, Merle, M.D. 256-492-4040

Walker, George P., III, M.D. 256-543-1188

CASE MANAGEMENT

Working closely with patients, families, and the health care team, a staff of specially trained Case Managers can help turn the uncertainty of hospitalization into a less stressful experience. The Case Management staff will be available to help plan post hospitalization needs and assist with discharge planning. If you need to contact a Case Manager, the office telephone number is 256-494-4284. Office hours are Monday through Friday from 8 a.m. to 4:30 p.m. A Case Manager is onsite until 11 p.m. Monday through Friday and from 8 a.m. to 8 p.m. on weekends. Please call the hospital operator at 256-494-4000 to notify the appropriate person to assist you.

POST HOSPITAL CARE SERVICES

There are several levels of care for those who are released from the hospital that have continuing health care needs. Please feel free to discuss possible options to meet your particular needs with your physician or discharge planning staff.

HOME HEALTH

For those who are able to reside at home but will be homebound and require skilled nursing care.

ASSISTED LIVING

Assisted living facilities provide custodial care for individuals who can no longer live alone and require supervision. Meals are prepared and assistance provided with bathing and dressing. While some facilities employ those with some nursing skills, services are usually provided by unskilled personnel. Case Management will be available to provide a list of licensed facilities.

EXTENDED CARE FACILITIES

Extended care facilities are equipped to provide skilled 24-hour care. These facilities include both short-term and long-term residents. Services may include IV therapy, rehabilitation services, wound care, lab and X-ray, medication administration, dietary consultation, and social activities.

LONG TERM ACUTE CARE

A Long Term Acute Care facility specializes in caring for medically complex patients that may require prolonged hospitalization such as ventilator weaning.

HOSPICE

Hospice is an organized program for those with a terminal illness designed to manage physical symptoms and meet the psychosocial and spiritual needs of the patient and family.

CATCH A GRMC SHINING STAR!

If you see a hospital staff member displaying exceptional efforts to help patients, their families or co-workers, please look for STARS cards and ballot boxes in the Tower waiting area, the cafeteria, or nursing floors and make sure their efforts are recognized. Thank you!

HEALTH CARE IS A PATIENT'S CHOICE

Patients owe it to themselves and their families to make informed choices regarding health care. It is important to become familiar with options and to choose the most suitable solutions to one's unique medical needs.

HEALTH CARE CHECKLIST

- | | | |
|--|--|---|
| <input type="checkbox"/> Adult Care/ Residence | <input type="checkbox"/> Eye Care | <input type="checkbox"/> Nurse's Aide |
| <input type="checkbox"/> Assisted Living | <input type="checkbox"/> Fitness Center | <input type="checkbox"/> Nursing Services |
| <input type="checkbox"/> Intermediate Care | <input type="checkbox"/> Foot Center | <input type="checkbox"/> RN |
| <input type="checkbox"/> Skilled Nursing | <input type="checkbox"/> Glucose Monitor | <input type="checkbox"/> LPN |
| <input type="checkbox"/> Day Care | <input type="checkbox"/> Hair Prosthesis | <input type="checkbox"/> Private Duty |
| <input type="checkbox"/> Custodial Care | <input type="checkbox"/> Hearing Aid | <input type="checkbox"/> Specialized |
| <input type="checkbox"/> Advanced Directives
(Living Wills) | <input type="checkbox"/> Home Health Aid | <input type="checkbox"/> Nutritional Counseling
& Services |
| <input type="checkbox"/> Alcohol & Drug Rehab | <input type="checkbox"/> Hospice | <input type="checkbox"/> Occupational Therapy |
| <input type="checkbox"/> Apnea Monitor | <input type="checkbox"/> Hospital Bed | <input type="checkbox"/> Optical Care |
| <input type="checkbox"/> Asthma Programs | <input type="checkbox"/> Incontinence Products | <input type="checkbox"/> Ostomy Supplies |
| <input type="checkbox"/> Bathroom Aids | <input type="checkbox"/> Infusion Services | <input type="checkbox"/> Pain Management |
| <input type="checkbox"/> Breast Prosthesis | <input type="checkbox"/> Insurance Counseling | <input type="checkbox"/> Pharmacy |
| <input type="checkbox"/> Breast Pump | <input type="checkbox"/> Intravenous Therapy | <input type="checkbox"/> Physical Therapy |
| <input type="checkbox"/> Cane | <input type="checkbox"/> Laundry Service | <input type="checkbox"/> Podiatry |
| <input type="checkbox"/> Chair Lift | <input type="checkbox"/> Live Ins | <input type="checkbox"/> Prosthetics Rehabilitation |
| <input type="checkbox"/> Chemotherapy | <input type="checkbox"/> Massage Therapy | <input type="checkbox"/> Inpatient |
| <input type="checkbox"/> Commode | <input type="checkbox"/> Medical Alert Systems | <input type="checkbox"/> Outpatient |
| <input type="checkbox"/> CPAP/BiPAP | <input type="checkbox"/> Medical Social Services | <input type="checkbox"/> Respiratory Therapy |
| <input type="checkbox"/> Crutches | <input type="checkbox"/> Medical Transportation | <input type="checkbox"/> Speech Therapy |
| <input type="checkbox"/> Diabetic Supplies | <input type="checkbox"/> Mental Health Service | <input type="checkbox"/> Stop Smoking Clinic |
| <input type="checkbox"/> Diaper Service | <input type="checkbox"/> MRI | <input type="checkbox"/> Subacute Care |
| <input type="checkbox"/> Diet Counselor | <input type="checkbox"/> Nanny Service | <input type="checkbox"/> Walker |
| <input type="checkbox"/> Enteral Nutrition | | <input type="checkbox"/> Wheelchair |

***When making choices please consider our advertisers.
Thank You.***

Q&A INFLUENZA VACCINATIONS

What is influenza?

People who contract influenza from a virus often get ill suddenly and have a fever, cough, and body aches. Influenza can lead to serious complications, such as pneumonia and death. Influenza is not the same as gastroenteritis or “stomach flu.”

Who should get a flu shot?

If you are six months of age or older, you should get an influenza vaccination every year. If you have a serious allergic reaction to eggs, or if you have a history of Guillain-Barre Syndrome, you should not get this shot. If you currently have a fever, you should wait until you are well.

When should I get a flu shot?

You should get it every year, before the influenza season begins. The best time to get your vaccination is between Oct. 1 to mid-November.

Will the shot make me sick?

The flu shot is safe. It cannot give you influenza. About one in four people may notice a little redness, tenderness, or swelling. It won't prevent every little cough or cold, but it can prevent you from getting the type of influenza that can lead to serious complications like pneumonia.

How much will it cost? Where can I get it?

Medicare Part B pays for the influenza shot. Call your physician's office to find out where you can get your influenza shot. HMO members may be required to get shots from their HMO. Ask your HMO for more information.

Q&A PNEUMOCOCCAL VACCINATIONS

What is pneumococcal pneumonia?

Pneumococcal pneumonia is a serious lung infection. It is the most common kind of pneumonia identified in people of Medicare age. Symptoms include fever, aches, fatigue, chest pain, cough, and congestion.

Who should get a pneumonia shot?

It is very important for people 65 years of age and older to get a pneumococcal vaccination. If you have a fever, you should wait until you are well.

When should I get the shot?

If you are 65 years of age or older, you should get a pneumococcal vaccination now. Your doctor can advise you if you will need this shot more than once. It is recommended that you get your flu shot and pneumonia vaccination together.

Will the shot make me sick?

The pneumococcal vaccination cannot cause pneumonia. A few people might have minor side effects like swelling, soreness, fever, or muscle pain, but these are usually mild and last a very short time.

How much will it cost? Where can I get it?

Like the flu shot, the pneumococcal shot is covered by Medicare Part B. Call your physician's office to find out where you can get your pneumococcal shot. HMO members may be required to get shots from their HMO. Ask your HMO for more information.

This material was prepared by Alabama Quality Assurance Foundation under a contract with the Health Care Financing Administration. Contents do not necessarily represent Health Care Financing Administration policy.

MEDICATION SAFETY TIPS

Being safe about your medications could save your life. One important safety tip is to know exactly what medicines you take, how much you take and when you take them... and to be able to give this information to your caregivers. To help you keep track of your medications, Alabama's hospitals are offering a special form, called a **Universal Medication Form**. You can get this form on-line at www.alaha.org. This pamphlet gives suggestions for ways you can use the Universal Medication Form, as well as many other medication safety tips.

At Home

Take only the medication given to you by your doctor or pharmacist. Do not share other people's medication.

Each time you take your medication, read the label to make sure you are taking it correctly. If you have questions, call your doctor or pharmacist.

Do not stop taking medication just because you feel better unless your doctor tells you to stop taking it.

Do not take your medication out of one bottle and put it in another one.

Put all of your medication in a place where children and pets cannot reach it.

Keep your Universal Medication Form updated.

Put medications in a pill box that separates them by days of the week.

Do not keep medication in the car, by the stove or in the bathroom, since heat and dampness can affect how it works.

Throw away medication if the date written on the bottle has passed.

If you feel any medication is making you sick or causing you pain, call your doctor right away.

In the Hospital

When you are admitted to the hospital, take your updated Universal Medication Form or bring all of your medications in the original bottles. Include over-the-counter medicines, vitamins, and herbs. Tell the doctor or nurse about any allergies or reactions that you have had in the past.

If you feel any medication is making you sick or causing your pain, tell the doctor or nurse immediately.

When you are being sent home from the hospital, ask your doctor or nurse to clearly tell you what medications you should be taking and how to take them.

At the Drugstore

Take new medication prescriptions and refills to the same drugstore. The pharmacist then can make sure all of the medications work together and will not make you sick.

If you use more than one drugstore, make sure each one has a list of all of your medications.

Ask the pharmacist the name of the medication and how you should take it. Make sure this information matches what your doctor told you.

Make sure any refill of the medication is the same color, size and shape. If there is any difference, ask why.

If you have ANY questions about your medication, ask your pharmacist.

At the Doctor's Office

Always take your updated Universal Medication Form. This will tell your doctor everything you are taking, including prescription medications, over-the-counter medications, vitamins, and herbals.

Tell your doctor about any allergies or reactions that you have had in the past.

YOU CAN QUIT SMOKING

HERE IS SOME INFORMATION TO HELP!

5 Keys For Quitting

1. Get Ready.
2. Get Support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly.
5. Be prepared for relapse or difficult situations.

1. Get Ready

- Set a quit date.
- Change your environment. Get rid of ALL cigarettes and ashtrays in your home, car and work place.
- Don't let people smoke in your home or car.
- Once you quit, don't smoke – NOT EVEN A PUFF!
- THINK POSITIVE – Project a positive attitude. Tell yourself you can do it this time. Convince yourself that you will succeed. Studies show that smokers who use this mental preparation are more likely to be nonsmokers a year later.

2. Get Support.

- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Talk to your doctor.
- Use community and on-line programs for support. Call your health department for area programs.

3. Learn New Skills and Behaviors

- Self-talk is telling yourself you are great for making the effort or telling yourself that smoking is not an option, then switching to other thoughts.
- When you first try to quit, change your routine. Use a different route to work.
- Drink tea instead of coffee.
- Do something to reduce your stress. Getting up, walking around, and taking deep breaths are all helpful activities.
- Plan something enjoyable to do every day.
- Drink plenty of water and other liquids.

4. Get Medication and Use It Correctly

- Do you need nicotine gum, or a patch, or a medication? It's a good question. Ask your doctor or pharmacist to be sure the medication will not interact with any of your current prescription medications.
- Addicted smokers may find nicotine replacement therapy eases their withdrawal symptoms, making it easier to quit cigarettes. Ask your doctor if it might help you.

5. Be Prepared for Relapse or Difficult Situations

- Quitting smoking is a process. It took a while to learn to smoke; it takes a while to learn not to smoke. Some smokers need to make repeated attempts to quit. Don't ever give up—just persist in cessation efforts until you are successful.

Some Benefits To Quitting

Within 20 minutes of the last cigarette – blood pressure drops to normal, pulse rate drops to a normal rate, body temperature of the hands and feet increases to normal.

In 8 to 24 hours – carbon monoxide level in blood drops to normal, oxygen level in blood increases to normal, chance of heart attack decreases.

In 48 hours – nerve endings start re-growing, and the ability to taste and smell things is enhanced.

General Health Benefits – You will live longer and better, you will lower your chances of having a heart attack, stroke, or cancer, and the people you live with will be healthier.

\$\$\$ - At \$4 per pack, if you smoke 1 pack per day, you will save \$1,460 each year. That's \$14,600 in 10 years.

Resources

<http://www.surgeongeneral.gov/tobacco/quits.htm>

http://www.yourlunghealth.org/staying_healthy/health_tips/quitting_smoking.cfm

NOTES

Notes

